During the past few months, there has been a surge of pastoral care requests among our members and friends. I have been reminded that pastoral care is one of the greatest gifts that we can offer one another - such care is a unique form of healing - sometimes there is a thin line between the spiritual, psychological and physical. One does not need to be a seasoned care giver to create the necessary connection. It all begins with the gift of one's presence coupled with deep listening. I've also been reflecting on the theme of "the wounded healer," which is a particular motif in ministry that speaks volumes to me personally. With this said, I would like to share this reflection, originally composed in 2007, which touches on these themes.

***

Much of what passes for pastoral care by a minister is listening and then naming the stress experienced by the person seeking counsel. My experience, both in my own life and gleaned from others, is that stress tends to breed anxiety and is a more tenacious hobgoblin than even foolish consistencies. Anxious thoughts have a way of haunting the imagination and thereby affecting one’s mindset and actions. Which leads, of course, to more stress. I have noticed that people who suffer from stress generally do not hear the counsel offered by the “better angels of their nature.”

Instead, an oversight can become a slight; an unexplained action becomes an affront. Once a person can perceive their stress in its proper context, both in terms of oneself and others, most people may then wrestle with it, not unlike Jacob wrestling with his angel. If one is victorious in this match, one may even perceive that he/she has been blessed by the encounter. And, like Jacob, there may be a wound. But I think that the blessing outweighs any injury. In this season, as the shadows of autumn extend more and more, it is well to become aware of the sources of stress in one’s own life. Some are self-evident; others may be quite subtle. Such factors are all the more important to consider as the major religious & cultural holidays approach; stress factors tend to multiply. Let us confront and dispel them, either individually or with people we love and trust. The blessing that will surely follow will benefit oneself, one’s household, and one’s religious community.

Sincerely, Rev. Martin Woulfe, minister@aluuc.org
By now I'm sure most of you have seen the posting requesting applications for a new Membership Coordinator - I'm hoping a good number of you have submitted your application and resumé for the soon to be vacant position. We as a congregation are blessed with a variety of talented people.

I, as an individual, have perhaps been one of the most blessed because I've been able to say you have all been mine. It's been my charge to welcome each and every one of you - as a UU, as a member, as a guest, as friends.

As my family.

Those of you who have been through Pathways to Membership classes with me have heard me say one of the key reasons why I love Unitarian Universalism, and particularly ALUUC, is because - while we may fail from time to time - I've never seen us fail to try. When we know better we try to do better. Always. For all.

How could I see all of you, all of us, as anything other than kindred?

I leave the Membership Coordinator position only because my physical health is in such poor state and it must be tended to. But I know my spiritual heart beats hard and healthy in its forever home.

My love and thanks and deepest welcoming to all of you.

For more information about anything please contact welcome@aluuc.org or membership@aluuc.org.

Pathways to Membership Sessions:

Sunday, November 17 at 12:00 pm after Sunday service

Session #1 Seeds: Sharing Our Stories. This session focuses on sharing important themes and stories from our own life stories, with a special emphasis on our faith journeys.

Monday, November 18 at 6:30 pm

Session #2 Roots: An inside scoop on UUism and ALUUC. This session is intended to present and discuss various themes and developments within UUism as a whole and ALUUC in particular. We will explore the Principles & Purposes, the Sources, and some important milestones.

Session #3 Branches: Fostering Growth & Creating Connections. This session is an opportunity for newer people to meet some of the leaders and mentors within the congregation, to discuss how one might become more active and engaged!

Tracy Zieber, Membership Coordinator welcome@aluuc.org

Choir Rehearsals

We welcome returning and new choir members to join together on Sunday mornings at 9:20 and begin singing music for services. We meet in the Fuller room for rehearsals and prepare songs for usually two services each month, except January and summer months. There are no auditions, though it is important to be able to match pitches and feel the rhythm of music from old times and new, and of different styles.

