



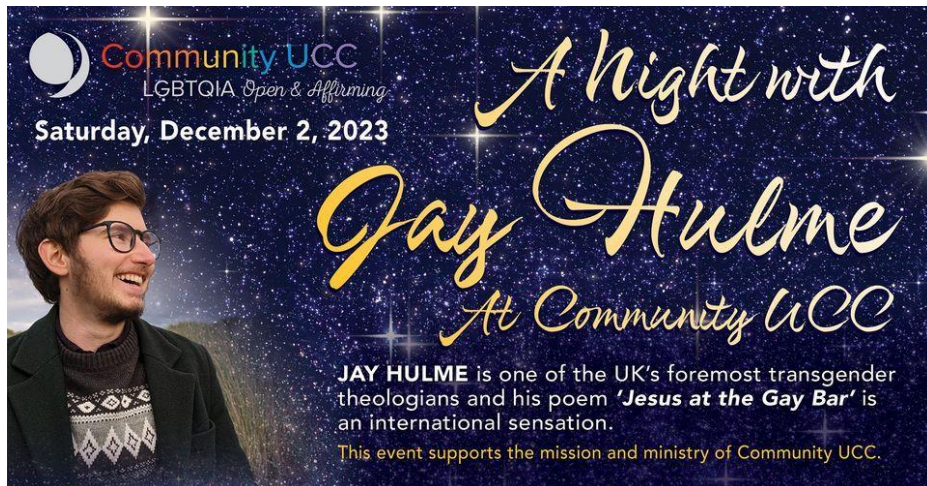
Community UCC

We're worth our words

e-Communigram

Volume 62, Issue 12 – December 1 – December 31, 2023

Just Peace, Progressive, LGBTQ Open & Affirming Congregation



Letters from Leah

With December upon us, we enter into the season of expectation, waiting, and wondering with song. In The Advent Devotional: Listening to the Wonder of the Christmas Season, four different songs from the first Christmas are featured. These four songs – the Song of Mary, of Zechariah, of the Angels, and of Simeon – will shape our worship from here until Christmas Eve. To enrich your own spiritual life this season, consider ordering a copy of the book. Regardless, allow the words and themes of this season to sweep over you all the way to the manger.

December 3, Advent 1: On Hope and Partnership with God

- Luke 1:26-56 – The Song of Mary: It's hard for us to not lose hope in the moment sometimes. We need the grounding of generations and the reminder that we do not make things happen, but that God is at work, in order to find hope. We will hear from Rev. Dr. Chad Abbot, Conference Minister of the Indiana-Kentucky Conference of the United Church of Christ on this day and we will share in the sacrament of Holy Communion.

December 10, Advent 2: On Silence, Doubt & Disappointment, and Transformation

- Luke 1:5-25, 57-80 – The Song of Zechariah: Often when we're confused, disillusioned, or disappointed about what's going on around us, and our part in it, stepping back to reflect on what is happening gives us the time and space we need to move through it, able to see and affirm the new thing God is doing. On this day, we will share in the sacrament of Baptism.

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December 10 is also The Longest Night Worship Service at 7 pm. See page 3 for details.

December 17, Advent 3: On Peace, Expectation & Preconceptions, and Worship

- Luke 2:8-20 – The Song of the Angels: Yes – people have been looking for and expecting the Messiah for a long time – but they had been looking for a military savior. It took this invasion of the angelic host, lighting up the night sky, blaring a new song into the silence of the meadow in order for a new way of thinking about a Messiah to be taken into the collective consciousness of the populous. This disruption of peace made worship possible. On this day, we will celebrate the reception of New Members into our Community!

December 24, Advent 4: On Patience, Contentment, and Gratitude – ONLINE ONLY

- Luke 2:21-35 – The Song of Simeon: How do we find contentment as we practice patience? Or is it that patience helps us be content in the midst of wait and worry? If we learn to practice patience as we are waiting, when the thing finally comes to fruition, our gratitude feeds our hope in other situations where we are waiting. This morning's worship will happen online only – you can watch on the CUCC Facebook account, or our website, at 10:15 am.

