

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

Unitarian Universalist Church of Urbana-Champaign

309 West Green Street
Urbana, Illinois 61801

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Church Office Hours: Monday – Friday 9:00 a.m. – 2:00 p.m.

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**Unitarian Universalist Church
of Urbana-Champaign**

*Build community. Seek inspiration. Promote justice.
Find peace.*



© Kanela Suri

**“All My Favorite People
Are Broken”**

**Sunday, October 13, 2019
10:15 am**

**REV. FLORENCE CAPLOW &
VOICES FROM THE CONGREGATION**

**Julie Laut and James Engelhardt, Worship Associates
Matthew Gladden, Piano; Emily McKown, Song Leader**



We are a “Welcoming Congregation” for the LGBTQIA+ Community

ORDER OF SERVICE

Please take a stone to hold from the table in back if your life has been touched by mental illness in any way

Gathering Chime & Tower Bells

Prelude "Einsame Blumen" Robert Schumann

Welcome, Greeting Our Neighbors & Centering Chime Jenna Zeidler

Land Acknowledgment Rev. Florence Caplow

Unison Chalice Lighting

Welcome, you who come in need of healing,
you who are confused, or have been betrayed.
Welcome, with your problems and your pain.
Welcome, too, your joys and your wonderings,
welcome your need to hope, your longing for assurance.
Welcome. -Maureen Killoran

***Song** "Where You Go I Will Go" Shoshana Jedwab

Story *Visiting Feelings* by Lauren Rubenstein Read by Emily McKown & YRUU

Song We hold you in our love as you grow, as you grow,
May your heart be at peace as you grow.
To nurture the spark of your precious life,
We hold you in our love as you grow. - Kathleen Tracy

Sharing Joys and Sorrows

May the longtime sun, shine upon you, all love surround you,
And the pure, pure light that's within you, guide your way home. - Sara Thomsen

Community Matters & Offertory "Meditation" P. Tchaikovsky

Introductory Words Rev. Florence Caplow

Reading "Wild Geese" Mary Oliver

Stories from the Congregation (shared anonymously)

Song "All My Favorite People are Broken" Over the Rhine

Reading from *The Noonday Demon: An Atlas of Depression* by Andrew Solomon

Reflection "All My Favorite People Are Broken" Rev. Florence Caplow

***Song #1053** "How Could Anyone"

*Closing Words & Chalice Extinguishing

Postlude "Let it Be" John Lennon and Paul McCartney

**Please rise in body or spirit*

Land Acknowledgment

We recognize, honor, and acknowledge that we are on the lands of the Peoria, Kaskaskia, Piankashaw, Wea, Miami, Mascoutin, Odawa, Sauk, Mesquaki, Kickapoo, Potawatomi, Ojibwe, and Chickasaw Nations.

ARE YOU VISITING TODAY?

Welcome! Please stay after the service for coffee and snacks.

Visit the Welcome Table in the lobby for name tags and to fill out a visitor's card to join our mailing list. Visit the Connections Hub Table for more information about this congregation and Unitarian Universalism, and to chat with welcoming members.

We're so pleased that you've visited us, and we hope you visit again soon.

Hospitable Parking. Please reserve spaces in the parking lot for guests and newcomers and for persons with limited mobility. You'll find a map of close-by parking areas at the Connections Hub table in Fellowship Hall.

Our intention is having a Fragrance-Free building. Please choose to be fragrance free out of respect for those who are affected by scents.

Rose Window Center: Tree of Life. Created in 1965 by Jane Anderson and Marjorie Mosely. An ancient traditional religious symbol, this was one of the two forbidden trees in the Garden of Eden..

Banner on Chancel: This wheel represents Buddhism.

eNews and quarterly Uniter. If you would like to receive our weekly eNews and quarterly Uniter, please sign up at the Welcome table or visit <https://goo.gl/xgv6Kk>.

Young Adult Table. Are you ages 18-35? Join us after service in Fellowship Hall for conversations important to young adults or young at heart.

For Your Information: Church events, including services, may be recorded and/or photographed. This is an AED equipped facility. The AED is located in the lobby, near the Green Street entry.