Singing together is a time of uplifting joy and learning, a time to “Return to the home of your soul.” Please feel free to contact Kathy Schultz at choir@aluuc.org for questions.
Sunday Morning Services

10:30 am

November 3, 2019

**Love in an Era of Hate**, Rev. Martin Woulfe

Three years after the last presidential election, the political divide between people has increased in rancor. Are we living in an age where we can no longer agree to disagree? Is one better off by severing relationships with those who support a different candidate/policy/vision? What role might religion, with its emphasis on love, play in this current era?

*Change-4-Change, Birthday Song, Expansion Kickoff*

November 10, 2019

**Bios, Mythos, Logos: The Emerging Story of Humanity**, Rev. Rebecca Armstrong

Drawing on several enigmatic statements from the works of Joseph Campbell and C.G. Jung, this talk lifts up the images and metaphors that could guide the emerging mythology for human beings on planet Earth.

*Sung Milestones*

November 17, 2019

**In Remembrance of Transgender People**, Dr. Dee Evans, Ministerial Intern

Injustice leads to death of transgender people. This is a day to remember those whose lives did not matter because society deemed them unworthy to remember. We will remember some of these people and think about why they should matter to us.

*Traditional Milestones*

November 24, 2019

**The Cornerstone of Thanksgiving: Gratitude**, Rev. Martin Woulfe

In this service, we will create a litany of Thanksgiving and Rev. Woulfe will reflect on the power of gratitude and share why gratitude occupies a central place in any vibrant faith.

*New Member Recognition Ceremony*

December 1, 2019

**The Golden Rule, Revised & Expanded**, Rev. Martin Woulfe

Many traditions contain a version of the Golden Rule. Variations already exist: sometimes it is expressed as an affirmation, other times - the wording is more cautionary. How effective is this “rule” as a moral and ethical guide? If we were to update the “rule,” what edits might we suggest?

*Change for Change, Birthday Song*

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**Milestones**

The Program Committee is pleased to share that Milestones will be included during the following worship services during November.

**November 10** - Sung Milestones

**November 17** - Traditional Milestones
November is upon us, which means we are madly preparing for the pageant. This year, we have a special treat, brought to us by none other than our own Jacqueline Jackson. Entitled, “From Here to Epiphany”, this play-pageant presents a delightfully tongue-in-cheek look at the Epiphany, as it might have happened had a time machine been part of the event. Anyone who wants a speaking role must commit to practices for one hour after service on November 3, November 17, November 24, December 1, and December 8, with a full dress rehearsal on December 14th. We understand missing one (maybe two) rehearsals, but it is VERY important that speaking role folks attend rehearsal. DO NOT ask for a part if you cannot make the time commitment!

Pageant Speaking Roles available:
Father Gus, Father Eck, Kid 1, Kid 2, Kid 3, (we could split up parts and do more “kids” if we have enough youth interested), Caspar, Melchior, Balthazar, young Jesus, Mary, Joseph, the Bishop (already claimed by Martin Woulfe), Organist (whom I hope will be Bonnie, though I need to ask her that! (Bonnie…???)

Non-speaking roles: Crowd of children — anyone who cannot commit the time for a speaking role but can come to the two December practices and the dress rehearsal. Congregation — folks who would like to participate, but can’t make any practices.

We also need a large, stuffed dinosaur - I mean REALLY big, so please contact me at dre@aluuc.org if you have one you would be willing to let us use. Once I know who is playing which roles, we will also need costumers and some minor set design/props folks, so let me know if you’d like to take on those roles.

In other RE news, the senior youth will be traveling to Bloomington’s UU to partake in Friendsgiving, a concept we’ve spearheaded here at ALUUC, but which the regional DREs thought would make a wonderful “mini-con” for our senior youth, as there is no fall CON scheduled this year. This will be on November 15-16th, and we’ll have more information after October 21st, which is the final planning meeting for the regional DREs.

