



Community UCC

We're worth our words

Volume 59, Issue 5 -May 1, 2020

A Just Peace, Progressive, LGBTQ Open & Affirming Congregation

e-Communigram

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Letters from Leah

Dear Community,

Last summer, I did a children's moment with rocks, pebbles, sand, and water. Do you remember? The goal is to get as many things into the jar. Typically, people choose to start with the small stuff. By the time you fill your jar with pebbles and sand, there's no room for the BIG STUFF. Of course...when I asked our CUCC kids which we should stuff in the jar first, because we have scientifically minded kiddos, the clever little things got it right the first time! When you put in the big rocks, then the pebbles (and give it a little shake-shake-shake), then the sand (shake-shake-shake), and finally the water....well, the water runs down into the crevices and you can fit more in. If you put the water in, and then the sand, and then the pebbles, and then the rocks, it won't work – only a fraction of the items will fit in the jar. The same works in life. You have to put the BIG STUFF in first. This analogy applies in so many ways – to our family lives, faith journeys, work life, and time management in general.

My friend Caela, who pastors a UCC church in Kansas, was talking about this analogy this week as she, and her husband, and her two kids, and her church, and her husband's students, and their dog, try to adjust to the massive changes they've had to make, in every area of life, because of the COVID-19 pandemic. "What are the big rocks for today?" she asks herself, not just in terms of time management, but in terms of "what really matters here?" We might ask that question in different ways depending on the aspect of life we are addressing. What really matters to our family's health and wholeness? What's most essential about my work? What is the essence of Being the Church together? I've had to ask myself what are the parts of being a pastor and leader that are absolutely essential during a global pandemic? We might all ask ourselves: What are the components of being a parent, partner, friend, human that I cannot let slip?

Incidentally, I feel like I'm doing pretty well if I can identify and hold on to two of the BIG ROCKS in any given day. I'm letting the pebbles, sand, and water fall completely off my radar screen and I hope you are too. Life is too short, and this shelter in place business is too long, to hold on to the small stuff for any length of time.

This unprecedented time is a time for essentials. For the Church that looks like loving God and loving our neighbor as ourselves. If we take that charge seriously we'll find that Jesus has handed us our two big rocks for every single day of our lives. Loving God and loving our neighbor as ourselves looks different when the circumstances change, but the commandment stays steady. It's the Big Rock of our faith.

In the midst of all these changes, your Church Life Board, CUCC staff, and leaders have continued to work steadily behind the scenes. Even before COVID-19 we were asking generative questions that pointed us to the big rocks that we need to put first into the container that is CUCC. What are the values that guide us? What does it look like when we are at our best as a church? What does it mean for us to be a beacon of hope? As it turns out, it's helpful that we've been in the habit of having those conversations when we find ourselves in this moment in time -- a place where the Big Rocks are the only things we have room for! We have clarity about how we can spend out limited time and energy in the midst of a crisis.

In the coming days, set aside a few moments to have that Big Rocks chat with yourself and with God. Light a candle. Take a breath. Find a quiet space where you can settle yourself down. And then start to think through the different roles you play in your life: your family role, your identity with friends, your professional position, your part as a volunteer. And, please, don't forget to make space for pondering what it means to be human and a Beloved Child of God especially during a chaotic and uncertain time. Then sit with God and ask for some clarity as you try to discern what the Big Rocks are. What are the absolute essentials? Write them down, tuck them away where you can find them later, and revise as needed. When you start to feel overwhelmed or like there's not quite enough of you to go around, go back to the Big Rocks. Focus on only those. And know that God goes with you – sustaining you when you're weary, picking you up off the floor when you have to get back up, showing you so much gentle grace when things don't go as planned. You are not alone. You continue to do this very hard work of being human with God's help, God's grace, God's love coursing through your veins.

Blessings,



Pastor Leah will Be "At" Festival of Homiletics in May

Due to COVID-19, Festival of Homiletics, the progressive preaching convention which Pastor Leah typically attends every Spring, has been moved online. She will be attending live online streams of lectures and worship services May 18-22.

Do you need extra help during this time?

CUCCers, we find ourselves in an incredibly uncertain time. Even though it is important to shelter in place, it is not necessary to stay isolated. Connection and help are available in multiple ways.

Connection

Be sure to stay connected. Check the Zoom Meeting Table [page 6](#) for times to meet virtually with other CUCCers. The fellowship experienced in these spaces is invaluable.