December 24, Christmas Eve Candlelight Worship, 6:30 pm

- Unto us a child is born! Join us in the sanctuary and online for the celebration of Christ's birth. This service culminates in candlelight carols and is always a favorite.

Blessings,



Rev. Leah Robberts-Mosser



Wassail Punch and Christmas Cookies Coffee Hour

Sunday, December 10, 11:30am

We will gather for a **special Coffee Hour on Sunday, December 10th** after church, **with Christmas cookies, wassail punch and cold punch.**

The Hospitality Team will provide the wassail and punch, but **we invite you to bring a plate of Christmas cookies with you that Sunday to share during coffee hour.** Also, **if you want to bring 2 plates of cookies**, we could save the 2nd plate and wrap up cookies for our at home members and for our Jubilee Café guests. We will have a separate table set up in the parlor for your extra plate of cookies. It will be fun to spread a little “sugary” Christmas joy with others and to enjoy the Christmas goodies during coffee hour!



If you would rather drop off your cookies earlier than Sunday the 10th, you can leave them in the upstairs kitchen Monday-Thursday, 9:00 a.m. – 3:00 p.m. when the office is open. **Happy Cookie Baking!**

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Music Director

Advent is a great time to make music!



It's CUCC's tradition to welcome anyone who would like to join us in singing with the choir on Christmas Eve. Please consider singing with us and inviting friends or family who may be visiting. Contact me for singing resources and regarding rehearsal schedule. Singers will need to arrive at 5:30PM on Christmas Eve to rehearse for the 6:30PM service.

If you would like to offer an instrumental or vocal solo or duet song this season, please get in touch with me. Musicians of ALL AGES are welcome to contribute to our services!

Please contact me with questions or ideas: music@community-ucc.org

Kathy Lee

Longest Night Worship

December 10, 7:00 pm

Join us on Sunday, December 11, 2022, at 6:30pm for a time of worship and reflection during what we are told is *"the most wonderful time of the year."* We know the holidays are a time of deep struggle for many. This reality need not be ignored – at this worship service we name it and turn to God and our community for hope. The name for this worship service comes from the season in December when we experience the shortest day and longest night of the year. But the name also applies to the feeling that many of us have about this season. This year with all we are facing, perhaps more of us than ever before will share in this feeling. Advent, December, and winter in general this year will be hard. For some, Christmas Day is the most difficult. For others, Christmas Eve, or New Year's Eve, or the beginning of another lonely New Year. For some the grief of Christmas not being how it has always been, will be too much. For others, the continuing pandemic and politics will weigh heavily. In this worship service, we will light candles and sing some songs appropriate to the season, recognizing that this is not necessarily a season of joy. We will invite you to meditate on the pain and anguish you may bring, and to offer your pain to the Christ child. Join us in person in the sanctuary for this service. This worship service will be in person only Music Director



New Member Sunday

We have a number of newcomers who are planning to join our congregation in membership during worship on **Sunday, December 17th!** Please come to celebrate with us as we introduce these individuals to the congregation and welcome them into our circle!



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Christmas Caroling

Sunday, December 17 1:00pm



Let's go Christmas Caroling. We will visit the CUCC At-Home Members on **Sunday, December 17**, from **1:00pm to approximately 4:00pm**. All voices are invited to bring Christmas cheer to our members who can no longer attend our church's worship services. Schedules, maps, and music will be provided. Come dressed in your Christmas-themed attire and bring your enthusiastic voices. We will gather at the church to sign cards, distribute materials and carpool to several residential care facilities in Urbana, Champaign, and Savoy. Be ready to leave the parking lot at 1:00pm. This event always means so much to the CUCC loved ones we visit and it's fun (and often touching) for the carolers themselves. If you plan to attend, please contact Marilou Hinrichs at mhmail@comcast.net or 217-637-6107 so that she can get an idea of the numbers and get your contact information. (With Covid and Flu, a last-minute cancelation is always possible in care facilities.) It is best if carolers can join for the entire afternoon, but if your schedule only permits an hour or two on the afternoon of the 17th, Marilou can provide a schedule ahead of time so you can join the group when you are able.

