



ALUUC Focus

Newsletter for the Abraham Lincoln Unitarian Universalist Congregation
www.aluuc.org



JANUARY 2010

Worship Services are held Sunday mornings at 10:30am.
Religious education and child care are provided for children of all ages.
Large Print Bulletins and Hymnals, as well as hearing devices, are available upon request.

January 3, 2010

The Spirits Around Us

Fred Dietz (ALUUC member)

In the words of our speaker, Fred Dietz, the idea of this presentation is to convince you that spirits abound around us.

January 10

Hymn Sunday

Rev. Berkley Moore

January 17

The Spirituality of Social Justice

Rev. Martin Woulfe

The anniversary of the birth of Martin Luther King, Jr. is an appropriate time to reflect upon Social Justice: is it integral to a healthy spiritual life, both individual and corporate, or is not?

January 24

Ruminations on Rumi

Rev. Martin Woulfe

As UUs commonly appreciate mysticism, in this service, Rev. Woulfe will ponder the gifts and lessons of Rumi, the Sufi poet-saint of the 13th century.

January 31

The Spirituality of Moving

Rev. Martin Woulfe

Having recently undertaken all that is involved with a change in residence, Rev. Woulfe will offer his insights into the spirituality of such a process.

745 Woodside Road, Springfield IL 62711
217-585-9550

From the Minister...

Every New Year brings an attendant opportunity to reflect upon the events of the year just ending. This most recent New Year's Eve, I watched a retrospective of musical artists and comedians who performed live on Spanish TV during the past fifty years ; once upon a time, the very thought of half a century struck me as an impossibly long period of time. Incredibly, though, the footage commenced with 1960, a year in which I happened to have been born. Fifty does not seem so old anymore. Funny, though, how things used to look so grainy – not to mention, black and white.

This past year was a time for personal and professional growth: I am indebted to the congregation for permitting me to have a sabbatical period, during which I was, among other boons, able to study Spanish and focus on my health. Both activities (learning a language/improving one's physical health) are, according to a popular book on Happiness, two definite steps that a person may deliberately take to improve the relative happiness of his/her life. Authors have identified a handful of other concrete steps that any person might undertake. Truth be told, I do feel more happy this new year than last year; certainly much more so than say, some other, more distant years that I can recall.

Surely, happiness is not the mere by-product of age. There is a study, expounded by Sonja Lyubomirsky in her book, *The How of Happiness: A Scientific Approach to Getting the Life You Want*, that has been brought to my attention by several UU colleagues. One of them has even written an Adult Religious Education curriculum that is based upon this book. It is my hope to teach this course here at ALUUC; perhaps this will increase my relative level of happiness as much as the participants. In any event, I wish all of you a happy and healthy 2010.



~ Martin

NOTICE REGARDING PASTORAL CARE

Reverend Martin Woulfe will be out of town from December 25 until January 9th. During this time period, please direct any pastoral care issues to either Michael Plog or Delinda Chapman.

FOOD PANTRY DONATION

Thank you to everyone who visited the open house at the Aznarte-Woulfe household on Sunday, December 20. Well over 100 pounds of food were collected and donated to a local food pantry, benefitting those in need.

From the Board President...

The holidays have been a very busy time at our house. We have had lots of family and friends visiting us. This year has brought us great sadness and great happiness as we said goodbye to my mother and then welcomed our granddaughter. As the year ends, I find myself reflecting on the cycle of endings and beginnings in my life.

Tonight I received word that a friend in Hartford, who was much too young, died suddenly of a massive heart attack. Charles Huntington and I served together on the Board of the Unitarian Society of Hartford, and he recently served the church as its President. I feel fortunate that I got to know him apart from our church duties when he hosted a Small Group Ministry Circle at his home. Because of this experience, I learned more about his life as a father, husband, and medical professor. I had always admired his brilliant mind, but I gained an appreciation for his spiritual side on those evenings in his living room. As a result, my heart aches tonight, but I know that this is the price I must pay for the joy of friendship.

