



Community UCC

We're worth our words

Volume 59, Issue 6 - June 1, 2020

A Just Peace, Progressive, LGBTQ Open & Affirming Congregation

e-Communigram

[Letter from the Moderator](#) • [Letters from Leah](#) • [Moderator Musings](#) • [Worship This Summer](#) • [Ministry Opportunities at CUCC](#) • [Upcoming One-Time Events](#) • [Weekly Virtual Meetings and Events at CUCC](#) • [Jubilee Café](#) • [Creation Care at CUCC](#) • [Worship Ministry](#) • [2nd CUCC Virtual Game Night - a success!](#) • [Music Help Requested](#) • [Pub Theology Update](#) • [Individual's Together](#) • [Construction Sights](#) • [Children's Ministry](#) • [Youth Group](#) • [Support for your Body, Mind, & Spirit during Self-Isolation and Covid-19](#)



Letter from the Moderator

Dear Friends,

I write to you to address the question of when CUCC will return to sanctuary-based worship. The Church Life Board, Pastor Leah, and our Music Director, Kathy Kew Lee, have considered this prayerfully. The answer is that we will continue to worship remotely for the remainder of the summer and will take up the question again in August. We feel it is best to plan in three-month periods so that we can commit ourselves fully to a plan and truly flourish within the framework we choose.

We understand that this may be disappointing news to many of you. We love and miss our sanctuary. We have invested significant time and resources in updating it. It is our spiritual home and we are eager to fill it with community again. But based on guidance from the Champaign-Urbana Public Health District and based on what we know about the virus and the illness it causes, we cannot safely, equitably return to sanctuary-based worship. It is likely that sometime between now and August, state and local authorities will give the go-ahead for places of worship to re-open. This will answer the question of whether CUCC can return to the sanctuary. It will not, however, answer the question of whether CUCC should return to the sanctuary. That question is, _____, more complicated. To take just one example, if CDC and church insurance guidelines dictate that we can safely accommodate no more than thirty family units in the sanctuary for worship, how would we choose those families? What would the experience be like for them? For those at home? For our Pastor? Given our deep and enduring commitment to inclusivity, how would it feel to have our worship experience be so exclusive?

These and other questions will be before the Sound and Ethical Practices (SEP) Ministry Team of the CLB and the rest of CUCC's leadership as we think about and plan for the future. We ask for your prayers for discernment in this complicated moment.

This has been a time unlike any other in the living memory of our church. It certainly has been a challenge at many levels. Yet the times have also shown us that we can remain closely knit and vital in spite of our separation, and also because of it. Having been knocked out of our individual church routines, we learn more each week about ourselves and about the other members of our CUCC family, whose talents and energy, leadership and humor might otherwise have been hidden. We are a people in exile, and like all exiles we long for our home. But I believe that we will draw strength from this time, learn new lessons in this time, and be stronger as a church for all that we have experienced.

Blessings,

Jon Ebel

Moderator, CUCC

[Back to Top](#)

Letters from Leah

Beloved Community,

Last week, my friend Brigit Stevens was a good neighbor. Her neighbor's dog had been on the loose all night long. Brigit and a trio of other neighbors, along with the pup's owner, spent a solid half hour running, yelling, and attempting to corner the playful pooch. All armed with turkey jerky, the five folks were finally able to lure the dog, now covered in grass clippings and burrs, in between two buildings and run it towards its owner's open car. Once the dog was safely inside, Brigit and her neighbor, exhausted and laughing, hugged.

And it didn't dawn on her that they had hugged until minutes later.

Muscle memory is strong. And while it is important, of course, to respect people's boundaries about their own bodies it is important to recognize that we are physical beings who do reach out and touch one another. We shake hands. We pat one another on the back. We embrace. Muscle memory is strong for a reason – we are embodied beings and touch matters deeply to us. After her impulse of a hug with her neighbor, Brigit reflected on how muscle memory and impulse may impact church people as they regather for in-person worship. Brigit's been thinking a lot about those sorts of things lately – she's the Executive Conference Minister for the Tri-Conference (Iowa, Nebraska, South Dakota) of our United Church of Christ. "I am worried about our church people who long to see each other," Rev. Stevens said. COVID-19 is so very contagious and so very deadly. Regathering is "fraught and the consequences are potentially devastating. I'm praying," she said.

I've been praying too.

And I was relieved that our Church Life Board made the decision they made. You just read Moderator Jon Ebel's announcement on behalf of our Church Life Board. I write to affirm his words. Many of us have heard news about how churches might begin to resume in-person worship once again. Notice, I did not say "reopen" because we have never been closed or stopped being church during this Coronatide. Only our physical gathering has been on hold – we have gathered online and by phone all along.