Prayer

Need a concern lifted up in prayer? Please be in touch with Pastor Leah or email the concern to Carla to be included in worship and passed along to the CUCC Prayer Team

Pastoral Care

When we were meeting for worship in person, it was easy to mention how you were on your way out the door or stop into the office during the week to talk. These days, we have to be more intentional. Do you need to talk with Pastor Leah? Please email her to make an appointment. She continues to be available by phone, text, or FB messenger for pastoral emergencies.

Financial Support

Please know that if you are having trouble paying bills, or buying groceries, that we at CUCC have resources to assist. The Direct Assistance Fund is not just for strangers – it is also for church members. If you need financial assistance, please do not hesitate to contact Pastor Leah confidentially by email, or phone for emergencies. She can help direct you to resources which exist in our CU community or assist you directly.

Body, Mind, and Spiritual Support

How might we take good care of ourselves during this time? We're amassing a list. Look to future weekly emails and CUCC's social media for the debut of this resource at www.community-ucc.org. Mental health resources are listed later on in this newsletter.

Pastor Leah's Sabbatical

Pastor Leah, the Sabbatical Planning Team, and the Church Life Board have, together, decided to postpone Pastor Leah's Sabbatical to a more "normal" time when she can plan rest and renewal. We are hoping to schedule it in 2021. For more details, please see the Church Life Board's April 2020 Meeting Minutes that will be available after the May 2020 Church Life Board Meeting.

Worship Support and Helpers Needed

Do you know how to edit videos? Do you have a musical gift to share? Would you like to help manage the technical aspect of the worship service? If you replied "yes" to any of these questions, then CUCC has an opportunity for you. Please contact Chase Skye or Susan Pawliki, worship team co-chairs, with your area of interest by May 8, 2020. We will schedule a training session for online support of worship later in the month! See Worship and Music's articles for more details.

CUCC Prayer Team

We've had a request to reinvigorate our CUCC Prayer Team. Please email Office Manager Carla Rush at info@community-ucc.org if you would like to be on this Team. The Prayer Team will covenant to include in their own personal prayers each week the prayer petitions that we lift up on Sunday morning. The group may decide to pray together (virtually) in the future and we'll decide about that in the coming weeks.

Information About Funerals during COVID-19 from Pastor Leah

On Thursday, April 16, I attended a webinar sponsored by Chicago Theological Seminary about how to conduct funerals during this unprecedented and unusual time. Here are some important things for you to know as we move forward:

In Illinois, right now, regulations state that no more than 10 people are allowed in a funeral home at a time. That's 10 people total, not a rotating 10. If you are hoping to have a large funeral or visitation, like you would have before Covid-19 happened, plan to do a memorial service at a later date when it is safe. Yes, this will be frustrating and hard. You may be able to find a funeral home which is willing to let more than 10 people in their building, but please resist this temptation. Don't do it. Everyone's health is at stake. And remember -- if someone has died due to COVID-19, it is likely that family members have also been exposed. So, extreme caution must be taken with in person meetings -- no touching, wear masks, stay 6 feet apart unless you are from the same household.

If an autopsy for your loved one is needed, please be prepared for delays. Likewise, there is a different timeline for cremations. Currently, many families are opting for cremation when they otherwise wouldn't. Whereas the CDC doesn't think there is any risk of contracting Covid from the deceased, cremation is recommended for Covid-related deaths. The risk for contracting Covid-19 comes in the probability of passing the virus between people who are present at a service, visitation, or graveside particularly when people appear to be asymptomatic -- use caution. (Remember that those who have cared for a family member with Covid-19 may in likelihood have contracted the virus.)

If you have prepaid for services from a funeral home, check with the funeral home about what services you are actually using and what services you aren't. Families should be aware that if they have prepaid for more services than they will be using now, they should check if that portion is revocable. About prepaid fees: families might also consider talking with their funeral home about donating unused portions of prepayments to families with a financial need.

Note that every cemetery has a different policy. There must be an extreme level of communication between the funeral home, the cemetery, and the pastor/church. Policies vary.

All planning for funerals will be done over the phone, email, or in a zoom meeting. Note that pastoral fees still apply.