As many of you know, my wonderful experiences with Small Group Ministry in Hartford compelled me to join forces with Jan Droegkamp to get it started here. We describe these groups as “Chalice Circles” at ALUUC, and we plan to start signing up participants in January to form new groups. If you would enjoy discussing an interesting topic with a group of UU’s in an informal setting for several weeks, this is a good way to establish friendships.

Also, by popular demand, Diana DeWeese will be organizing Circle Dinners (in member homes) in the near future. This requires just a one-night commitment, and many of us really enjoy these evenings. We have a large number of new members and visitors, and we are anxious to get to know you better. We especially hope you will sign up!



So as the New Year begins, I hope all of us at ALUUC will work at building relationships with each other. I have learned that I must always make room in my heart for new friends. There are so many fascinating people all around us--just waiting for us to discover them! And I have also learned that there is no better place to make friends than a UU church.

~ Gwen Childs

NEW TO UU SESSION

If you are interested in becoming a member of this congregation, or desire more information on UUism, an orientation will be offered Tuesday, January 19 at ALUUC, 7 – 9 pm. Please sign up on the sheet posted by the water fountain; if this time is not convenient, please contact Rev. Woulfe to schedule a different one. Please indicate if childcare is needed.

Contact Information

CLERGY:			
Minister Minister Emeritus	Rev. Martin Woulfe Rev. Berkley Moore		minister@aluuc.org minister-emeritus@aluuc.org
STAFF:			
Office Manager RE Coordinator Music/Pianist	Cheryl Wycoff Marla Johnson Bonnie Ettinger		office@aluuc.org CRE@aluuc.org music@aluuc.org
BOARD OF DIRECTORS:			
President Vice President Treasurer Secretary Board Members	Gwen Childs Delinda Chapman Megan Renner Kitty Wrigley Kelly Anderson Linda Haynes Beverly Holmes Doug Liberati Phillip Anderson Bill McCall		president@aluuc.org vicepresident@aluuc.org treasurer@aluuc.org secretary@aluuc.org
COMMITTEES OF THE CONGREGATION			
Committee on Ministry Nominating Committee Endowment Trust	Rebecca Anderson Buffy Lael Frank Kopecky		CoM@aluuc.org nominating@aluuc.org endowment@aluuc.org
COMMITTEES OF THE BOARD:			
Electronics & Communications - Newsletter - Webmaster Facilities - Aesthetics - Flower Fellowship Finance Green Sanctuary Membership & Publicity Pastoral Care Program Religious Education (RE) Social Action	Mike Haynes Pam Daniel Carol Kneeder Kurt DeWeese Renata Buchloh Vi Lanum Diana DeWeese Mark Hanson Meg Evans Michael Plog Penny Wollan-Kriel Dianne Roberts-Hill Deborah Cavanaugh-Grant		ECC@aluuc.org newsletter@aluuc.org webmaster@aluuc.org facilities@aluuc.org aesthetics@aluuc.org flower@aluuc.org fellowship@aluuc.org finance@aluuc.org greensanctuary@aluuc.org MPC@aluuc.org pastoralcare@aluuc.org program@aluuc.org RE@aluuc.org SAC@aluuc.org

F Y I

Change of Address or Email: Changes can be submitted by email to Updates@aluuc.org or by completing the ALUUC Membership Update Form found in the office.

Newsletter Option: To stop receiving this newsletter by mail or to change to receive it by email, please email your request to Pamela Daniel at newsletter@aluuc.org

Nametags: If you need a replacement nametag, please email your request to our Office Manager, Cheryl Wycoff, at office @aluuc.org or print your name on a piece of paper and place it in the nametag slot found on the nametag rack.

Groups and Other Events

HUMANIST DISCUSSION GROUP

Will not meet in January. The next meeting of the Humanist Discussion Group is Monday February 22 at 7:00 pm at the ALUUC. At the February meeting, Jeffrey Bennett will review *The Language of God: A Scientist Presents Evidence for Belief* (by Francis Collins). If you have questions about the Humanist Discussion Group, please contact Carol Floyd at HumanistGroup@aluuc.org.