Sunday, December 24

This 4th Sunday of Advent we will not be having in-person worship at CUCC at 10:15am. Rather join us for worship at 10:15am on Facebook than join us in person for Christmas Eve worship at 6:30pm.



Christmas Eve Worship

Sunday, December 24 6:30pm



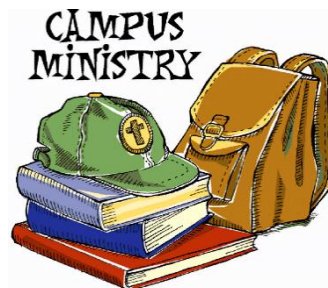
We will gather in the Sanctuary for our traditional Christmas Eve worship service on Sunday, December 24, 2023, at 6:30pm. Worship will be streamed on Facebook Live and Zoom. *If the service is streamed on Facebook and Zoom, the video may be lost due to the low lighting and candlelight at times leaving just the audio portion of the service.*

We hope you join us in person as the choir is preparing a special anthem and of course the congregation will be singing Silent Night to end the worship service with lit candles. It should be a beautiful and meaning filled worship service.

Campus Ministry

Submitted by Amanda Dobson

Campus Ministry is winding down for the semester as students prepare for Final Exams and the end of the semester. We will end the semester with a relaxing Christmas movie night where we will eat, hang out, and watch some movies. We have already started to plan an event-filled spring semester including our Winter Retreat, our weekly dinners across the three churches, more Sunday lunches (if you would like to host CM, let Amanda Dobson or Ilsa Kantola know), an epic Queering Faith Presenter (more info to come soon!!!), and of course our Campus Ministry Sunday Service. Thanks to everyone who has volunteered their time and energy to make this semester a lot of fun for the students!



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Stewardship Update

In this year's annual stewardship campaign, we focused on Our Money Stories, exploring the ways that God has called us all to remember, release, reimagine, and restore our previous narratives about money to better live into God's economy. With in-person workshops and touching personal testimonials provided by Isaac Klimasmith, Jeanne Ward, Amanda Dobson, Chase Skye, Mara Smith, Sean Walker, and Dennis Jamison and Rocio Arroyave-Jamison, we reached the CUCC community with the spoken word. Thank you to Carla Rush, who was central to preparing and delivering the stewardship packets, Financial Secretary David Willcox, Treasurer Roger Wade, and everyone else who helped out with this effort!



At In-gathering Sunday, we blessed the pledges and encouraged those who had not yet pledged to prayerfully consider doing so. As of 30 November, the totals are:

Pledges made: 48

Pledged total: \$236,185

We celebrate the generosity of the CUCC community and at the same time hope that more of you will pledge your support for CUCC in the coming year to help us make up lost rental income. If you are a regular pledger and have not made your pledge yet this year, please do so by December 9. If you are a regular giver, please help CUCC plan for the coming year by turning your gift into a pledge. The online pledge form can be found at: community-ucc.org. You can also mail the pledge card that you received in your stewardship packet to the church office, "Attention: Financial Secretary."

We will be reaching out in the coming days to past pledgers who have not yet pledged. For now, we want to thank everyone who has contributed to this important effort and who has helped us continue CUCC's Money Story.

Emma and Sarah Winnicki-Smith, Co-chairs

Raise Right Christmas Gifts



Gift cards make great Christmas gifts. Finding yourself in need of last-minute gifts for a schoolteacher? For a coach or music teacher? Don't forget your hair stylist and the mail delivery person. Use Raise Right to get eGift cards and send a gift card straight to their inbox. When you purchase the card, check the box that says, "Send as gift by email" and provide the recipient's email address. If you'd like, you can set the specific date that you want the gift email to be delivered. Raise Right



makes it easy to be both Jolly and Bright all while sitting in your favorite chair at home.