CUCC has become quite adept at creating meaningful worship services online. Online options for funerals are possible which could include music and multiple participants. (Note that fees for musicians and audio techs still apply). The family, church, and a funeral home will need to discuss what is possible. It is possible to have a meaningful and intimate time of remembrance even though we are not physically in the same place. It is also possible to create private spaces where families can gather virtually.

Moderator Musings

How many different ways are there to say that I am amazed and inspired by this church? How can I put into words the comfort it brings to see your faces, your names, and your couches on Sunday morning? Is there enough gratitude in the world for Kathy Kew Lee and the talented musicians who bring such beauty to Zoom Church, for Andy, Andrew and Nate who keep the system up and running, for Pastor Leah and her inspired ability to find the right poem and give exactly the right message?

We are not far into this public health emergency, and I suspect that we have a long way to go before we emerge from it. But we are so very blessed as a community to have each other and to have the leadership that we have. In the midst of everything we are still serving, still worshiping, and still discerning.

My hope is that in the same way that we steward financial resources, we will guard and steward our human resources. That means taking care of yourselves and of those around you. That also means taking care of those who are working to make remote worship not just possible, but awesome. Perhaps you can learn to drive Zoom and help out with tech. Perhaps you're up for leading a hymn. Whatever your contribution, it will help CUCC emerge from this unprecedented journey even stronger and more inspiring.

Warm wishes,

Jon

Updates to your Pledge?

Dear Community, this is a very strange time full of complex uncertainties. The moment calls on all of us to pull together and communicate. To this end, please let the CUCC Financial Secretary, David Willcox (financial-secretary@community-ucc.org), know if you need to adjust either your Deeply Rooted Capital Campaign or your Annual Giving Pledge to fit new economic realities. Likewise, if you have extra to give and would like to increase your pledge, please communicate. More information allows your Church Life Board to make sound choices on behalf of our Community.

~ Jon

The Paycheck Protection Program

Several members and friends of the church have suggested we investigate the Paycheck Protection Program (PPP), a Small Business Association loan program that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis. The PPP covers a wide range of organizations including sole proprietorships, small businesses, independent contractors, and 501(c)(3) nonprofit organizations. While this program can include churches, there are specific criteria that must be met to be eligible. One criterion of a PPP loan is that we must certify that the funds are necessary to support the ongoing operations of the church and to maintain payroll or make mortgage or utility payments.

Currently, the church does not find itself in this position. However, that may change if the current crisis continues for an extended period. The CLB will continue to monitor our financial situation and budget resources. In order to do so, the CLB must remain informed of any changes in expected revenue. Therefore, as requested elsewhere in this Communigram, please be in touch with David Willcox, our Financial Secretary (financial-secretary@community-ucc.org), if you have any concerns about paying your annual or Deeply Rooted Capital Campaign pledge to the church.

~Grant Robbennolt

Capital Improvement Update: New Roofs!

While we've been sheltering in place, the church roofs have been getting an overhaul! We'll soon have new roofs over the parlor, on the tower, over the choir room, and over the southwest corner of the building above the sanctuary storage area. The slate roof over the sanctuary will have some tiles replaced and work done at key transition points. The roof above the offices will also have some needed maintenance. As of April 27, the Parlor and Tower roofs are done!

One silver lining of the COVID-19 clouds is that this work has been far less disruptive than it might otherwise have been since it was done while the staff is working from home and the building use is down significantly.

Feel free to reach out to Grant Robbennolt (grantrobbennolt@hotmail.com) with any questions.

~Grant Robbennolt



Upcoming One-Time Events

Mark your calendars for these CUCC events!
Friday, May 1 – Sunday, May 31



Friday, May 15, 6:30pm: Virtual Game Night, Zoom

Tuesday, May 19, 6:30pm: Church Life Board Meeting, Zoom

Tuesday, May 26, 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)



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Minister of Health/Faith Community Nurse

I always find comfort hearing Pastor Leah's opening statement to our weekly worship; "No matter who you are, or where you are on life's journey, you are welcome here, and we really mean it". Those honest words are soothing to me, especially if I've had an exhausting or challenging week. But as we start our 7th week of "shelter in place", I wonder if we should think about amending that statement to: "No matter who you are, or where you are on life's journey, THIS IS HARD".

Some may have already been grieving a loss when we were told to physically isolate ourselves to slow the spread of the Covid-19 virus. It could have been a job loss, a personal or family health crises, financial worries, or even a recent death in the family. In other words, everyone came into this from their own unique perspective.