FLUTE CIRCLE

FluteCircle@aluuc.org

This group meets on the second Wednesday of each month from 7:00 to 9:00pm at the ALUUC. Flutes will be made available for others to try. The focus of this circle will be the care and playing of the Native American Style Flute, but other types of flutes are welcome. Any questions can be directed to Mike Haynes.

NEWS COVENANT GROUP

NewsGroup@aluuc.org

The News Group meets on the first Thursday of each month. Join us at 7:30 p.m. on January 7 at Mary Reed's, 15 Sunnyside Drive. Call Mary if you have any questions. Everyone is welcome.

CRE NEWS

This past Sunday during Children's Worship children were asked the question, "What does Standing on the Side of Love mean to you?" As always, their insights were impressive.

Answers ranged from their favorite tractor to taking care of our families to not hating. Through their answers Marla, RE Director, says that she began to realize these little ones definitely know what love is about. We should never doubt that.

KID'S CLUB

There will be no Kids Club in January due to the holiday. Also, we are returning to regular RE classes January 10.

Six ALUUC Youth Complete Religion in Life series

The following youth recently completed a six-part series led by Rev. Martin Woulfe, to fulfill the requirements of the Religion in Life award:

Royce Hill Allie Liberati
Angela Solon Rene Croteau
Ryan Croteau Nate Quivey

A certificate of completion was given to each youth; a future Sunday service will include a special ceremony to honor these individuals.

DREAM GROUP

DreamGroup@aluuc.org

This group gives folks the opportunity to discuss recent dreams in a relaxed and an informal setting. Newcomers are always welcome. For more information about this group, please contact John Glosser.

MOVIE NIGHT

Our next Movie Night will be held at ALUUC on January 17 at 6 pm. The 2006 German language film, "The Lives of Others," will be shown. This film depicts the secret intermingling of the life of an East German police officer and the targets of his investigation.

SPANISH CLUB

The Spanish Club will celebrate 2010 with a potluck meal on Sunday, January 24 at 6 pm at the home of Rev. Martin Woulfe, 1 Timberhill Lane. All are invited to join in an evening of fun, food, fellowship & Espanol. Beginners welcome!

Groups and Other Events

BOOK DISCUSSION GROUP

BookGroup@aluuc.org

The Book Group meets on the fourth Tuesday of each month. Join us at 7:30 p.m. on January 26th at Barbara Moore's.

- We will be discussing "A Painted House" by John Grisham. Call Barbara if you have any questions. Future books scheduled include
- "Little Heathens: Hard Times and High Spirits on an Iowa Farm during the Great Depression," by Mildred Armstrong Kalish,
 - "The Guernsey Literary and Potato Peel Pie Society," by Mary Ann Shaffer and Annie Barrows.

Everyone is welcome. Bring suggestions for future books for the group if you like.

THEOLOGIES IN DIALOGUE

The Theologies in Dialogue group will meet at 7:00 p.m. on Monday, January 18, in the sanctuary. For the program that evening, the Rev. Berkley Moore will be reviewing the book *THE CASE FOR GOD* by Karen Armstrong. The presentation will be followed by time for group discussion. For further information about this group, contact John Glosser.

LABYRINTH WALK

Looking for a spiritual practice? Labyrinth Walks are held indoors at ALUUC on the third Friday of each month. Participants are encouraged to journal afterwards.



SOS

Volunteers are always welcome to assist serving food on the third Sunday of each month at the Springfield Overflow Shelter. Email Delinda Chapman for details, delindac@gmail.com.

The January date is the 17th, 6:30 is the time. Thank you one and all!



Springfield's overflow homeless shelter needs donated supplies after the city reduced its budget this year.

Items used to combat the H1N1 flu virus are especially needed, including hand sanitizer, hand wipes, everything that kills germs.