Our study of World Religions in the 3rd through high school (although eligible for Senior Youth Group, some high school students are also attending the older group of students to study World Religions) continues apace, with students learning how UU fits into the family of faith worldwide.

Spirit Play, our Montessori-based classroom for PreK-3rd graders has maintained its place as our most highly attended class, as it has flexibility for students to attend. Some students prefer to stay in our Nursery, while others, who are ready for some structure, enjoy the integrated story, self-selected activity, and Feast Spirit Play offers. We are looking for another
volunteer in the Spirit Play classroom, so if you would be interested in working with our younger students as an aide, not leading the lesson, please let me know, and we’ll get you trained and背景 check checked.

Scheduling notes: I will not be at service on November 10, as I will be in Baltimore attending my last Renaissance Module (trainings required for my application to be a credentialed religious educator) from November 9th-12th.

Finally, the schedule for Senior Youth to meet is as follows:

First Sunday meeting with mentors (after service)
Second Sunday large group meeting (after service)
Third Sunday attend service together as a group (no after service meeting)
Fourth Sunday activity or outing (varies, depending on activity or outing)
Fifth Sunday, if there is one, art project (after service)

Pat Woods, Director of Religious Education, dre@aluuc.org

Continued from page 4

Office Manager Cheryl Wycoff will be on vacation November 24 through December 5 and will be back in the office on December 10. Please contact Rev. Woulfe for room reservations, Sunday Announcements or other office needs.

COFFEE HOUR

Join us every Sunday morning after service for coffee and conversation!

If you are interested in helping out with Coffee Hour on Sunday, go to aluuc.org/kitchen to sign up or contact email@aluuc.org.

FLOWERS

November 3 - Penny Wollan-Kriel
November 10 - Deborah Cavanaugh-Grant
November 17 - available
November 24 - Deborah Cavanaugh-Grant

As always your tax-deductible $25 donation is payable the week before the Sunday requested. Thank you! Vi Lanum, Flower Committee, flower@aluuc.org
I belong to several groups that pursue social justice. Lately, I felt uneasy as if something was wrong. I could not identify the source of my uneasiness. Over a year ago, in one of the groups, a woman used the wrong word. Others did not just correct her, but became accusatory and vicious. The person said with tears in her eyes, “I’m sorry. I didn’t mean to use the wrong term. I guess I don’t belong here.” After several years of hard work for social justice, she left the group. In another group, another person (let’s call him Ansel) was working on a social justice project. Ansel was not able to communicate during working hours. Communicating after work instead of during his work hours so annoyed the rest of the group that they viciously bullied Ansel orchestrating his resignation. The two groups were not alone in this behavior. While these incidents and others made me uneasy, I knew it was not just the behavior that upset me.

This week I listened to a lecture. The speaker clarified the reason I felt so uneasy. I realized that social justice does not have its roots in righteousness. If social justice is rooted in righteousness, it can become as cruel as injustice. With righteousness, we can justify any behavior. We justify the behavior because we think we are right. What I gained from the lecture is that social justice must be rooted in love. If we love, which is expressed in kindness, then the behavior I observed in the groups would not have happened. Love, however, only justifies treating others as we would be treated—with kindness.

Sincerely, Dee Evans, Intern Minister intern@aluuc.org

Pastoral Care
Do you know someone who would benefit from a friendly call or visit? Someone undergoing surgery or hospitalization, or recovering from either? Someone who would appreciate a meal? Please notify one of the co-chairs of the Pastoral Care Committee, Delinda Chapman or Jodi Perko, or Rev. Woulfe. If you would like to join the Pastoral Care Team, let us know! pastoralcare@aluuc.org

Our Emergency Closure Policy
www.aluuc.org/emergency-closures

On very rare occasions, church services (and other events scheduled that day) may be cancelled due to poor weather conditions. On a Sunday, the decision will be made before 8:00am that morning. If a Sunday Service is cancelled, we will try to notify the congregation in several ways, including:

● Posting a message on our Website and Social Media.
● Emailing church members and friends.
● Encouraging “word of mouth” communications.
● Contacting by phone those members and friends who are without digital communications.
● If possible, putting a note on the door.
● If possible, through traditional media (newspaper, radio, etc.)

