

**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

[info@uucuc.org](mailto:info@uucuc.org) / (217) 384-8862

**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.*

Enough. These few words are enough.  
If not these words, this breath.  
If not this breath, this sitting here.

This opening to the life  
we have refused  
again and again  
until now.  
Until now

*-David Whyte*



## “Enough”

Sunday, November 24th, 2019

REV. FLORENCE CAPLOW

Theresa Benson, Worship Associate

Matthew Gladden, Piano

Austin Cody, Acting Choir Director



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

## ORDER OF SERVICE

### Gathering Chime & Tower Bells

**Prelude** "Simple Gifts" arr. Alexander L'Estrange, sung by the CrUUners

**Board Welcome & Greeting Our Neighbors** Jenna Zeidler

**Opening Words & Land Acknowledgment** Rev. Florence Caplow

### Unison Chalice Lighting

Enough. These few words are enough. If not these words, this breath.  
If not this breath, this sitting here.  
This opening to life  
we have refused again and again  
until now. Until now. (David Whyte)

**Song** "Meditation on Breathing"

### Multigenerational Raisin Meditation

#### 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

**Community Matters & Offertory** "The Great Pumpkin Waltz" Vince Guaraldi

### 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

**First Reading** "I Wish You Enough" Bob Perks

**Second Reading** Matthew 5:1-12

**Anthem** "Beatitudes" Sergei Rachmaninoff

**Third Reading** "Simply Lit" Malena Morling

**Reflection** "Enough" Rev. Florence Caplow

**\*Hymn #349** "We Gather Together"

### \*Closing Words & Chalice Extinguishing

**\*Postlude** "In Autumn" from *Woodland Sketches* Edward MacDowell

*\*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:** Stylized Chalice. Created in 2017 to honor church member Holt Babbitt. Erinn Dady, daughter of church member Ralph Dady, is the stained glass artist who created the centerpiece.

**Banner on Chancel:** The Lotus flower is the sacred symbol in Hindu, Buddhist, and Egyptian religions.

**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://tinyurl.com/y4pqk8lt>.

**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.

**Visit Us on the Web.** For further information about our church and recent news and upcoming events, please visit us at <https://uucuc.org/>.

JOIN US NEXT SUNDAY, DECEMBER 1ST

"AWE: THE MIRACLE OF EACH MOMENT"

REV. FLORENCE CAPLOW

## Upcoming Weekly Calendar

### Sunday, November 24

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  
Young Adult Group / 11:30 a.m. / Fellowship Hall  
Church Tour / 11:45 a.m. / Foyer  
Safety GUURU Team / 11:45 a.m. / Library  
UU Voices Book Group / 12:00 p.m. / Classroom #1  
OWL / 4:30 p.m. / Children's Chapel, Library, OWL Classroom

### Monday, November 25

Bridge Group / 1:00 p.m. / Children's Chapel  
Stewardship Meeting / 5:30 p.m. / Library

### Tuesday, November 26

Board of Trustees Business Meeting / 6:30 p.m. / Classroom #1

### Wednesday, November 27

*Last day for content for eNews & Order of Service by noon, the latest.*  
UU Playgroup / 9:00 a.m. / Classroom #4  
(Smart Recovery) / 6:00 p.m. / Classroom #1

### Thursday, November 28

Thanksgiving Day!  
UUCUC Office Closed  
(Many Paths: An Agnostic AA Group) / 6:00 p.m. / Classroom #1

### Friday, November 29

No events scheduled.

### Saturday, November 30

(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](http://uucuc.org/uucuc-calendar).*

## Announcements

**Today's Hospitality Team D Volunteers! Bellringer:** Ursula Reuter-Carlson; **Ushers:** Karen Folk, Gail Tittle, and Amy Robison; **Welcomers:** Bill Williamson, Lisa and Rick Morgan; **Decorations:** Kari Alice; **Snacks:** Karen Folk, Priscilla Kron, Gail Tittle, Amy Robison, Harriet Williamson, Lisa and Rick Morgan.

**Our Shared Offering for November is CU at Work.** CU at Work seeks to provide dignity and empowerment opportunities for our friends on the street. By beautifying the city and giving our participants an opportunity to receive payment for their work we are changing the public perception of those without an address.

**Members of the climate change-focused Rewriting Cassandra Project will be at Fellowship TODAY** to show gratitude to the UUCUC members who've supported them and share information about the Nov. 29 Climate Strike. They will be wearing colored ponchos. Please say hello! More info at [cuclimatecafe.com](http://cuclimatecafe.com)

**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.

**The Safety GUURU Team will be meeting TODAY at 11:45 in the upstairs Library.** We will discuss signups for Emergency Leader time slots and do walk-throughs or role-playing for the emergency procedures outlined on the Safety GUURU Team web page. New members or anyone wanting more info would be welcome and may arrive early to discuss getting involved or ask questions.