Other needed items include a vacuum cleaner, bleach, Windex, 55-gallon garbage bags, floor cleaner, laundry detergent, deodorant, razors, Styrofoam cups, decaffeinated coffee, Sweet 'n Low packets, sugar packets, coffee creamer packets and hot chocolate pouches. Socks, underwear, gloves and snow hats also are needed as the weather gets colder.

Donations can be dropped off at The Salvation Army, 530 N. Sixth St., between 9 a.m. and 4 p.m. weekdays. The building is closed between noon and 1 p.m.

For more information, contact Shelter Director, Archie Ford, at 525-2196, ext. 203.

Fellowship Committee Calendar

The Lunch Bunch now meets on the 1st and 3rd Wednesdays of every month between 10 am and 2 pm. Come join in - it's a gathering of members and friends at ALUUC sharing a meal and participating in small group activities. Everyone is responsible for their own meal, so bring a sack lunch, and each person is responsible for their own messes.

Parents are responsible for their children, including playground supervision. Activities include board games, crafts, hand sewing, knitting, crocheting, reading discussion group, watching a video, or just one-on-one conversation. It's a totally casual activity.

Circle Dinners are in-home potlucks - usually 6 to 8 guests. The Fellowship Committee will be seeking hosts for the February Potlucks starting the 2nd week of January. Hosts will be able to pick the day in February for their Circle Dinner. Guests will signup starting the end of January.

In chronological order:

January 6 - Wednesday Lunch Bunch
January 20 - Wednesday Lunch Bunch
January 22 - Game Night
January 24 - Church Potluck



February 3 - Wednesday Lunch Bunch
February 17 - Wednesday Lunch Bunch
February 28 - Church Potluck
All February - Circle Dinners

March 3 - Wednesday Lunch Bunch
March 17 - Wednesday Lunch Bunch
March 26 - Game Night
March 28 - Church Potluck

April 7 - Wednesday Lunch Bunch
April 21 - Wednesday Lunch Bunch
April 25 - Church Potluck
April 30 - Game Night

May 5 - Wednesday Lunch Bunch
May 19 - Wednesday Lunch Bunch
May 23 - Church Potluck

News from the Nominating Committee

Have you thought about getting more involved in church activities? There are many opportunities for you to serve in a leadership role at ALUUC! Becoming involved in church leadership is a rewarding experience as you learn more about your community as well as our UU faith. Positions will be opening on the Board, Committee on Ministry, Endowment Trust and Nominating Committee for church year 2010-1011.

Our committees should be an accurate reflection of our congregation, which is why we need YOU! If you would like to become a part of our leadership, or know someone that may be interested please let one of the Nominating Committee members know!

Buffy Lael-Chair, Carley Mattimore-Malan, Frank Kopecky, Dianne Roberts-Hill

Second Slow Food Springfield Film Festival

Friday, January 29, 2010

6:30 pmó 9:00 pm

Cost \$5.00/per person (students with I.D., no charge)

Abraham Lincoln Unitarian Universalist Congregation
745 Woodside Road, Springfield

- 6:30-7:00 pm Baking Bread (Italian story), a film by Rose Spinelli
7:00ñ 7:10 pm Break
7:10-8:20 pm FRESH, a film by Ana Sofia Joanes
8:20-8:30 pm Break
8:30-9:00 pm Panel Discussionó "Two Farmers and a Chef"
Marty and Kris Travis, Spence Farm, Fairbury and
Chip Kennedy , 5Flavors

**Refreshments and Beverages
Available for Purchase**

Provided by 5Flavorsó www.5flavors.com

**Sponsored by Slow Food Springfield and the
Abraham Lincoln Unitarian
Universalist Congregation**

Unitarian Universalist Service Committee (UUSC) Update

UUSC advances human rights and social justice around the world, partnering with those who confront unjust power structures and mobilizing to challenge oppressive policies

Time to collect for Guest at Your Table!