Now, of course, we are ALL grieving. Grieving job loss, income loss, loss of social and family connections, or loss of our normal routines. This grief comes in stages, as first identified by Dr. Elisabeth Kubler-Ross in her book, *On Death and Dying*. The stages are 1) Denial and Isolation, 2) Anger, 3) Bargaining, 4) Depression, and 5) Acceptance and Hope. We all progress through these stages at our own speed, and as Dr. Kubler-Ross points out, it's common to cycle back through these stages at times.

My point is to be aware that whatever stage you are in on a particular day, the next person you interact with, is likely to be in a different stage. This has the potential to be a recipe for disaster, with hurt feelings, and misunderstandings resulting. Grieving is hard work, so first of all, be kind to yourself by getting enough rest, eating well, staying hydrated, and reaching out to others as you are able. Equally important is to be kind to each other! Keep in mind that Pastor Leah is offering 2 opportunities for "Drop in chats" every week, as well as a time for the children of our church to connect. And remember, you don't have to "fix your hair" - You are welcome and loved even if you're not at your best!

Submitted by Linda Morgan, RN BSN

News from the John Bandy Center for Spirituality and Faith

SPRING IS HERE! LET'S STROLL FOR THE SOUL!

The John Bandy Center for Spirituality and Faith invites you to join in Stroll for Your Soul, a program available through our church's subscription to the Prayer Bench ministry. The purpose is to get us out of our houses and moving mindfully and reflectively as the weather warms up. This is something we can do this year while observing good social distancing.

Here's what Janice McLean, the founder of the Prayer Bench, has to say about Stroll for Your Soul:

"In these days when we are encouraged to walk outside for our physical, mental and spiritual health, Stroll offers incentive and a mindful focus. Participants receive a daily email for 21 days.

"Stroll emails help you notice the green and growing glories of Spring. They offer practice at paying attention and being in the present moment. Weave silence and mindful reflection into whatever time you have to stroll.

"With worship services suspended in many places and churches closed, the 21 Stroll emails offer a way of being together while needing to be physically distant by sharing a common focus through this series."

If you register for this, the first email should arrive in your inbox on May 9 and then continue for the next three weeks. There is no charge to you to sign up-- this is included in our subscription. Please do not share the sign-up link with those outside of CUCC. The Prayer Bench is how Janice earns her living; she has generously reduced the price of many of her resources and removed registration limits to be sure that her resources can be available to many during this time. If you have friends who are interested, they could subscribe for themselves at a very modest price by going to the website, <https://prayerbench.ca>.

The sign up link for CUCCers is <https://prayerbench.ca/stroll-for-your-soul-2020/>. **The deadline to sign up is May 4.** If you want to sign up after that, please contact Pastor Connie (connie@community-ucc.org) and she can help you do that.

If you sign up and would like to connect one a week with other CUCCers doing this, please let Pastor Connie know and we will set up a time to do that virtually when it's convenient for the most participants.

~Pastor Connie Bandy



Jubilee Café



Since March 9, Jubilee Café has been following guidelines in response to the COVID-19 crisis. We are serving To-Go meals, along with various non-perishable food and hygiene supplies to our guests each week. Along with handing out hot meals to guests who come to the church, we are also prepare and pack 52 meals each week for DREAM House families and 15 meals for Austin's Place, the women's shelter in CU. In total, we serve more than 100 meals each week to our neighbors in need.

We are very grateful to our community partners who provide us with food and supplies. We get food from

Eastern Illinois Foodbank, Sola Gratia Farm, Far East Grocery, Ye Olde Donut Shoppe, Scotty's Brewhouse, Aunt Joanie and Uncle Dave's Longhorns, and Common Ground Food Coop.

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.

We are pleased to announce that Jubilee Cafe Manager, Johnell Bentz, was nominated by Anna Barnes and selected for the Diversity & Social Justice Education Outstanding Faculty award. Candidates were sought to address marginalization, oppression, and/or privilege through their academic, co-curricular, and/or social engagement. Through their efforts, successful nominees help promote critical awareness, perspective taking, understanding, critical thinking, and/or action for fairness and the common good.