Please know that I, as your Pastor, along with your Community UCC leaders, are committed to following the science and data to ensure the safest environment for all. We are also committed to doing all we can to protect those in our Community who are most at risk with this virus, and to maintain access to our gatherings to all, even those who cannot be physically present. We are committed to resuming in-person gatherings only in an equitable way.

Since this time of physical distancing began, I've noticed that we, Community UCC, are a highly resilient, resourceful, and creative congregation. We serve an infinitely creative God who is just as determined to reach us as we are to reach out to God and one another. We have found a way together and we will continue to find our way together. Moreover, many of the creative ways in which we are learning to Be Church for one another will continue into our time of regathering. We are trying new things every day, and many of our new ways of connecting are helping us grow stronger through the struggle.

You may be wondering about the many annual special events we hold each year. We will find a way to adapt every event we can. So far that's been fellowship activities, youth group, children's ministries, meetings, Pub Theology, worship, special worship services like Milestone Sunday and Easter, outreach to the LGBTQ+ community, support of Campus Ministry, and the vital ministry that is Jubilee Cafe... we've yet to be completely stumped!

We are working to re-imagine things like Care Team, Springside Dinners, and Quad Day to see how that event could be possible in new and creative ways. Some decisions are in limbo, waiting for other entities, like the U of I, to make their decisions. All of our health and safety is dependent on the choices of our neighbors in these days.

It's not the same, true, and yet, I guarantee that celebrations will be had, support and care will be given, the joyful work of worship and justice will continue.



"We must ask, "What's possible, what's prudent, what's pastoral" said the Rev. Keri Parker, Executive Director, Wisconsin Council of Churches in setting an ethical framework for making decisions about re-gathering.

I have absolute faith that these restrictions will not remain in place for ever. Scientists and medical professionals have assured us that COVID-19 will come to an end eventually. But these restrictions may be with us long enough that it will feel like Coronavirus is here to stay. We must continue to cultivate patience within ourselves.

From what I'm hearing, one of the great griefs for which we must prepare ourselves is the impossibility of safely singing as a choir or congregation; and the continuing impossibility of safely sharing physical space in any of the ways to which we are accustomed. There are still far too many unknowns and not enough data to suggest what practices will truly mitigate the serious health risks to our congregation and the larger community. There are a lot of ideas, and Music Director Kathy Lee is investigating them all. She and I have spoken at length about what is possible, while still holding paramount what is safe. Your staff and Church Life Board and CUCC leaders are continually assessing what we can do safely and what we can do to keep those who need to use our building (like our Jubilee Café volunteers) as safe as we can. We have received guidance from our insurance company and the wider United Church of Christ. We are working on policies as we move forward.

Please reach out if you have questions, thoughts, or needs in this time. Contact information is listed below. I have also listed some of the sources we are consulting in our re-gathering decisions.

Thank you for all the ways you have continued to be Community during this time and walk in the Way of Jesus. May we all continue to listen to God's Still Speaking Voice as we go.

Blessings,



Rev. Leah Robberts-Mosser

Resources:

"Returning to Church" from The Wisconsin Council of Churches
CDC Guidelines for Community Organizations
Current information for Illinois and Champaign Public Health
National Recommendations for Choirs and Community Singing
Notes from our Illinois Conference UCC
Rev. Brigit Stevens, Rev. Amy Roon, Rev. Elena Larson

How to reach me:

leah@community-ucc.org 217-552-3129

Biblical Self Defense—ONLINE!

Sunday, June 14, 2020 from 2:00PM – 4:00PM CDT, Community UCC, Champaign, IL and The UP Center of Champaign County are hosting an Online Event called Biblical Self-Defense for LGBTQ Folx and Allies. Ever notice how certain Biblical passages get used as weapons against LGBTQ folk? Join Rev. Leah Robberts-Mosser, ordained minister at the Community United Church of Christ (UCC), for a discussion and learning of the history and context of these so-called Biblical "clobber passages". AND learn what scripture passages affirm the goodness and worth of gay, lesbian, bisexual, transgender, and queer people
Register for the event here: <https://us02web.zoom.us/meeting/register/tZAqcuivpj4jGNLhLHMfEaz7JdW84dq8UY>

[Back to Top](#)

Meditation 101 – practicing calm in the middle of the pandemic

Have you felt nervous, anxious, or easily irritable? Have you had trouble sleeping? There's a reason for that: we're in the middle of a shared trauma. And, friends, there's no end in sight. In this protracted trauma, self-care is important. Practicing mindfulness and simple meditation will make a difference in your life and the lives of folks who interact with you. Meditation, especially to we cerebral Protestants, may seem foreign. If so, join Pastor Leah on Sunday, June 7, 1 pm on Zoom (using our standard Sunday morning Zoom link) to learn more about mindfulness and meditation. She'll teach several simple meditations you can begin to weave into your day.