During the January 10 worship service, we will gather up the Guest at Your Table boxes. In recent weeks, our Guest at Your Table boxes and Stories of Hope have taught us about real people engaged in the struggle for justice in the United States and around the world. It has also taught us about our power to change the world when we support our Unitarian Universalist Service Committee and the many amazing people they partner with. Before bringing back your Guest at Your Table box, be sure to complete the form on the box. And please convert your cash and coins to a check made out to "UUSC". We'll announce the results of our Guest at Your Table program as soon as we are able. On behalf of UUSC, we thank and commend every person who has chosen to share their blessings through Guest at Your Table. If you miss bringing back your Guest at Your Table box, you can pass it to Deborah Cavanaugh-Grant, our UUSC local representative, at any time.

Fair Trade Products

The ALUUC Social Action Committee (SAC) thanks everyone who purchased the Fair Trade products (coffee, teas, cocoa, chocolate bars, nuts and cranberries) in November and December. The purchase of fair trade goods through the UUSC Coffee Project benefits agricultural cooperatives through UUSC's Small Farmer Fund. The UUSC Coffee Project is a collaboration between the UUSC and Equal Exchange, a worker-owned, fair trade company based in West Bridgewater, MA. The SAC will sell these items once each month starting in January. The next sale day will be Sunday, January 24.

ALUUC annual Glove, Mitten, Hat and Scarf Drive.

Thanks so much to everyone who donated items to Contact Ministries for their Christmas Assistance Giveaway Program on the December 17th. Our congregation donated 63 gloves, mittens, hats and scarves.

Springfield Overflow Shelter (S.O.S.)

On the third Sunday of each month, several members and friends of ALUUC provide a meal to the Springfield Overflow Shelter. The shelter houses those homeless who do not have a bed in any of the other homeless shelters in Springfield. Arena Catering prepares a meal at the cost of \$5.50 per person (\$330 per month). Volunteers meet at the Hoogland Center to pick up the food before going to S.O.S. In December, a total of \$776.77 was collected for the Change for Change to support the monthly meal. Thanks to all of the volunteers and to the generosity of our members, those at S.O.S. are able to have a delicious hot meal. We will be having a special collection in February to support the meals for February and March. If you are interested in volunteering (January 17, February 21 and March 21), contact Delinda Chapman, delindac@gmail.com

Social Action Committee Members include David Brunson, Bernie Carver, Deborah Cavanaugh-Grant, Vinnie Gupta, Teresa Liberati, Kathy McGuire, John Malan, Sally Millichamp, Kim Nair, Brian Otwell, Ed Schultz, Susan Solan, Ken Wade, Delinda Chapman (ALUUC Vice-President/Committee Coordinator) and Doug Liberati (Board Committee Liaison). If you are interested in becoming a member of the ALUUC Social Action Committee, contact Deborah at dcg5512@yahoo.com.

ALUUC Video Sermons

Did you miss a sermon? Do you want to see, and hear, a sermon one or two more times?

You can see the following video sermons on the ALUUC website at http://www.aluuc.org/Video_Sermons.html

12-20-2009
The Art of Receiving,
Rev. Martin Woulfe

An old saying suggests that it is better to give than to receive. I happen to believe in this myself. But what happens when someone refuses to accept a gift, either graciously or at all? What lessons might the season offer on receiving, as well as giving?

12-6-2009
The Perils of Misappropriation,
Rev. Martin Woulfe

What may we properly borrow from other religious traditions? How do we show respect for others' traditions. Are there some words, rituals and symbols which we should never seek to borrow ere we become guilty of theft?

11-22-2009
A Service Of Thanksgiving,
Rev. Martin Woulfe

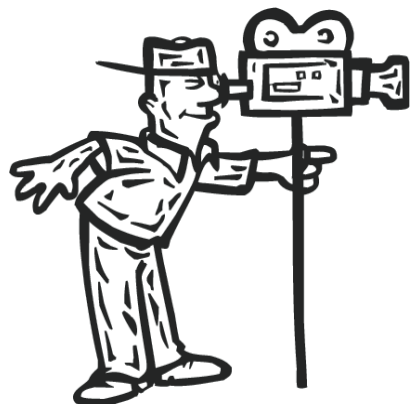
Once a year, the peoples of this nation are encouraged to reflect on the gifts which we have received during the past year. In this service, we will share the proverbial blessings that have been shared among us in a litany created from all members and friends. Rev. Woulfe will spoke on our collective gifts.