To create an account, go to the <https://www.raiseright.com> 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.robennolt@gmail.com.

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



RaiseRightTips.pdf

previous Raise Right Tips by clicking on the attached PDF.



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Carols and Contemplation Retreat Canceled



The Carols and Contemplation mini-Advent retreat has unfortunately been canceled due to Deborah Owens' Memorial Service, which is scheduled for Saturday, December 9 at 2:00pm at St. Peter's UCC, Champaign.



Baptism of our Lord

Sunday, January 7, 2024



January 7, 2024, is the day the church rejoices in God's blessings. We recall and celebrate our adoption as God's children, the gift of the Holy Spirit, and the promised company of almighty God when we "pass through the waters, the rivers, the fire." *words from ELCA SundayandSeasons*

Have you been baptized? Has everyone in your family been baptized? Would you like to be baptized?

If you are interested in being baptized or having someone (a child) in your family baptized on January 7, please contact Carla in the church office at 217-334-5091 or by email at info@community-ucc.org.

And yes, we will have Epiphany Star gifts, with your word for the year, for everyone on January 7 too! This is quite the tradition here at CUCC.

Mark your calendars and plan to join us as this will be quite a celebration that you will not want to miss.



Office Closed



The CUCC church office will be closed December 25 – January 2 for the Christmas Holiday, New Year Holiday, and the last of the Office Manager's vacation days. I hope everyone has a healthy, happy, joyous Christmas and is ready to welcome a new year and all the new opportunities awaiting us in 2024. Your Office Manager, Carla Rush

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Transitions

Celebrating Emeriti – yes, two of them!

Join us on Epiphany Sunday, January 7, as we celebrate the ministries of Commissioned Minister for Health and Wellness Linda Morgan and Parish Associate Rev. Connie Bandy by bestowing both as Ministers Emeritus. Upon learning that both Linda and Connie were officially retiring but wanting to continue to serve in some capacity, your Church Life Board felt that this was the perfect way to honor the work they have done with our Community, while also marking time so that they (and we) are clear about what serving as an Emeritus Minister looks like. Read the notes from both Connie and Linda (below) to see what the future holds. Community, we are so blessed to have Linda and Rev. Connie with us. Their ministries have been a vital part of our church for so many years. Let's join together in honoring them on January 7 and honor them even further as they step into new roles with our community of faith.



A Word About Moving to Emeritus Status from Pastor Connie



First, I want to thank you for this honor. It has been a great blessing to me to serve as one of your pastors for several years and then as your parish associate since my semi-retirement. I am touched that you would add the emeritus status as I move into full retirement.

Even though I am fully retired now, you may not see much change in what I do since much of what I have been doing is done behind the scenes. Moving forward, I will continue to work with the Care Team to provide monthly home communion for those unable to attend worship. I will also continue to write prayers for Sunday and help with some aspects of worship planning, as Pastor Leah asks me to. I have offered to preach a couple of times a year as pulpit supply if needed. And I will continue to work with The John Bandy Center—acquiring and cataloguing new materials, caring for the collection, working with the occasional group or class (including ongoing participation with our creativity group), and helping with periodic retreats or special events. What will change is that my level of participation in all those things will make room for me to spend more time and energy with my family and my own creative pursuits.

Again, thank you for your care and support, now and over the years. I am filled with gratitude for CUCC and its wonderful people.

Wishing you peace and blessings, as always—

Pastor Connie

A Word from the Commissioned Minister of Congregational Health

I believe in the concept of Faith Community Nursing and the importance of a healthy mind, body and spirit. However, as God has given me the opportunity to celebrate LOTS of birthdays, (I've had 75 of them now), along with health changes and challenges, I am finding it harder to care for my OWN body, mind and spirit while caring for others in our faith community. This has led me to the difficult decision of stepping away from my official position of Commissioned Minister of Health, at the end of 2023.