See a list of other resources to Support your Body, Mind, & Spirit beginning on [page 13](#).

Moderator Musings

Since it is June, I am preparing again to teach my department's survey of the world's religions as an online summer course. When we were first developing this course nine years ago, I was skeptical. Could online teaching be made to suit a topic like religion? Would it be possible to create conversation and community in a virtual classroom? My concerns weren't entirely misplaced, but the course has gotten better each year and now, nine years later, I am really looking forward to teaching it.

Of the many things that I love about teaching a world religions survey, near the top of my list is the unit on Buddhism and, specifically, what are known as the three marks of reality: impermanence, non-self, and suffering. Generally speaking, Buddhist doctrine teaches that the cosmos we inhabit involves these three things unavoidably. To live in the world is to live with change in everything and everyone, always. Because change is constant in us as well as around us, there is no such thing as an essential much less an eternal "self." Yet to live is to want these stabilities, to be attached to the way things were or to the way that they are. They change anyway though, and so we suffer. Impermanence, non-self, suffering.

I was thinking about the three marks of reality as I listened to Ilsa's sermon on Sunday. She recalled her experience of college in the immediate aftermath of 9/11, the same autumn, it turns out, that I had my first adjunct teaching position at DePaul. Those were massive and concentrated changes. She encouraged us to think about our current moment in a similar light. An old way of being has, quite possibly, passed away in very short order. We don't know what college and campus ministry will look like this fall. We were attached to the old ways and will, inevitably, suffer to some extent in the transition to the new.

Buddhist doctrine reminds us that changes were already underway. That old ways were being undone and new ways were emerging whether or not we were aware of them. And that this will continue.

We as a church have done a remarkable job of adapting prayerfully, even joyfully, to change. May we continue to do so even as we give space and voice to our attachments and support each other in sufferings large and small.

Warm wishes,

Jon

"Our hearts long to be together. We were made to be in community.....we have a longing to return."

- The Rev. Tara Barber, UCC webinar: The Science of Return

[Back to Top](#)

Worship This Summer

June 7 – Trinity Sunday – Kids, get ready for the Children’s Moment. Pastor Leah is going to do a scavenger hunt with you!

June 14 – CUCC Celebrates Pride Month. We would like to invite LGBTQ+ CUCCers to video themselves giving a one sentence statement of faith. Please share via Google Docs or Drop Box with Pastor Leah on or before June 7. A few video tips – put your camera horizontal, not vertical. Be sure your surroundings are quiet. Then, for the video, use one of these sentence starters:

As a [insert your identifying word – LGBTQIA+] Christian [or other identifier], I’m grateful....

As a [insert your identifying word – LGBTQIA+] Christian [or other identifier], I’m know for sure that....

As a [insert your identifying word – LGBTQIA+] Christian [or other identifier], I hope....

Examples:

- As a gay man who is a Christian, I hope other gay men feel and know that God loves them.
- As a queer person of faith, I’m grateful to have a church that loves and affirms me.
- As a trans Christian, I know for sure I am made in the image of God.

We’ll put these videos together in one and share them on June 14.

For the rest of the summer, CUCC is going to be Unraveled.



What happens when our world falls apart? How do we press onward when our tightly-knit plans unravel into loose threads? What do we become when our identity—or the path we’re on—comes undone? What if all of this is not the end we fear it will be? In our unraveling, sometimes life surprises us with unexpected joy, love, and hope—with a new beginning we couldn’t have imagined. Sometimes we need God to unravel us, for we long to be changed. From June 16-August 30, we’ll explore 12 stories of unraveled shame, identity, fear, grief, dreams, and expectations. These are stories where God meets us in the spiraling, unraveling our plans—and us—into something new. This worship series seems right on time for us as we continue to navigate Coronatide.

To accompany this series, each household will receive a journal. If your household would like multiple journals so that people can have their own journal, please contact Carla in the office. We are grateful to A Sanctified Art for these resources! We invite you to complete this journal at the pace and order that suits you. You may wish to ponder the reflections and prompts individually or with others – if you are interested in having a small group with whom you can explore the journal, please let Pastor Leah know. She is facilitating group formation. A Sanctified Art designed this journal so that it might be used as a personal devotional or as the curriculum for a group study series. May God meet us in the spiraling, unraveling our plans—and us—into something new!