~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	Austin's Place (Women's Shelter)	DREAM Driven to Reach Excellence & Academic Achievement for Males	Hot Meals & Heat at Home	Total Meals
4/27/2020	15	52	74	141
4/20/2020	15	52	49	116
4/13/2020		45	65	110
4/6/2020		43	80	120
3/30/2020	(30 bags of donuts)		44	44
3/23/2020	(20 bags of donuts)		17	17
3/18/2020	(special Wednesday meal – Uni Place closed)		30	30
3/16/2020			22	

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Worship Team Seeking Volunteers

The worship team is very grateful for your help and participation in worship. Currently, the worship team is looking for Liturgists and Greeters for May and June. Volunteer for either or both positions by accessing the Sign-Up Genius Links below.

Liturgists: <https://www.signupgenius.com/go/5080a4fadaf2aa1fa7-liturgist>

Greeters: <https://www.signupgenius.com/go/5080a4fadaf2aa1fa7-greeters1>

As we continue to gather for alternative worship, the role of the liturgist and greeter is changing too.

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.

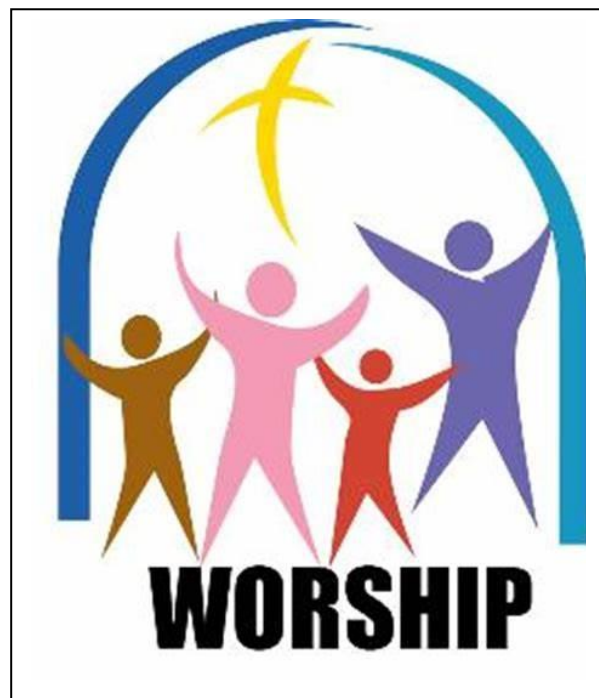
The role of the greeter is to welcome folks by name as they gather in the Zoom Room. As the greeter, you help people turn on audio and video and remind them to turn off their audio during worship.

Video Editors, Special Music, 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 have a musical gift you would like to share in 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 later in the month. If you wish to be part of this training please contact Chase Skye or Susan Pawlicki, Worship Team Co-Chairs, with your area of interest by May 8, 2020.

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!



Urbana Landscape Recycling Center Donation

Say there, CUCC family! Do you all know about the Urbana Landscape Recycling Center (LRC) located at 1210 East University Avenue in Urbana? LRC recycles local yard debris such as grass clippings, brush, and plant cuttings into useful mulches and composts for the home and garden. They also offer salvaged landscaping products such as granite fines, asphalt millings and street pavers when available. Products are for sale to residents, landscapers, nurseries and businesses. Revenue is used to help offset the cost of operating this not-for-profit community facility. Community UCC has been blessed to have 5 yards of mulch donated to our church from LRC and we could not be more grateful. If you have landscaping projects to do this summer you should check out LRC's website at <http://www.landscaperecyclingcenter.org/>

~ Matthew Hart (Grounds)



Sola Gratia Farm Annual Spring Plant Sale!

Sola Gratia Farm is a partner of Jubilee Café located at 2200 S. Philo Road, Urbana, IL. Just in time for spring garden planting and Mother's Day – Sola Gratia Farm Annual Spring Plant Sale. There will be a large variety of organically grown veggies, herbs, and some perennial fruits plus locally sourced flowers including hanging baskets, potted, perennials and bedding. The sale is May 8-17, 9a-5p daily. Cash, checks and credit accepted! And of course, the farm has a comprehensive safety plan for the plant sale.

Music Help Requested

Dear CUCC friends,

As some of you know, my position as Music Director is a 9-month position running from mid-August to mid-May each year. While this contract functions well in ordinary times, it will pose new challenges while we are worshipping virtually, so I am asking for your help. **We will need weekly volunteers to fill as many hymn-leader slots and solo (or quarantined group) anthem slots as possible.** My hope is music can function primarily without my involvement over the summer, as my music contributions over the summer will mostly be as a volunteer.