That being said, I will continue to minister to the senior members of our congregation, including providing resources, coordination of care as needed, and navigation through the health care system as I am able.

I also will continue to be involved in the Individuals Together group, the social group for persons who live alone either part time or full time. This group provides necessary connections to those of us who live alone, as the members tell me on a regular basis.

In addition, I find it especially rewarding to find and provide health care resources to persons of all ages and would feel honored to continue to do that as I am aware of the need.

Thank you for the opportunity you have given me to serve you as a Commissioned Minister of Health.

Linda Morgan

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John Bandy Center

The church season of Advent begins this year on December 3rd – and a new year begins in the Christian calendar. Advent comes from the Latin for “coming.” During this season, we are invited to prepare our hearts and lives for the coming of Christ among us, so our display in the parlor this month features some titles you may find helpful. Stop by and check out:



A Literary Christmas: Great Contemporary Christmas Stories, edited by Lilly Golden

Living in God's Time: A Parent's Guide to Nurturing Children Throughout the Christian Year by Margaret McMillan Persky (While targeted to families, this book includes a discussion of the Christian year and how it relates to “regular” time that can be helpful if you are new to the idea of a Christian liturgical year.)

All Through the Day, All Through the Year by David Batchelder (Another resource for families that others may find interesting and helpful, too.)

The Irrational Season by Madeleine L'Engle (L'Engle reflects on her life and changing seasons from one Advent to the next with her customary insight and beauty in this installment of The Crosswick Journals.)

Waiting Here for You: An Advent Journey of Hope by Louie Giglio (Giglio helps us understanding that waiting with intention and purpose is not a matter of just wasting time.)

Christmas in the Four Gospel Homes: An Advent Study by Cynthia Campbell (Campbell invites us to consider how Christmas might look from the perspective of each gospel using the metaphor of home.)

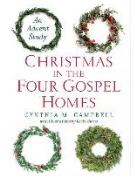
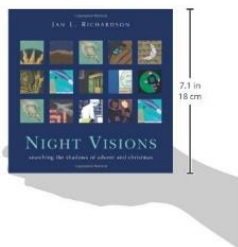
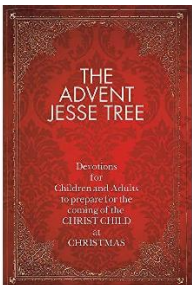
Low: An Advent Devotional by John Pavlovitz (This was last year's CUCC selection, in case you missed it!)

Night Visions: Searching the Shadows of Advent and Christmas by Jan Richardson (Pastor Leah often cites Richardson's blessings and prayers. This book includes her artwork as well.)

The Advent Jesse Tree: Devotions for Children and Adults to Prepare for the Coming of the Christ Child at Christmas by Dean Meador Lambert (The Jesse Tree is a tradition that looks at the whole of scripture through story, beginning with creation and moving through the birth of Christ. This can be a fun way to learn more about the Bible and how it all “fits.”)

Angels and Donkeys: Tales for Christmas and Other Times by Andre Trocme (The stories in this collection were told by Pastor Andre' Trocme to the children of Le Chambon-sur-Lignon while France was under seige, occupied by Hitler's troops.)

We hope you'll find something to enrich your Advent practice here!



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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 <https://tinyurl.com/mry8wbum> contact Johnell at johnell.bentz@gmail.com, for more information.

Date	Meals Served
11/6/2023	131
11/13/2023	112
11/20/2023	84
11/27/2023	104
Meals Served	431



November 20, 2023 -- My night at Jubilee Cafe CUCC began with questions. "Do you have hats?"

"Do you have sleeping bags?"

"Do you have gloves?"

"Pastor Leah, do you have another coat?"

After getting everybody's asks down, before stepping away from the table, I double checked, "Ok, y'all. Anybody need anything else before I leave the table?"

And just then, this guy to my left who's big and gruff and has tattoos that'll make you raise your eyebrows said, "Pastor Leah you're the only mom we've got."