JOIN US NEXT SUNDAY, OCTOBER 20TH

"HOW CAN I KEEP FROM SINGING?"

MATT SHEPPARD AND MATTHEW GLADDEN

Upcoming Weekly Calendar

Sunday, October 13

Adult Discussion Group / 9:00 a.m. / Library
Mindfulness Meditation Group / 9:00 a.m. / YRUU Classroom
Children's Choir / 9:15 a.m. / Classroom #1
Nursery / 10:00 a.m. / Classroom #4
Religious Education / 10:15 a.m. / Children's Chapel, Classrooms #1, #2, #3, OWL Classroom, YRUU Classroom
Sunday Service / 10:15 a.m. / Sanctuary
Immigration Justice Task Force / 11:30 a.m. / Library
Young Adult Group / 11:30 a.m. / Fellowship Hall
Church Tour / 11:45 a.m. / Foyer outside the Sanctuary
Safety Guuru Team Meeting / 11:45 a.m. / Fellowship Hall
CROP Walk 2019 / 1:30 (sign in) , 2:00 p.m. (walk) / Wesley United Methodist Church in Urbana
OWL / 4:30 p.m. / Children's Chapel, Library, OWL Classroom

Monday, October 14

Bridge Group / 1:00 p.m. / Children's Chapel
UU Horn Band Rehearsal | 6:45 p.m. / Sanctuary
Compassion and Choices Action Team Meeting | 7:00 p.m. | Fellowship Hall

Tuesday, October 15

(DSC Playgroup) / 8:30 a.m. / Classroom #4
UU Feminist Book Group / 7:00 p.m. / Library
Social Action Committee Meeting | 7:00 p.m. | Fellowship Hall

Wednesday, October 16

Last day for content for eNews & Order of Service by noon, the latest.
UU Playgroup / 9:00 a.m. / Classroom #4
CrUUers Rehearsal / 6:00 p.m. / Sanctuary
(Smart Recovery) / 6:00 p.m. / Classroom #1
Choir Rehearsal / 7:00 p.m. / Sanctuary
Dream Team / 7:00 p.m. / Fellowship Hall

Thursday, October 17

Membership Committee Meeting / 5:30 p.m. / Fellowship Hall
(Many Paths: An Agnostic AA Group) / 6:00 p.m. / Classroom #1
Reflective Writing Circle / 7:00 p.m. / Library

Friday, October 18

No events scheduled.

Saturday, October 19

Yolanda Deal Memorial Service / 3:00 p.m. / Sanctuary
(Many Paths: An Agnostic AA Group) / 4:30 p.m. / Classroom #1

For the most up-to-date calendar information, please visit uucuc.org/uucuc-calendar.

Announcements

Today's Hospitality Team B Volunteers! Bellringer: Marie McEnroe; **Ushers:** Ben Galewsky, AJ Herzog, and Barbara Jauhola; **Welcomers:** Betsy Hunter, Christina Bollo, Adam Davis and Amy Hassinger; **Decorations:** Barbara Jauhola; **Snacks:** Barbara Jauhola, Millie Davis, Melissa Schoeplein, David Prochaska, Kathleen Holden, and Emily Laugesen.

Our Shared Offering for October is Champaign County Health Care Consumers. CCHCC is dedicated to helping individuals navigate health care application process, and to advocating health care for all through legislation.

Church Tour TODAY! Are there parts of our church building you have never explored or are curious about? Todd Kinney will offer a short tour after our service today. Meet Todd at the Welcome Table in the foyer outside the sanctuary approximately 20 minutes after the conclusion of the service. Tours will take place approximately once a month.

Safety GUURU Team is looking for volunteers to help on a rotating basis to be leaders in the event of emergent circumstances during church services and into the social hour. This might include weather, fire, injury, intruder, and other situations —with training to be provided. Q&A TODAY after the service at 11:45 a.m. on October 13.

C-U CROP Walk 2019 TODAY! A community-wide interfaith effort to raise funds to alleviate hunger and poverty, and to provide assistance in humanitarian disasters, such as Hurricane Dorian and the refugee crisis at our southern border. Walkers will meet at the Wesley United Methodist Church and Student Center, 1203 West Green Street in Urbana, IL. The sign in time is at 1:30 p.m., and the walk time will be at 2:00 p.m.