Unforeseen situations may prevent these methods of communication, in which case we will use whatever means we can to notify congregants of the closure. For ALUUC events other than Sunday Services, cancellations will be determined by event leader. It is the responsibility of the event leader to communicate the cancellation with the participants.
Green Sanctuary Report

ALUUC Solar Expansion to 5 Kilowatts Completed
By Bob Croteau

Teamwork was needed to complete the expansion of the ALUUC Solar Array from 2.7 Kilowatts to 5 Kilowatts. The array grew to eighteen panels thanks to donations by members, SREC payments, some unspent maintenance funds and some sweat equity from Dave and Kim Brunson, Larry Muir and Bob Croteau.

Kim never made it to the roof but she helped push them up the ladder. She is shown here after having tossed a panel up to hubbie Dave. It takes a village.

The proof is in the graph at right. Here you can see the doubling of solar output before and after activation on September 6th.

The happy roof squad in action. Dave showing off his sunburn earned during the project. Inspector Larry is shown here testing to see if he can lift it off the roof, while Bob documented that they weren’t goofing off but actually worked.

Here are two views of the finished array. On the left is a view looking northeast and on the right the view looking southwest just in time for the sunset.

REMEMBER: Time Change on Sunday November 3 – “Fall Back!”

Daylight Savings Time ends on Sunday November 3, 2019 at 2 am. At this time we “Fall Back” in the Fall by setting clocks back one hour.
**ALUUC Social Justice Committee (SJC) Update**

Sunday Service **SJ Moment** lets you know what you can do to promote social justice.

### WINTER WARMING CENTER - Volunteers Needed!

The Winter Warming Center (WWC) will remain open for this winter under the direction of the City of Springfield. ALUUC will, once again, provide a monthly hot meal for the 50 clients. Our dates so far are **Sunday, December 1 and Sunday, December 22**. Arena Foods supplies the food at cost. We provide funding, drinks, utensils, desserts, service and good cheer. Anyone interested in volunteering to serve this season, please contact Michelle Green. Our WWC meals support ALUUC’s social justice priority of homelessness.

### Change 4 Change - Thanks for you most needed generosity.

**November:** ALUUC / CYFS annual Children in Care Holiday Gift Cards. “The Center for Youth and Family Solutions engages and serves children and families in need with dignity, compassion, and respect by building upon individual and community strengths to resolve life challenges together.” Their activities include: adoption services, behavioral health counseling, foster care, Guardian Angel Residential Program for Youth, intact family services, day senior services, and community outreach (extended family support programs, home confinement for criminal or delinquent activity, crisis intervention for runaways and after school tutoring). More information at [https://cyfsolutions.org/](https://cyfsolutions.org/) Checks to ALUUC with CYFS noted please in the memo line.

**October:** ***WOW*** You contributed $960.17 last month for the ALUUC Winter Warming Center Homeless Dinners. ALUUC will again serve meals once a month this winter. Arena Foods supplies the food at cost. We provide funding, drinks, utensils, desserts, service and good cheer. Each monthly dinner costs $325 and serves 50 homeless adults. Contributions (or sponsoring a whole $325 dinner if you can) allow us to continue this ALUUC tradition. Checks always accepted made out to ALUUC with WWC noted in the memo line.

