

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 / (217) 384-8862

Church Office Hours: Monday – Friday 9 am – 2 pm

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**Unitarian Universalist Church
of Urbana-Champaign**



Photo by Esther Simpson

Buddhist Practices for Resilience & Renewal

Sunday, January 13, 2019

10:15 am

Rev. Florence Caplow

Jennifer Greene, Worship Associate

Matthew Gladden, Piano

Michele Grove, Interim Director of Religious Education

The Mission of UUCUC

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



We are a "Welcoming Congregation" for the LGBTQIA+ Community

ORDER OF SERVICE
Sunday, January 13, 2019

Gathering Chime & Tower Bell

Welcome and Announcements

Jenny Hunt

Greeting Our Neighbors & Centering Chime

Prelude “Metamorphosis II”

Philip Glass

Unison Chalice Lighting

We can make our minds so like still water
that beings gather about us,
that they may see their own images,
and so live for a moment with a clearer,
perhaps even a fiercer life, because of our quiet. (W.B. Yeats)

Opening Words

Reading from *Conjectures of a Guilty Bystander* by Thomas Merton

*Hymn 1008 “When Our Heart Is in a Holy Place”

Story “Birdsnest”

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)*

Offertory “Written on the Sky” Max Richter

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.*

Reading from Thich Nhat Hanh

Reflection “Buddhist Practices for Resilience and Renewal”

Rev. Florence Caplow

*Hymn #181 “No Matter if You Live Now Far or Near”

Benediction & Chalice Extinguishing

Postlude “First Arabesque”

Claude Debussy

**Please rise in body or in spirit*

ARE YOU VISITING TODAY?

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

Visit the Welcome Table in the lobby and fill out a visitor's card. Visit the Connections Hub Table for information and stop by our Welcome Room (the Library in Fellowship Hall) to pick up literature and other information about our church community, and to meet some of our current members. Newbies or not, **everyone** is invited to stop in the Welcome Room for comfy chairs and quiet conversation. We're so pleased that you've visited us, and we hope you come again very 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 to have a Fragrance Free building. Please choose to be fragrance free out of respect for those who are affected by scents. Help us keep the air we share healthy and fragrance free.

Sharing Joys and Sorrows. As a caring congregation, sharing written joys and sorrows on Sundays is a part of how we connect. There are cards available in the pew in front of you and in the foyer.

Rose Window Center: Southern Christian Leadership. Designed by Jane Anderson in 1967. The logo of Martin Luther King, Jr's organization of the same name. It is a symbol of integration of Black and White. The wall hanging is the Lotus flower, 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://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

“DON'T SLEEP THROUGH THE REVOLUTION”

MEMBERS OF UUCUC RACIAL JUSTICE PROJECT

Announcements

2019 Religious Education Updates:

The new year brings exciting new opportunities for religious education. Here is an update of what families can expect:

- **Starting January 13th children and youth will begin in the worship service each Sunday.**
- **Nursery care and the PreK class will not begin in worship each Sunday.** The child care providers and PreK leaders will be ready to greet children starting at 10:00 each week.
- **The Coming of Age class for 7th and 8th graders will also begin in their class each week at 10:15 since this transitional year needs a longer class time to focus on this amazing journey.**



New Religious education registrations are welcome.

<https://uucuc.breezechms.com/form/0aadff>

Child Care at UUCUC

Have you met Kelsey Libert? Kelsey is UUCUC's child care coordinator. The child care team is working on Sunday mornings and is ready to work anytime that child care is needed. If you have an event or meeting that would benefit from child care, reach out to Kelsey. Email childcare@uucuc.org to request a copy of the child care request procedure.



Today's Hospitality Team C Volunteers! Welcomers: Sandy Hannum, James Engelhardt & Becky Densmore; **Ushers:** Jim Hannum, Marcy Joncich & Debbie Rugg; **Decorations:** Janet Revell Barrett; **Bellringer:** Pat McClard; **Snacks:** Theresa Benson, Tania Madrigal, Jenny Lokshin, Becky Densmore & Penne Beckett

Our Shared Offering for January is NAACP. National Association for the Advancement of Colored People (NAACP) is the largest and most recognized civil rights organization in the US. The Champaign County Branch of NAACP promotes civil rights of all citizens, political empowerment and the enactment and enforcement of civil rights laws, and educational excellence, economic development, and outreach.

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 at noon. Tours will take place approximately once a month.