It's a big risk to be that vulnerable, to let someone see your soft places instead of the armor you wear all the time. A lot of people were vulnerable like that tonight. I saw a few tears. Lots of folks asked for hugs. The holidays are hard. While some people have good memories about holidays others only have trauma. Likewise, while many of us are spending time this week with beloved family and friends, some folks don't have any place to go. Jesus was always redrawing the lines of family, relationship, and belonging. We're called to do the same thing. That's why it was so good to welcome people in and give them a feast, to offer a little space where folks could be calm, and a place to have some peace. Some of our guests don't get that often. This Thanksgiving, we're grateful to offer all that and more here in the dining room of our family of faith, Community UCC.

Guests had their choice of meat or vegetarian versions of our herb roasted turkey, mashed potatoes and gravy, stuffing, cranberry sauce, and green beans, plus pecan, pumpkin or sweet potato pie for dessert. We served 65 meat, 4 vegetarian, and 15 heat at homes meals tonight.

[#fromtheground](#)

Upcoming One-Time Events

Mark your calendars for these CUCC events!

Friday, December 1 – Sunday, December 31



Saturday, December 2, 6:00pm: An Evening with Jay Hulme

Sunday, December 3, 10:15am: Traditional Hybrid Worship, Advent 1, Communion, Alternative Christmas Market

Sunday, December 3, 3:00pm-8:00pm: Private Anniversary Party in Fellowship Hall

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

Saturday, December 9, 5:00pm-10:00pm: Campus Ministry Christmas Party in Fellowship Hall/Parlor/Campus Ministry Office

Sunday, December 10, 10:15am: Traditional Hybrid Worship, Advent 2, Baptism – last Sunday for Alternative Christmas Market

Sunday, December 10, 7:00pm: Longest Night Worship Service

Wednesday, December 13, 8:30am: Just 4 Fun BFEFFAS group breakfast at Perkins

Sunday, December 17, 10:15am: Traditional Hybrid Worship, Advent 3, Reception of New Members

Tuesday, December 19, 11:30am: CUCC Retiree's Monthly Lunch Gathering at Oishi Hibachi Steakhouse

Tuesday, December 19, 11:30am: CUCC CLB Monthly Meeting

Sunday, December 24, 10:15am: ONLINE WORSHIP ONLY, no in person worship

Sunday, December 24, 6:30pm: Christmas Eve Worship Service

Monday, December 25-Thursday, December 28, 9am-3pm: CUCC Church Office Closed, Merry Christmas

Sunday, December 31, 10:15am: Traditional Hybrid Worship

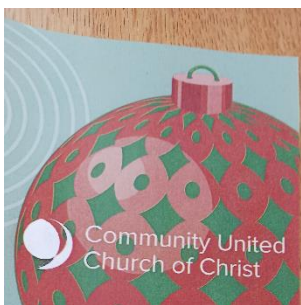
Monday, January 1, 9am-3pm: CUCC Church Office Closed, Happy New Year

Be sure to check CUCC Facebook page for updates.



Mission Ministry

Alternative Christmas Market During Advent!



Would you like to take some of the commercialism out of Christmas and at the same time provide help to our friends from several of our local C-U mission partners? This is your opportunity!

For three Sundays (November 26th, December 3rd, and December 10th) we will have an Alternative Christmas Market! We will be "selling" items needed by several of our local mission partners: [The Well Experience](#), [Caminos](#), [The Trauma and Resilience Initiative](#), and the [UP Center](#). Items will be available at a variety of price points from \$5 to \$50, so that you can choose something to fit your budget. You will be able to make donations for items in honor of family or friends on your Christmas list, filling out a form to show your choice of item and the person who the gift is honoring. On December 17 or December 24, you will receive a personalized ornament to attach to a present, stick in a stocking, or pop in an envelope, telling your friend or family member about the gift given in their honor. Better yet, we will be able to provide these needed items to the organizations we have been partnering with! We hope you will find this a fun and helpful way to share abundance with those who need it in our community, as well as sharing that feeling of generosity with those you love! Please have the forms and funds turned in by December 10.