Here’s what you have to look forward to in the Unraveled series:

- June 21 || GENESIS 18:1-15; 21:1-7 || Sarah Laughs (Unexpected Joy and Surprise)
- June 28 || MATTHEW 14:22-33 || Peter Sinks in the Water (Unraveled by Uncertainty)
- July 5 || 2 SAMUEL 3:7; 21:1-14 || Rizpah Mourns Her Sons (Public Grief That Inspires Action)
- July 12 || LUKE 19:1-10 || Zacchaeus the Wealthy Tax Collector (Radical Unraveling of Vocation)
- July 19 || EXODUS 5:1-2; 7:8-23 || Pharaoh Hardens His Heart to Moses’ Requests (When Humans Unravel God’s Plans for Justice)
- July 26 || ACTS 9:1-20 || The Conversion of Saul to Paul (Discovering a New Path)
- August 2 || JEREMIAH 29:1-7 || Encouraging the Israelites in Exile to Plant Gardens & Build Houses (When Dreams Unravel)
- August 9 || JOHN 4:1-29 || The Samaritan Woman at the Well (Unraveled Shame)
- August 16 || JOHN 20:19-29 || Doubting Thomas (When the unimaginable Has Happened)
- August 23 || EXODUS 1:22, 2:1-10 || Moses’ Mother Gives Moses Up So He Can Live (When Our Plans for Our Children Unravel)
- August 30 || JOB 28:12-28 || Job’s Lament and Loss (Seeking Understanding When Everything Has Fallen Apart)
- September 6 || MARK 5:1-20 || Jesus Heals Legion, a Man Possessed by Demons (The Unraveling of the Mind)

[Back to Top](#)

Ministry Opportunities at CUCC Volunteers Needed

CUCC Team	Opportunity	Contact	Contact Info	Online Sign-Up	Article
Worship Team	Edit Videos	Office Admin	Info@community-ucc.org		Page 9
Worship Team	Technical Help	Office Admin	infor@community-ucc.org		Page 9
Worship Team	Liturgist	Chase Skye Susan Pawlicki	chaseskye7@gmail.com spawlicki2@hotmail.com	https://www.signupgenius.com/go/5080a4fadaf2aa1fa7-liturgist	Page 9
Worship Team	Greeter	Chase Skye or Susan Pawlicki	chaseskye7@gmail.com spawlicki2@hotmail.com	https://www.signupgenius.com/go/5080a4fadaf2aa1fa7-greeters1	Page 9
Worship Team	Hymn Leaders & Other Music for Worship	Music Director Musician	music@community-ucc.org bclark87@gmail.com	https://docs.google.com/spreadsheets/d/1VRO-hpyuH5Exip52Jzr4JxOXsUJe1HZxzhefK7nlass/edit?usp=sharing	Page 10
Prayer Team	Team Member	Office Admin	Info@community-ucc.org		
Children's Ministry	Event Planner/Leader	Julie McClure	jemclure4@gmail.com		Page 12
Jubilee Café	Meal Prep, Cook, Clean-up	Johnell Bentz	johnell.bentz@gmail.com	https://tinyurl.com/JubileeCafe-Volunteer	Page 8



[Back to Top](#)

Upcoming One-Time Events

Mark your calendars for these CUCC events!

Monday, June 1 – Tuesday, June 30



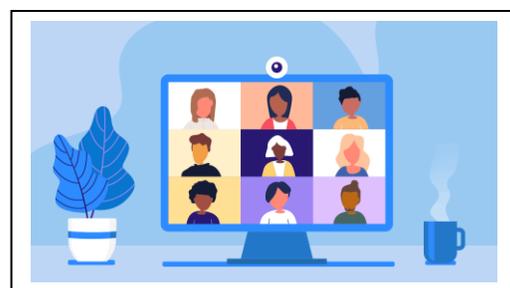
Sunday, June 7, 1:00pm: Meditation Workshop, Zoom (same as Sunday Worship Zoom link)

Sunday, June 14, 2:00pm-4:00pm: Biblical Self-Defense for LGBTQ Folx and Allies co-hosted with The UP Center from Champaign County, Online Event, **Registration Required**

Tuesday, June 16, 6:30pm: Church Life Board Meeting, Online

Tuesday, June 23, 4:00pm-5:00pm: Canteen Run, Kitchen

See the chart below for re-occurring events and Zoom meeting information. Be sure to check the CUCC Facebook page for updates.