**The UU Voices book group meets TODAY at Noon in Classroom #1.** Led by Rev. Florence Caplow, the group will discuss "Buddhist Voices in Unitarian Universalism", available as a Kindle book from Amazon or from the UUA Bookstore. All are welcome!

**The Board of Trustees will have its next business meeting on Tuesday, November 26 at 6:30 p.m. in Classroom #1.** The meeting is open to members and friends.

**The UUCUC Thanksgiving potluck has been cancelled** due to a lack of volunteers. You can still celebrate the holiday on 11/28 with the Salvation Army. Find out more here: <https://tinyurl.com/qovkjxu>

**Our church has enjoyed giving to the Daily Bread Soup Kitchen backpack project since it began several years ago.** The soup kitchen celebrates the holidays by giving filled backpacks to the men and women who are guests there. We will collect backpacks at the church on December 1 and 8. The giveaway at the soup kitchen will be on December 13. For more information about what kind of items to include in the backpack, go here: <https://uucuc.org/a-tradition-of-generosity/>

*For the most up-to-date news and announcements information, please visit [uucuc.org](http://uucuc.org).*

## Religious Education News

### **UUCUC's Winter Holiday Pageant December 15th**

Don't miss out on this year's pageant during our Sunday morning service on December 15th. This theatrical, all-ages service will feature children from the congregation as well as our children's choir. The pageant, inspired by a children's book called, "Gathering Sparks," tells the story of the Jewish notion, *Tikun Olam*, whereby people heal the world through gathering light each time they perform good deeds.

It's not too late if you or your child want to participate! Contact Emily McKown at [youthcoordinator@uucuc.org](mailto:youthcoordinator@uucuc.org).

### **Coming soon! Learning opportunities for adults.**

Have you an idea for a class you have always wanted to teach an adult religious education class? If so, use the following form to tell us about your idea (you can find an easy online link to this form online or in this week's eNews). We need all submissions by Sunday, December 1<sup>st</sup> so that we can organize room usage and promotion. Access the form here:

<https://uucuc.breezechms.com/form/d4a7f2>

If you wish to explore your idea, you are welcome to call Michele Grove, Interim Director of Religious Education at 217-384-8862 or email her at [re-director@uucuc.org](mailto:re-director@uucuc.org). She is happy to talk through your ideas and help them come to life.

### **Our Whole Lives for Kindergarten and 1<sup>st</sup> Grade**

Our Whole Lives is a Unitarian Universalist program designed to guide children, youth and adults through an understanding of their identity and sexuality in a safe environment. Acceptance and community support are at the heart of this learning program. UUCUC has sponsored the Our Whole Lives (OWL) program for 7-9<sup>th</sup> graders for more than 20 years. In 2020, we will expand to offer the 8-week Kindergarten and 1<sup>st</sup> grade class. The class will be offered on Sunday afternoons from 4:00pm -5:15 beginning February 9<sup>th</sup>. A mandatory caregiver and child orientation is scheduled for February 2<sup>nd</sup> 3:00-5:30 pm. Watch for more information.

This class is limited to 12 students so if you are interested, please email Michele Grove at [re-director@uucuc.org](mailto:re-director@uucuc.org) so that we are sure to keep you on the interest list. We will email registration forms as soon as they are available.

## The New Church Directories Have Arrived!

Good news, friends! The new church directories have arrived.

Those who had photos taken for the directory and voting members of the church may pick up their copy of the directory in Fellowship Hall at the following times:

- During Social Hour following services TODAY and December 1, 8, and 15
- From 11 am – 2 pm on Thursday, November 21
- And from 5 – 7 pm on Thursday, November 21

“**Friends**” of the church (for whom we have current contact details in our database) will be able to pick up a copy of the directory during Social Hour following services on Sunday, December 1, 8, and 15.

Members of Care Core will distribute copies of the directory to those who are homebound.

With heightened awareness of the importance of security of the personal information of our members and friends, we are monitoring distribution of the directories. Thank you for your understanding and cooperation.

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## Demonstrate Against the Death Penalty on December 8

The federal government is planning to resume use of the death penalty on December 9th. In response there will be a national march in Terre Haute Sunday, Dec. 8. The federal penitentiary there is the only federal death row in the US. The event will be from 1:00 p.m. to 7:00 p.m., with a program of speakers and music, followed by a march and shared meal. Major speakers include the Rev. Wm. Barber from the Poor People's Campaign and the national president of the NAACP, Derrick Johnson.

Rev. Caplow will be attending, and the local UU church has offered home hospitality for those who want to stay until the 9th. Contact Rev. Caplow at [minister@uucuc.org](mailto:minister@uucuc.org) if you would like more information or would like to attend the event.