UCC Christmas Fund

Help us go five for five with our last United Church of Christ offering of the year. The Christmas fund has been caring for active and retired clergy and lay employees of the United Church of Christ for over 100 years. The Christmas Fund provides emergency grants, supplementation of small annuities and health premiums, and a Christmas 'thank you' gift checks to lower-income retirees. Please consider donating during the month of December.

-Kristy and Jeanne



Men's Breakfast

The Men of CUCC meet the first Thursday of each month for breakfast. Join us at 7:00am on **December 7** 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



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CUCC Retiree's Monthly Lunch Group



14 CUCC Retirees met Tuesday, November 21st Encanto's Restaurant and Bar in Urbana for lunch and conversation.

Our December lunch will be **Tuesday, December 19th**, 11:30am at Oishi Hibachi Steakhouse in Champaign. If you would like to join the retiree's monthly lunch group, please email Peg Wade at peg.wade@comcast.net. All are welcome!



Just 4 Fun BREFFAS



7 folks gathered for breakfast at Perkins on Monday, November 13 to bring this group back to existence. The December gathering of the Just 4 Fun BREFFAS group is **Wednesday, December 13** at 8:30am at Perkins. We will order by 8:45am. RSVP by texting/calling Rocio at [217-418-06185](tel:217-418-06185). All are welcome!

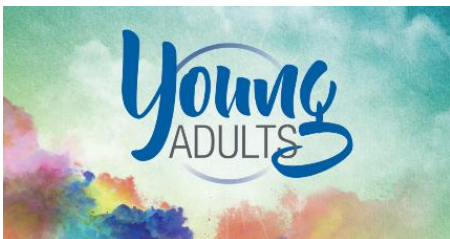
Individuals Together



Individuals Together celebrated Friendsgiving on Saturday, November 26th. We enjoyed fellowship, a catered meal from Cracker Barrel, and games. It was a wonderful time.

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: <https://rb.gy/cnrhs>



Contact Emma Winniki-Smith at inkliizii1@gmail.com if you have any questions.

Worship Ministry



Get Involved in Worship

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 simplify volunteering for opportunities to serve in worship at CUCC, the Sign-up Genius for Liturgists, Ushers, and Greeters has been updated into one sign up sheet. Sign up where all three worship assistant tasks are listed for each worship service through January 2024.

The paper sign-up sheets have also been consolidated into a single sign-up sheet requiring a simple check mark in the appropriate task box to indicate which task you are volunteering for (liturgist, usher, greeter) for that day.

We hope this will make it easier to volunteer to serve in worship at CUCC.



Liturgist: The liturgist leads portions of the worship service including reading the scripture lesson. All information is sent ahead of time so there is time to practice before the worship service.

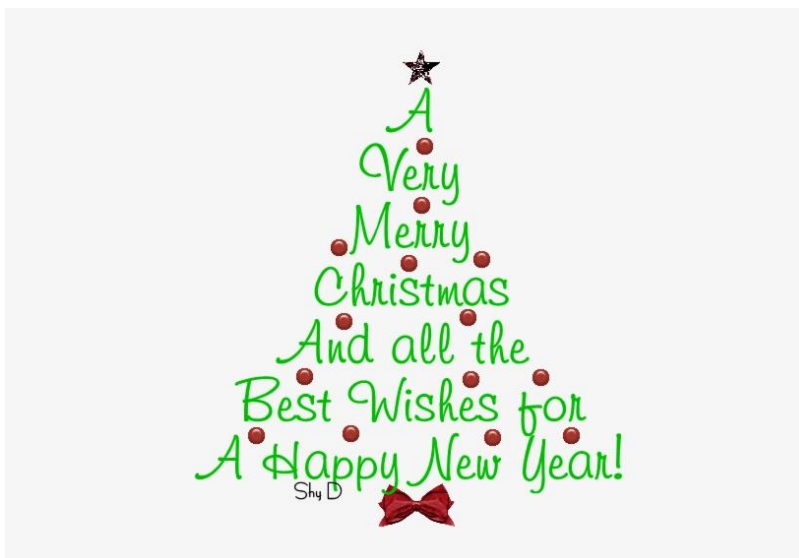
Usher: The usher welcomes folks into the sanctuary and hands them a bulletin for the service. They also pass the offering plate at offering time, count and record the physical number of people attending the worship service. Directions are provided in a weekly email.