11-15-2009
Is Religious Co-Existence Really Possible?,
Rev. Martin Woulfe

One popular slogan features the word "coexist", creating the letters from diverse religious symbols. A lofty goal in theory, is such a thing possible? What examples from the past exist, and how might it fare in the future?

9-4-2009
Limits of Toleration,
Rev. Martin Woulfe

Rev. Woulfe talks about how we as a society need to learn to be more tolerant to other people's opinions when we do not agree with them.



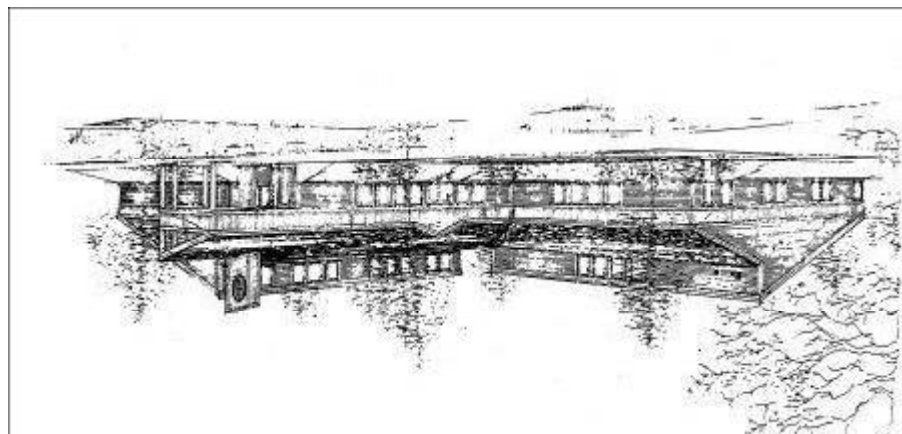
January 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 Zen Meditation 9:30 - 11:30 am
3 Worship Service 10:30 am Sr. Youth Meeting 3:30 pm	4 Dream Group 7 - 9 pm	5 Board Meeting 7:00 pm	6 Lunch Bunch 10am - 2 pm Chalice Circle 7-9:00 pm	7 Meditation 7:00 pm *News Covenant Group 7:30 pm	8 Bridge Group 7:00 p.m	9 Zen Meditation 9:30 - 11:30 am
10 Worship Service 10:30 am Committee Mtgs 12:00 *Young Adult Group Brunch Noon Sr. Youth Meeting 3-5 pm	11	12	13 * Sangamon Valley Flute Circle 7-9:00 pm	14 Meditation 7:00 pm	15 Labyrinth Walk 7:30pm	16 Zen Meditation 9:30 - 11:30 am Prairie Grapevine Concert 7:30 pm
17 RE Committee Meeting 9 -10 am Worship Service 10:30 am Sr. Youth Meeting 3-5 pm Movie Night 6:00pm	18 Theologies in Dialogue Group 7:00 pm <i>Martin Luther King Jr. Day</i>	19 New to UU Session 7-9:00 pm	20 Lunch Bunch 10am - 2 pm Newsletter Deadline 9:00 pm	21 Meditation 7:00 pm	22 Game Night 7:00 p.m	23 Zen Meditation 9:30 - 11:30 am
24 Worship Service & Church Potluck 10:30 am Sr. Youth Meeting 3-5 pm	25	26	27	28 Meditation 7:00 pm	29 Slow Food Film Festival 6:30 - 10 pm	30 Zen Meditation 9:30 - 11:30 am
31 Worship Service 10:30 am	<p>* Events not held at the ALUUC Dates and Times are subject to change. Please check the web site calendar for any changes.</p>					

Abraham Lincoln
Unitarian Universalist Congregation
745 Woodside Road
Springfield, Illinois 62711



ALUUC ~ Since 1953 ~ Celebrating over 50 years of liberal religion in Springfield



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