Weekly Virtual Meetings and Events at CUCC

Event	Day	Time	Meeting ID	Password	Dates	Join Zoom Meeting	Dial by Your Location
Worship	Sun	10:15AM	391 847 803	788969	3/29-5/17	https://zoom.us/j/391847803?pwd=ZmNvaHJYZm1uUUQrdTNBd2NRZThDZz09	+1 312 626 6799 US (Chicago)
Youth Group (6 th -12 th grade)	Sun	1:30PM	402 056 418	578953		https://zoom.us/j/402056418?pwd=SkIXaFBUMIBZQ0lvNTFUNVhWeVF0QT09	+1 312 626 6799 US (Chicago)
Pub Theology	Mon	7:00PM	268 502 509		3/30-5/18	https://zoom.us/j/268502509	+1 312 626 6799 US (Chicago)
Planning Drop-In Hour	Tue	11:00AM	976 822 985	270198	4/7-5/19	https://zoom.us/j/976822985?pwd=U2dHSUVmYkFxeWZiRVdsVHo3c1Y2dz09	+1 312 626 6799 US (Chicago)
CUCC Community Drop-In Hour	Tue	5:30PM	549 182 412	728521	3/31-5/19	https://zoom.us/j/549182412?pwd=MnFOMERqbEg3Wi91U0FQcUdWtXNwQT09	+1 312 626 6799 US (Chicago)
CUCC Kids Chat Room	Wed	5:30PM	505 669 417		4/1-5/20	https://zoom.us/j/505669417	+1 312 626 6799 US (Chicago)
Choir	Wed	7:00PM	326 389 912	854849	4/8-5/20	https://zoom.us/j/326389912?pwd=ZExZVWZqRkl4dFRvZEgrckVmQkY2Zz09	+1 312 626 6799 US (Chicago)
CUCC Community Drop-In Hour	Thu	12PM (Noon)	947 196 457		3/19 - 5/21	https://zoom.us/j/947196457	+1 312 626 6799 US (Chicago)

Jubilee Café

In order to follow social distancing rules, we have cut the number of volunteers. We have been fortunate to have a steady group of volunteers, but there are occasional openings. If you are healthy and under age 60, please sign up to volunteer here: <https://tinyurl.com/JubileeCafe-Volunteer> Other volunteer opportunities exist as well. Please contact Johnell Bentz, johnell.bentz@gmail.com, for more information.

~Johnell Bentz

As you can see by the number of meals served each week, the ministry of Jubilee Café is greatly needed during this time of Sheltering in Place.

Date	Autsin's Place (Women's Shelter)	DREEM Driven to Reach Excellence & Academic Achievement for Males	Hot Meals & Heat at Home	Total Meals
5/4/2020	15	52	53	120
5/10/2020	15	52	69	136
5/17/2020	15	54	56	125
5/25/2020	15	52	30	97
Total Meals	60	210	208	478

Creation Care at CUCC

On Saturday, May 23rd a wonderful group of Community UCC volunteers masked-up and kept 6 feet apart while they weeded and spread 6 yards of mulch around the church. A special thanks goes out to Jennifer Cromley, Isaac Klimasmith, Mariel Middlebrook, Grant, Dale, and Jake Robbenolt, Elizabeth Shack, Sean Walker, and Tom Ward. These folks took on an overwhelming task and completed it in a few, short hours. Thanks to all.

~ Matthew Hart (Grounds Chair)



[Return to Top](#)

Worship Ministry

The worship team wishes to thank all who have served as liturgists and greeters. We truly appreciate your service. There are several ways to serve in worship throughout the upcoming weeks including: Liturgist, Greeter, Edit Videos, Technical Helper, and Provide Music. Please refer to the Ministry Opportunities at CUCC on page *n* for contact or sign-up information.

Liturgists

The liturgist can choose to record themselves leading the Call to Worship and Reading Scripture and submit a video rather than leading these parts of worship live during the live stream worship.

Greeters

The role of the greeter is to welcome folks by name as they gather in the Zoom Room. As the greeter, you help people turn on audio and video and remind them to turn off their audio during worship.

Video Editors and Technical Support of Worship

Signing onto Zoom or Facebook for worship on Sunday morning and seeing Pastor Leah lead worship so seamlessly may seem as though it is a simple process. Yet, there are many people working behind the scenes making worship the experience it is these days of alternate/virtual worship.



The Worship Team is looking to expand the team of people handling worship duties because when there is more than one person the load is lighter for everyone. So, if you know how to edit videos and would be willing to put a video together for worship contact the Worship Team. Or if you are would like to help manage the technical aspect of the worship service, contact the Worship Team. The Worship Team will be scheduling a training session for online support of worship soon. If you wish to be part of this training please contact Chase Skye or Susan Pawlicki, Worship Team Co-Chairs.

If you have questions or require additional information about any of these worship support and helper roles, contact either Chase Skye at 217-778-0867 or chaseskye7@gmail.com or Susan Pawlicki at 217-637-6106 or spawlicki2@hotmail.com. Thanks!

~Chase Skye and Susan Pawlicki,
Co-chairs, Worship Ministry

+++++

2nd CUCC Virtual Game Night - a success!