Greeters: Welcome folks to Community United Church of Christ, especially visitors, and help them find their way around the building to the restrooms, the fellowship hour, and the sanctuary. Greeters make all people coming to CUCC feel welcomed. Reminders of service are provided in a weekly email.

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

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



Health and Wellness Ministry

The Health and Wellness team would like to support those who have a friend or family member with Alzheimer's or another form of dementia. There are a variety of ways we are able to offer support. If you are interested in outreach or other resources – please sign up so we can help you along your caregiving journey.

Even if you don't think you need anything right now, that's OK. We appreciate that you have shared your situation with us, and are willing to offer our prayer support for you and your loved one.

https://qualtricsxmw3dckyh8g.qualtrics.com/jfe/form/SV_eaLmAhUWwRylmtw

You can reach out to one of the members of the Health and Wellness team in lieu of filling out the survey to let us know that you are a caregiver.

Resources from the Alzheimer's Association can be found on the credenza in the back of the church. One handout focuses on ways to communicate, and the other offers information on behavior changes that often come with the disease process.

If you are looking for some additional resources:

1) Alzheimer's Association - <https://www.alz.org>

2) University of Illinois *Discover Brain Health* Webinar Series - previously recorded and found online

- *Head Strong* - By attending the Head Strong program, you can learn more about what you can do to keep your brain healthy and engaged.
https://mediaspace.illinois.edu/media/t/1_43fdqxe9
- *Fit Wits* - Fit Wits focuses on learning about how the brain works and lifestyle factors that may increase the chance of cognitive decline.
https://mediaspace.illinois.edu/media/t/1_km58a9ik
- *Understanding Alzheimer's* - his program covers the basics of Alzheimer's Disease: progression, diagnosis, risk factors, and a little on the other related dementias.
https://mediaspace.illinois.edu/media/t/1_nu2nh453
- *Communication Challenges & strategies for helping people with Dementia* - Learn about the importance of good communication strategies and understand the meaning behind the behaviors of individuals who have Alzheimer's or a related dementia.
https://mediaspace.illinois.edu/media/t/1_4sor2wog

Thank you on behalf of the Health and Wellness Team!

[Chelsey Byers](#)

[Linda Morgan](#)

[Johnaleen Radek](#)

[Brin Schuler](#)

[Lance Larkin](#)

[Johnell Bentz](#)

[Susan Kundrat](#)

[Michal Bryne](#)

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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.com/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	
Jubilee Café	Meal Prep, Cook, Clean-up	Johnell Bentz	johnell.bentz@gmail.com	https://tinyurl.com/JubileeCafe-Volunteer



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=ZmNvaHJYZm1uUUQrdTNBd2NRZThDZz09	+1 312 626 6799 US (Chicago)
Daytime Meeting	Any	Anytime	815 146 054	697698	https://us02web.zoom.us/j/815146054?pwd=UmMwdW01ZFBmV0hpZmxrRWNIUmhwdz09	+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=SkXaFBUMIBZQ0lvNTFUNVhWeVF0QT09	+1 312 626 6799 US (Chicago)
Evening Worship & Other Gatherings	Any	6:30PM	847 5319 7334	675757	https://us02web.zoom.us/j/84753197334?pwd=ZENQVDNjY0RQMWxNVXRjd2w3WDFVZz09	+1 312 626 6799 US (Chicago)
Choir	Wed	7:00PM	326 389 912	854849	https://zoom.us/j/326389912?pwd=ZExZVWZqRkl4dFRvZEgrckVmqkY2Zz09	+1 312 626 6799 US (Chicago)



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