I have created an online hymn and anthem sign-up sheet running from now through the end of summer. 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. The sign up can be found here: <https://docs.google.com/spreadsheets/d/1VRO-hpyuH5Exp52Jzr4JxOXsUJe1HZxzhefK7nlass/edit?usp=sharing>. Please note that you need to scroll right on the sheet to see all the available Hymn and Anthem slots.

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

Most importantly, please remember that all 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!

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



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CUCC's Virtual Bingo Game Night was a SUCCESS!

Forty participants, including 7 kiddos enjoyed a fun night of virtual bingo. We played 10 games with 11 winners (1 game had a tie). Congratulations to these game winners: Larry Lee (5 in a row); Camille Schuler (postage stamp); Johnell Bentz ("T" game); David Willcox won 2 games (5 in a row and full card); Brin Schuler won 2 games (4 corners and full card); Linda Morgan (4 corners); Leah Robberts-Mosser (5 in a row); Kathy Lee ("X" game); and David Robberts-Mosser (5 in a row).

Thanks so much to David & Chelsey Gerstenecker for being wonderful hosts and fun bingo callers with a cool Zoom background (we felt like we were all at the beach together!!)

Our next Virtual Game Night will be Friday, May 15th, 6:30 p.m. Mark your calendars for this fun event & stay tuned for more info coming soon!

From Your Game Planning Committee,
Keri Evans, Lance Larkin, Randy Musser and Peg Wade



Pub Theology Update

While we decide on our next book, we have decided we are going to have an open read of [Turtles All the Way Down](#) by John Green. What I mean by "open read" is we agreed to all read it and then later this summer (hopefully!!!) when we can all get together, we will gather and discuss it, maybe over a beverage or meal.

Turtles All the Way Down is a Young Adult book, so it should be a fun and easy read. It is fiction, something we don't read a lot in Pub. It is described as "A tender story about learning to cope when the world feels out of control." Seems appropriate. Also, as "Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a \$100,000 reward at stake, and her Best and Most Fearless Friend, Daisy, is eager to investigate."

If you'd like to be ready to join us when we get together later this summer, get your copy and have a read. It's gotten rave reviews by others in Pub who've already read it.

~Tom Ward
wardt508@comcast.net

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! Last month I dropped off Holy Week activity bags for families, we're meeting via Zoom on Wednesday evenings to check in and hear a story, and I've got a fun project in the works for this month to connect our CUCC kids with others in the congregation.

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 jemclure4@gmail.com.

~Julie McClure



Our Children Planted Deep Roots!

In celebration of Arbor Day on April 24th, Family Ministry would like to announce the Children's Giving Campaign was very successful. Thank you to everyone who donated! We gave seeds and sprouts through Heifer International, and we will be planting a tree closer to home in the newer Sunset Ridge Park (west Champaign).

Although the Champaign Park District normally plants trees during the end of May or early June, the current pandemic has changed that plan. I have been told that the tree is ordered, and they will keep it watered for a possible planting in June.

~Lance Larkin





Youth Group

We have been meeting virtually every Sunday for the last several weeks. We have had virtual scavenger hunts, shared updates about the week and played games online. We have had fun checking in with each other and providing support virtually.

It's a lot different than our typical gatherings but we are doing the best we can to support each other. I am working on coordinating a paint party for the youth in May. More details to come! Below is the information regarding our virtual youth group meetings.

We have Virtual Youth scheduled every Sunday afternoon. I will send reminders to youth (by email or text) on Saturdays or early Sundays. Hope to see your youth there! Find Youth Group Zoom Meeting Information on [Page 6](#).

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**.

The planning team is disappointed but not discouraged. They have been working hard to offer meaningful and faithful virtual gatherings this summer. Many of the original NYE presenters are excited to be able to put together meaningful content that will be shared via the web and will include live chat features during and after each premier.



On May 31st NYE will feature a video of **LOVING YOUR NEIGHBOR IN QUARANTINE**.