SIGN UP TODAY! Our spring Soul Matters Covenant Groups will begin in late January and continue through April -- generally with two sessions each month. These are small facilitated groups of 8-10 people, exploring our monthly themes in more depth. All are welcome, whether you're a member, a friend or a visitor. Sign up to register in Fellowship Hall. For questions regarding the program, speak with Sherry Bohlen or call her at (217) 384-8862.

UU Voices Reading Group, led by Rev. Caplow. TODAY at Noon in Classroom #1. The discussion will continue to be about "Christian Voices". All are welcome!

Resolving Conflict, Finding Agreement - Part 1, Sunday, January 20, 2019 / Noon - 4:00 PM. At a time when differences seem more pronounced, simple disagreements can turn into difficult conflicts. Join Gail Schiesser and Virginia Brubaker to learn how to deal both more effectively and more comfortably with conflict. Open to all interested persons. RSVP to Michele Grove re-director@uucuc.org no later than January 16, 2019.

Announcements – Continued

Wake Joy! Class Continues in 2019! Rev. Caplow's Wake Joy class will resume on Thursdays starting January 24th, 4:30 – 6:00 pm at Channing Murray Foundation on campus. There will be six sessions that will focus on practices for cultivating happiness. All are welcome! There is not charge for the class, but please register at <https://bit.ly/2SyQRhV>.

Special Film Screening. The Welcoming Congregation Committee invites you to join us on Sunday, January 27 at 2 pm in Fellowship Hall for a special showing of the documentary *Growing Up Trans*. Initially produced by Frontline, this film discusses the joys and challenges of raising a transgender child and the choices now available to transgender kids and their families. There will be a discussion after the film, as well as information regarding local resources and support groups. All are welcome, so bring your friends and family!

Major training workshop for anti-racism work. We hope many of you will come to help advance our efforts for racial justice! Join the UU Church Racial Justice Project for an all-day workshop on **Critical Cultural Competency, Saturday, February 2, 2019, 8:30am- 5:00pm (lunch provided) in Fellowship Hall.** This workshop is designed and led by a national training group: Crossroads Antiracism Organization and Training. The cost is partially underwritten by the Racial Justice Project. Fees for attending (which include lunch) are: \$35 for UU members/friends and \$50 for community members. There are a few scholarships available for people who cannot afford these costs. Please contact Jennifer Livingston at tjehlhome@gmail.com for instructions on how to register.

UUCUC Upcoming Weekly Calendar

Sunday, January 13

Adult Discussion Group / 9:00 am / Library
Mindfulness Meditation Group / 9:00 am / Library
Children's Choir Rehearsal / 9:15 am / Classroom #1
Worship Service / 10:15 am / Sanctuary
Visitor's Welcome Room / 11:30 am / Library
Young Adult Group / 11:30 am / Table in Fellowship Hall
UU Voices Book Group / Noon / Classroom #1
Pathway to Membership Class / Noon / Children's Chapel

Monday, January 14

Stewardship Committee Meeting / Noon / Library
Bridge Group / 1:00 pm / Children's Chapel
Finance Committee Meeting / 7:00 pm / Classroom #1
Death with Dignity Group Meeting / 7:00 pm / Fellowship Hall

Tuesday, January 15

(Rental: DSC Playgroup) / 8:30 am / Nursery
(Rental: ECIRMAC Staff Meeting) / 2:00 pm / OWL Classroom
Youth/Young Adult Pathway to Membership Planning Meeting / 6:00 pm / Library
UU Feminist Book Group / 7:00 pm / Library
Budget Task Force Meeting / 7:00 pm / Children's Chapel
Social Action Committee Meeting / 7:00 pm / Fellowship Hall

Wednesday, January 16

Last day for content for eNews & Order of Service by noon, the latest.
(Rental: ECIRMAC Board Meeting) / 4:00 pm / Children's Chapel
(Smart Recovery) / 6:00 pm / Classroom #1
CrUUners Rehearsal / 6:00 pm / Sanctuary
Choir Rehearsal / 7:00 pm / Sanctuary

Thursday, January 17

Membership Committee Meeting / 5:30 pm / Fellowship Hall
(Many Paths: An Agnostic AA Group) / 6:00 pm / Rm #1
Reflective Writing Circle / 7:00 pm / Library
Strategic Vision Team Meeting / 7:00 pm / Children's Chapel

Saturday, January 12

Creating a Unitarian Universalist Learning Roadmap / 9:30 am / CC
Loss of Life Partner Covenant Group / 11:30 am / Library
(Many Paths: an Agnostic AA Group) / 4:30 pm / Classroom #1

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