We had thirty-three participants at our 2nd CUCC virtual game night. While there are still some kinks to work out and ways to improve upon our game nights, I think for the most part everyone had a lot of fun, laughs & felt connected. We offered 4 different game options, but Scattergories and the different puzzle rooms were the most popular. We are planning to host another game night in the near future and hope some will try the board arena game options - they are really a lot of fun, as long as you get your account set up before the game night. If anyone has any other game suggestions, please let us know. Thanks for participating! Stay tuned for our next Game Night info.

~ From your Game Night Planning Committee – Keri Evans, Lance Larkin, Elizabeth Shack, Randy Musser, & Peg Wade



[Return to Top](#)

Music Help Requested

Dear CUCC friends,

CUCC would love to hear a variety of virtual musical offerings during the summer months. Instrumental music and non-religious music is welcome, as well as sacred and vocal music. Most importantly, please remember that all of our musical offerings are a gift for our congregation and God. Participation is much more important than perfection, and songs can be spiritual without fitting the typical definition of "religious music". I encourage you to think outside the box and offer something!

During the summer, my position as Music Director is on pause, so my music contributions over the summer will mostly be as a volunteer. Sign up for an anthem or hymn leader slot here: <https://docs.google.com/spreadsheets/d/1VRO-hpyuH5Exip52Jzr4JxOXsUJe1HZxzhefK7nlass/edit?usp=sharing>. Please note that you need to scroll right on the sheet to see all of the available Hymn and Anthem slots.

If there is a hymn, you'd like to lead that is NOT on our list, email me, and I can make adjustments. Singing a cappella or with an accompaniment that you provide is great, and Brian Clark can also provide a piano accompaniment track to anyone who wants to lead a hymn. If you need accompaniment for an anthem you are interested in performing, Brian needs the sheet music the Sunday before you'd like to perform it in order to give you a pre-recorded piano track. Contact him directly to arrange this: bclark87@gmail.com

Please contact me with questions, even over the summer, although I may not be checking email daily: music@community-ucc.org. I expect that I will still be loosely managing musical contributions, so if you sign up, email me so I can explain how to participate live or upload a pre-recorded video for the service.

Thank you so much!

Kathy Kew Lee

she/her/hers

Music Director, Community United Church of Christ

music@community-ucc.org

203-605-3830

Pub Theology Update

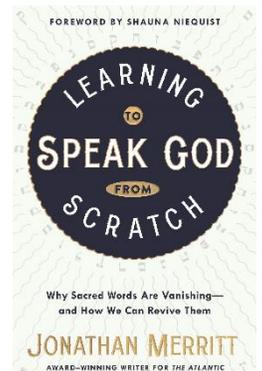
Pub Theology met recently to select our next book. We will be reading *Learning to Speak God from Scratch: Why Sacred Words Are Vanishing—and How We Can Recover Them* by Jonathan Merritt. "As America rapidly becomes a pluralistic, postmodern society, many of us struggle to talk about faith. We can no longer assume our friends understand words such as grace or gospel. Others, like lost and sin, have become so negative they are nearly conversation-enders..."

We meet on Monday evenings at 7:15 via Zoom. Email Tom Ward for the link and any questions you might have about Pub Theology or the book.

~Tom Ward

wardt508@comcast.net

[Return to Top](#)



Individual's Together

If there's one thing the pandemic has called attention to, it's the importance of maintaining our social connections. Thankfully, just a few months before the pandemic hit our shores, CUCC had formed a fellowship group for persons living alone, (whether part time or full time). This group, called "Individuals Together", is especially important now when our lives have been so drastically changed, and most social connections altered in ways we couldn't have predicted.

So our new circle of friends continues to meet in new ways! On Sat. May 16, we met for a Zoom Chat time. Five persons joined in, and all agreed it was great seeing each other's faces and having a chance to "check in" with each other. A big Shout out to Keri Evans for arranging this!

We also made plans for an outing to welcome the first official day of Summer on Sat. June 20th. We will meet for lunch in the park, (that's Witt Park in Sidney, IL) at 12:00 noon. Bring your own lunch and we'll observe social distancing by sitting 6 ft. apart at the picnic tables in the pavilion. After lunch, we will head to the Sidney Dairy Barn for ice cream. They too are observing social distancing. However, we have special approval to enjoy our ice cream in the "Moo Through", right next door, where there are lots of fun memories to enjoy. Chairs will be provided, and yes, we'll sit 6 ft apart. We hope you can join us!

Remember we'll need to drive separately, and do not forget to bring your mask (for when you're NOT eating, of course). If you need directions, please call Linda Morgan at 217-649-3778.

~ Linda Morgan
217-649-3778



Construction Sights



5/28/2020 – Road construction on 6th Street right in front of CUCC. cmr

5/14/2020 – This is the scene that greeted me as I came into the office. The machine had made its way down towards the pit it was heading into to continue scooping dirt before I could snap this picture! Cmr

[Return to Top](#)



Children's Ministry

Children's Ministry looks a bit different right now, as does everything, but we are still finding ways to keep kids engaged! We're meeting via Zoom on Wednesday evenings to check in and hear a story.