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](#)

SPOTIFY Playlist

I don't know about you, but I sure enjoy listening to music while I work. Your NYE team has developed a perfect playlist for NYE Unite! – including featured artists and tunes from some of the most beloved artists today. The working song list is the ideal way for you to connect during the pandemic and elicit in yourself a renewed sense of **resilience, courage** and **faith**.

https://open.spotify.com/user/kklvkn5g9e60m4m2me3r0o58c?inf_contact_key=b72818d63e63a2a7a712ae13bf917fee1b0a3f0fd3ee5d9b43fb34c6613498d7

Take care,

Jessica

COVID-19 Mental Health Resources

The University of Illinois at Urbana-Champaign Psychology Department recognizes that the coronavirus pandemic poses concern for both physical and mental health. People respond to events such as these in many different ways. It is okay to feel just fine, and it is normal for you or people who you care about to feel stressed, lonely, or powerless.

Stay Updated

Follow the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) and give yourself a break. It's good to stay informed; it's not so good to be bombarded by coverage (e.g., reading the same story multiple times). It can be more stressful than helpful. Consider asking yourself: how is this next news story helping me? You might try checking in on the news at scheduled times, and doing so with reliable sources like the CDC and WHO.

For everyone

- CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Illinois State Government: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>
 - [State of Illinois Department of Public Health Coronavirus](#)
 - Available FAQ in both English and Spanish
- Local Information Updates
 - Ways to reach Champaign-Urbana Public Health Department for Coronavirus Updates:
 - <https://www.c-uphd.org/champaign-urbana-illinois-coronavirus-information.html>
 - 217-352-7961
 - Most up to date information is kept on their [Facebook page](#)
 - Carle Foundation Hospital
 - [Carle Newsroom](#) provides up to date articles on the hospital's protocol and suggestions for response.

For UIUC students, faculty, and staff

- [University of Illinois COVID-19 Information](#)
- [University of Illinois COVID-19 FAQ](#)
- For those of you who are on campus during spring break and have questions about university housing:
 - Email: <mailto:housing@illinois.edu>
 - Phone: +1 217-333-7111
- For questions about student and academic life
 - Email: <mailto:studentaffairs@illinois.edu>
 - Phone: +1 217-333-1300
- For undergraduate admissions questions
 - Email: <mailto:international-admissions@illinois.edu>
 - Phone: +1 217-333-0302
- For graduate student questions
 - Email: <mailto:grad@illinois.edu>
 - Phone: +1 217-333-0035
- For university employment questions
 - Email: <mailto:ihr@illinois.edu>
 - Phone: +1 217-333-7466

Connect

Your day to day life may have already changed and may change in the future, as this situation evolves. If you are practicing social distancing or are quarantined, remember that you can still stay connected. Feeling disconnected from friends, family, and colleagues can be isolating.

- Reach out to people who are most at risk of being affected by the virus; if that includes you, know that you're not alone.

- Planning a virtual date: you can plan to virtually enjoy a shared activity with friends and family. Maybe you plan to both cook the same meal and eat together over skype or even play a boardgame!
- Offer to connect with people virtually. Take people up on their offers to meet virtually.
 - Some useful platforms include Skype, Google Hangouts, Zoom, WhatsApp,
 - Now may be a great time to reach out to friends you have not had the chance to talk to in a while. Use this as an opportunity to reconnect.

If you find that you are very lonely and do not have people to reach out to, a warm line might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a “crisis” to call/text a warm line. Your call/texting session might be brief; be prepared to wait “on hold.”

If you are calling from within the state of Illinois

- Illinois warm line (there may be an above average wait time):
 - Call: 1 (866) 359-7953
 - TTY: 1 (866) 880-4459
 - Monday-Friday, 8am-5pm
 - http://www.illinoismentalhealthcollaborative.com/news/The_Warm_Line_Peer_and_Family_Support_by_Telephone.pdf
- Call4Calm is a recently launched program in Illinois for those struggling with stress related to the COVID-19 pandemic and need emotional support.
 - Text TALK to 552020 for English or HABLAR for Spanish.
 - The service is free and available 24/7
 - This is an anonymous service and you will only be asked for your first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about local resources.
 - A local community mental health center will call you within 24 hours.
 - You can also receive other helpful resources by texting 552020 with keywords such as “unemployment,” “food,” and “shelter.”

Call hotlines for immediate help

Hotlines can be helpful; be prepared to wait “on hold” to speak to a hotline counselor. It’s worth the wait.

If you feel overwhelmed about COVID-19 and need someone to talk to, call or text SAMHSA’s Disaster Distress Hotline. This is a 24/7 hotline dedicated to emotional distress related to natural or human-caused disasters.