A Memorial Service for our beloved Yolanda Deal will be on Saturday, October 19, at 3:00 p.m. in the Sanctuary of UUCUC, with a reception following in Fellowship Hall.

Pastoral Care Associates Program. We are starting a program to train members of our congregation to be pastoral caregivers, and they will and will help the minister provide pastoral care to members of our church community. Informational Meetings on Sunday, October 20 at 11:45 a.m. and Sunday, October 27 at 9:00 a.m. RSVP here: <http://tinyurl.com/y2g8f9f4>

NAACP Freedom Fund banquet on Friday, October 25! Our church is being honored with the President's Award. Tickets are \$40/person; sign up at the Social Action table on Sunday. Short of funds? Contact Rev. Caplow if you would like one of 5 tickets reserved for church members who cannot afford the regular price. minister@uucuc.org.

Come Shape Our Future, Saturday, November 2nd, 10 am-4 pm! A church "Mission Statement" is essential for guiding our path forward. Our UUA Regional Staff person, Lisa Presley, will guide us through a process of reflecting on what is most true of who we are and what we want to become. **All are needed and invited – this means YOU!** A special invitation to young adults and newer people. Lunch provided. Register online: <https://uucuc.breezechms.com/form/2616a8>

Religious Education News

Navigators Inquiry Session

Tania Madigral is holding an inquiry session for any family interested in exploring the Navigator Scouting Program. The hope is to start a Navigator program at UUCUC. The Navigators is an exploration program started by a Unitarian Universalist congregation and is open to all genders and interests. Come to the interest meeting on Sunday, October 19th following worship. To learn more, check out the Navigators web page, navigatorsusa.org and Facebook page at www.facebook.com/groups/453319718387067/



Everything worth mentioning is in the religious education newsletter!

To check out this week's and previous week's newsletter, go to the religious education section of the UUCUC website: uucuc.org/learning/re-news-announcements/re-newsletter-archive/

Nominations for UUCUC's 2019/20 Shared Offering Now Accepted!

Each year, eleven organizations are selected by our church to receive half of all cash donations and all designated checks for a full month. This is a terrific way to financially support organizations whose work is consistent with our values and UU principles.

You can submit your nominations electronically via this link:

<http://bit.ly/2020sharedoffering>, or pick up a paper form from the Social Action Committee Table TODAY. When completed, the paper form should be placed in the Social Action Committee's mailbox. Nominations are being accepted through Thursday, October 31st, and voting by members and friends will take place after church in the Children's Chapel on Sunday, November 17th.

Visit our Frequently Asked Questions: <http://bit.ly/2020sharedofferingfaq> or stop by the Social Action Committee Table TODAY to learn more and pick up a list of organizations we've supported in past years.

NAMI: National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. You can find further information about NAMI at their website, <http://www.nami.org>. The local Champaign County chapter website can be found here, <http://namichampaign.org>.

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. The NAMI HelpLine can be reached Monday through Friday, 10:00 a.m. – 6:00 p.m., ET. 1-800-950-NAMI (6264) or info@nami.org.

A fact sheet produced by NAMI on mental health warning signs can be found TODAY at the SAC table in Fellowship Hall.

Bios of Composers and Writers of Music Used in Today's Service

Robert Schumann (1810-1856) was a celebrated pianist, composer, and music critic. A reflection of his manic-depressive illness, he would often compose in prolific bursts followed by periods of low productivity. After a suicide attempt, he admitted himself to a mental asylum where he died at the age of 46.

Pyotr Ilyich Tchaikovsky (1840-1893) is one of the most beloved and oft-performed composers of classical music, and his music received popular and critical acclaim in his own lifetime. Even with his gifts and successes, he suffered from depression and suicidal thoughts throughout his life.

John Lennon (1940-1980) is known as one of the greatest songwriters of the 20th century. He was also an artist, actor, poet, author, and political activist. His life included bouts of depression, which included angry outbursts, deep remorse, and alcohol and drug abuse.