Want to help in some way? You can volunteer to be a reader for one of our Wednesday night meetings! Choose a book or read a portion from the Storybook Bible that many of our families have. Seeing the kids' faces is a great way to brighten your week. If you're interested, email me at jemcclure4@gmail.com.

~Julie McClure

Youth Group



We had Virtual Youth Group for youth group almost every Sunday in the month of May. We have played games, participated in virtual scavenger hunts, and had a painting party. We all painted separately in our homes but together as a group (See picture to left). The youth continue to amaze me with their resourcefulness and humor.

We will continue to meet (by Zoom) weekly in June at 1:30 p.m. on Sundays.

~ Jessica Smiley

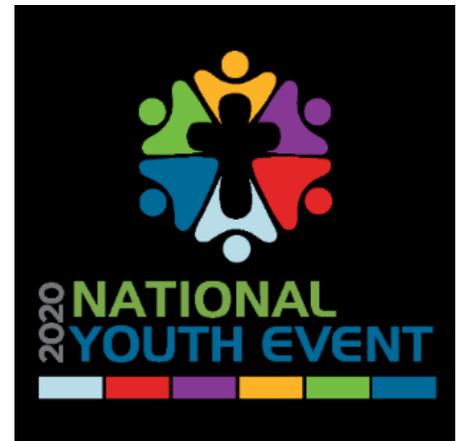
National Youth Event 2020

Due to the unforeseeable impact of COVID19 on the health, social, and physical distancing behaviors of the world, National Youth Event (NYE) at Purdue University scheduled for July 22-25, 2020 has been postponed until **June 27-30, 2022**.

On May 31st NYE will feature a video of **LOVING YOUR NEIGHBOR IN QUARANTINE** event begins at 3PM.

On June 28th NYE will feature a video of **CREATIVITY AND JUSTICE IN QUARANTINE**.

Please hold July 24-25 for a culminating interactive experience around **UNITE THROUGH THE EXTRAORDINARY!** More details and registration are soon to come and will be found on the [NYE website](#)



[Return to Top](#)

Support for your Body, Mind, & Spirit during Self-Isolation and Covid-19

Let's take care of our whole selves during this strange season. Check out these resources and let us know if you have any to recommend!

Category	Name	Brief Description	Website
Yoga	Daily Bread Yoga	A community of people practicing yoga together, for the love of all things. Classes are live on Zoom and led by local teacher, Rachel Bass-Guennewig.	http://www.dailybreadyoga.life/?fbclid=IwAR1eCmqob0_IhQqSbthKVujsGcQv4dMljmSGh-JB2e9dPGQ-ILkgVUsnPvU
	Yoga with Adriene	35-minute loving and powerful grounding yoga session. This special at-home practice is anchored in an invitation to focus on the rise and fall. Through this structure we will lean in and use the tools of asana, breath, and science to welcome a sense of peacefulness and ease for both mind and body.	https://www.youtube.com/user/yogawithadriene
Meditation	A Virtual Place of Hope	Guided Practice (breathing, meditation, mindfulness) Coloring & Creativity Visual Relaxation	https://www.heritagenet.org/hope
	Mind Jar Meditation	Rev. Shannon Abbott specializes in ministries of health and wholeness with training in yoga, massage, reiki energy work, and aromatherapy. Her primary focus is on stress reduction, emotional balance, and spiritual renewal.	https://www.youtube.com/watch?v=vbfEz2thwQ4
	Meditations, Poetry and more: A Care Package for Uncertain Times from "On Being" and NPR Radio	Starting Points are thoughtfully curated collections of audio, essays, and poetry from The On Being Project's deep archive. Revisit old favorites and find new ones.	https://onbeing.org/starting-points/a-care-package-for-uncertain-times
	Guided Meditation: Un-matching from fear and healing the planet with David Gandelman (the meditation starts at about the 10:30 mark).	In this special meditation addressing the fear around the Corona virus, David guides a meditation to help you un-match from the panic and use your own heart to help heal the planet. You can find all of David's work at www.davidgandelman.com	https://www.youtube.com/watch?v=DITwZ5gannk&fbclid=IwAR2AkXzyd4eeq0yRKd5P7b96mdJaGOAYjltbHlo_hlnBZA1QOJEtcT1GhJA