- Disaster Distress Hotline: 1-800-985-5990
 - Text: TalkWithUs to 66746
 - 24/7, 365-day-a-year
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Additional National Resources

- Crisis Text Line: <https://www.crisistextline.org/>
- National Suicide Prevention Hotline: 1-800-273-TALK
 - 800-784-2433 Toll-free
 - 888-628-9454 Toll-free Spanish
- Trans Lifeline: 877-565-8860 Toll-free
 - <http://www.translifeline.org>
 - contact@translifeline.org
- Hotline provided through a long-standing emergency preparedness partnership between DHHR’s Bureau for Public Health and the West Virginia Poison Center
 - Operators are available 24/7
 - toll-free at 1-800-887-4304

Mental Health Resources in Champaign-Urbana

- To search for a therapist, try using the website *Psychology Today*. Be sure to ask about availability and telehealth options.
- Local Mental Health Groups
 - Keri Powell Group is a local therapy clinic with capacity for same week appointments.
 - ■ Address: 41 E University Ave #3a, Champaign, IL 61820
 - Phone: 217-352-0200
 - <https://kptherapy.com/>- there is a form on their website that can be filled out and submitted. This platform is monitored by the Keri Powell team on a very regular basis
 - Accepts most insurance plans
 - Handful of practitioners are available to take new clients, but the wait is about one week at this time.
 - An in-person first session is required, then video or phone sessions are available to established clients
 - Elliott Counseling Group: is a local therapy clinic with capacity for same week appointments.
 - Address: 309 W Clark St, Champaign, IL 61820
 - Phone: (217) 398-9066
 - <https://elliottcounselinggroup.com/>
 - <https://elliottcounselinggroup.com/employee/>
 - Accepts most insurance but does vary by practitioner.
 - The Elliott Counseling Group offers phone sessions, though insurance coverage for this method of delivery may vary
 - The Pavilion Behavioral Health Services
 - Address: 809 W Church St, Champaign, IL 61820
 - Phone: 800-373-1700
 - <https://pavilionhospital.com/contact-us/>
 - Community Mental Health Agencies
 - Rosecrance Central Illinois
 - Address: 1801 Fox Dr.
 - 217-693-4580 Voice - Intake/Admission
 - 217-398-8080 Voice - Mental Health Line
 - 844-711-5106 Voice - All Rosecrance Locations/Services
 - <https://rosecrance.org/>

Campus Resources

The following resources are specific to University of Illinois, Urbana-Champaign. Given campus closures, many of these resources may have limited hours or may be closed until students return to campus. All information regarding closures listed below were updated on March 13th, 2020.

Please note that if these resources are closed it is to help protect our community. We include website links that will help you stay updated on these resources and their availability.

- The Counseling Center is available for students. Stay up to date with their offerings here: [Counseling Center Protocol for Managing Coronavirus](#)
 - If you are being quarantined, you won't be able to be seen at the counseling center. There are still other resources for you - check out the hotlines given, above, or the Center's self-help brochures here: [Self-Help Brochures](#)
 - For in-person appointments, call: (217) 333-3704
 - To schedule an initial appointment please dial 217-333-3704 any time after 7:50 a.m, Monday through Friday.* To ensure that you will have opportunity to schedule an appointment that is convenient with your schedule, we encourage you to call early, since times available for initial appointments are provided to students in the order that their calls are received.
 - In the case of a non-life threatening emergency

- The Counseling Center also provides emergency consultations to students with urgent mental health concerns between 8 a.m. and 5 p.m., Monday through Friday website links that will help you stay updated on these resources and their availability.

- Health Concerns

- McKinley Health Center

- Dial-a-nurse, 24/7: 217-333-2700
- Can provide free consultation appointments for those covered by student insurance
- For student medical questions
 - Email: studenthealthcenter@illinois.edu
 - Phone: +1 217-333-2700

- Cultural houses ○ Cultural houses are wonderful resources. Follow their websites for updates to see what ways of reaching out to them are available at the time you're interested. Click on the name of the cultural centers, below, to go to their websites.

- [Bruce D. Nesbitt African American Cultural Center](#)
- [Asian American Cultural Center](#)
- [La Casa Cultural Latina](#)
- [LGBT Resource Center](#)
- [Native American House](#)

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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