Category	Name	Brief Description	Website
	Guided Meditations	Tara Brach's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world. The result is a distinctive voice in Western Buddhism, one that offers a wise and caring approach to freeing ourselves and society from suffering.	https://www.tarabrach.com/guided-meditations/
	Virtual Soundbaths	Welcome to Grounded Meditation's 'user-friendly' approach to meditating! ground-ed /'groundid/ mindfully present, well balanced and connected	https://www.facebook.com/groundedmeditationstudio
	A Way in the Wilderness	14 Days of Spiritual Sustenance for Life in a Pandemic. A free PDF Download from Pilgrim Press, the UCC Print House.	https://www.thepilgrimpress.com/products/a-way-in-the-wilderness-14-days-of-spiritual-sustenance-for-life-in-a-pandemic-pdf-download
Activity/Action	Greater Good in Action	Science-based practices for a meaningful life, curated by the Greater Good Science Center at UC Berkeley .	https://ggia.berkeley.edu/
	The Art Assignment	The Art Assignment is a weekly video series produced by PBS Digital Studios, hosted by curator Sarah Urist Green and author/vlogger John Green. We take you around the U.S. to meet artists and solicit assignments from them that we can all complete. Watch our videos and then post your responses with #theartassignment.	https://www.youtube.com/user/theartassignment
Self-care	Self-care in Pandemic from the United Church of Christ	This offering in the "Thursdays for the Soul" series will focus on putting your own mask on first. How do you care for self, while also caring for a family, congregation, or community?	https://www.youtube.com/watch?v=42pVSL27Sbw
	Beauty Will Save the World by Curt Thompson, MD	Psychiatrist, speaker and author Curt Thompson connects our intrinsic desire to be known with the need to tell truer stories about ourselves — showing us how to form deep relationships, discover meaning and live integrated, creative lives.	https://curthompsonmd.com/beauty-will-save-the-world/?fbclid=IwAR2Gz6g48kYKFXPEkcNNxgb2B3cT7wLpZ0jyigBjXNx0Y0Q4YEM5lloia3M

Category	Name	Brief Description	Website
	11 Self-care Tips, According to Expert Queer Healers	Through interviews with over a dozen expert queer healers – including traditional psychologists, sex therapists, personal trainers, reiki masters and hypnotists – we’ve compiled a guide for self-care during these scary times.	https://www.them.us/story/self-care-tips-queer-healers-coronavirus
	7 Ways to Use Your Own Body to Reduce Stress	Through massage, breathwork, bodily awareness, and more, these techniques will help you decompress and unwind during these stressful times.	https://www.them.us/story/7-ways-to-use-your-own-body-to-reduce-stress
	Exercise	Walking, bicycling, jogging, other	
	Reading	Reading takes you to other worlds	Reserve books and other materials online and pickup curbside at both the Champaign and Urbana libraries
	Gardening	According to the AARP website the 5 benefits of gardening include: Exposure to vitamin D Decreased dementia risk Mood boosting benefits Enjoyable aerobic exercise Helps combat loneliness	https://www.aarp.org/health/healthy-living/info-2017/health-benefits-of-gardening-fd.html
Worship	Lament with the Many	Wednesdays, 8 pm US Central Time, Lament Together with The Many on Facebook and YouTube. We share music and prayer, laments, and thanksgiving as we listen to what God could be saying to us in this time that is at once, Pandemic and Pentecost. We come together to speak our truths, to heal and perhaps, so we can all feel less alone.	https://www.facebook.com/themanyarehere/
	Washington National Cathedral	Morning Prayer	https://cathedral.org/
	Daily Morning Prayer: The Upper Room	The Upper Room is a global ministry dedicated to supporting the spiritual life of Christians seeking to know and experience God more fully.	https://www.facebook.com/UpperRoomCenter/
	Community Hymn Sing Wed-Mon @ 7PM, Tue @ 9AM	The Community Video Hymn Sing is a nightly gathering of people singing the church’s song together via the internet during the Covid-19 pandemic. It’s led by Paul and Elizabeth Damico-Carper and sometimes by guest hosts.	https://www.facebook.com/CommunityVideoHymnSing

**Descriptions from the website or Facebook page

Favorite Podcasts for Body, Mind, and Soul (look for these on your favorite podcast service, or online):

- In the Thick with Maria Hinojosa and Julio Ricardo Vareita
- Poetry Unbound with Padraig O Tuama

- On Being with Krista Tippett
- Unlocking Us with Brene Brown
- Another Name for Everything with Richard Rohr
- The Moth
- The Confessional with Nadia Bolz Weber
- Code Switch
- Death, Sex, & Money with Anna Sale
- Latter-Day Lesbian
- Ask Science Mike
- This Movie Changed Me with Lily Percy

[Return to Top](#)

Contact CUCC:

805 S. Sixth Street, Champaign, IL. 61820 | 217-344-5091 | www.community-ucc.org | email: info@community-ucc.org
Office Hours: Monday - Thursday | 9am - 3pm