### SJC Regular Meetings

We meet the 3rd **Sunday at 12 noon** in the Berkley Moore room. **Next meeting is November 17th.** The foci for this year are Election 2020, Environment/Environmental Justice and Homelessness. We also identified several other areas of interest where we hope to partner with existing community organizations. **WELCOME to our new members Lisa Butzow, Susan Netznik and Joyce Geragotelis-Rougian.** All are welcome; we need and welcome your concerns and ideas. All are welcome; we need you and welcome your concerns and ideas. **Be the change you want to see.**

Nancy Derrig and Meg Evans, SJC Co-chairs

*Continued on page 9*
Racial Justice Project (RJP)

The November meeting date for the Racial Justice Project (RJP) has been changed due to the Thanksgiving holiday. The new date is **November 21 at 6:30 pm**, at ALUUC and is open to all. We can use your input and ideas. Please contact co-chairs John Record or Lisa Udel or at rjp@aluuc.org if you would like to join us.

The Listening Campaign conducted by ALUUC’s Racial Justice Project members has been a very successful learning experience from the interview process. Thank you to those who agreed to be interviewed and for those who haven’t been contacted – we’re not finished. We plan to continue learning about your insights, experiences, concerns and interests about race. If you have not been interviewed and would like to be, please contact John Record or Lisa Udel at rjp@aluuc.org. The RJP will share the results of this project with the congregation soon.

COMMUNITY OPPORTUNITIES FOR HELPING HOMELESSNESS

- **St. John’s Breadline** 430 N. 5th St., Springfield, IL 62702, (217) 528-6098
  Volunteers provide and serve meals weekdays 7:30 - 10:00 am or 1:30 – 4:00 pm; Shifts are also available Saturdays, Sundays and Holidays from 10:00 am – 1:30 pm. Groups welcome. [http://cc.dio.org/programs/st-johns-breadline](http://cc.dio.org/programs/st-johns-breadline)

- **Helping Hands** 1023 E. Washington Springfield, IL 62703, (217) 522-0048
  Provide a meal: [http://www.helpinghandsofspRINGFIELD.org/](http://www.helpinghandsofspRINGFIELD.org/), click the meal train picture; select and book a date. Or call 522-0048 ext. 5; Brandy. (Thanks to Delinda Chapman)

LOCAL CONTACTS FOR SOCIAL JUSTICE ACTIVITIES

**Immigration Action**
Many of you have asked what you can do to help the immigration situation in Springfield and on the border. SJC would like to begin an Immigration Alert Network of ALUUC members and friends interested in immigration issues. Alerts would be about both events you can attend and activities you can do. SIAN (Springfield Immigration Advocacy Network) is very busy and could use our help and numbers. If interested, contact Meg Evans.

**UUANI (UU Advocacy Network of Illinois)** uuani@uuani.org
Through [Actions of the Week](http://www.uuani.org), over the past 2 years, nearly 1000 Illinois UUs have sent messages to elected officials to advocate for our UU values. UUANI is launching a program to create a [Social Justice Leadership Corps](http://www.uuani.org), with teams from congregations participating in a 6 month program to develop our capacity for spiritually grounded and strategically effective action.
Please contact us at uuani@uuani.org if you are interested or would like to nominate someone. Our connection to this group is Deb Hagan. More information and/or Email alerts [www.uuani.org](http://www.uuani.org) or [www.facebook.com/UUANI](http://www.facebook.com/UUANI).

**Faith Coalition for the Common Good (FCCG)**
This local association made of faith-based organizations (including ALUUC) and labor unions provides opportunities to work on Antiracism, Immigration, and Homelessness with people of different faith traditions. The work is done by 4 task forces: Education, Jobs and Economic Equity, Civic Engagement and Policy Involvement, and CUJO (Citizens United for Justice & Order). ALUUC members on these task forces would love to have you join them. [www.faithcoalition-il.org](http://www.faithcoalition-il.org) or Shelley Heideman at 544-2297.
There is strength in numbers and diversity folks. (Thanks Stu Jacobson)
ALUUC Expansion Capital Campaign:

Thanks to the vision of some exceedingly generous members of our congregation, ALUUC is in the very fortunate position of being able to move forward immediately with our dream of expansion. The goal of the Capital Campaign is to bring us closer to full funding and a mortgage payment that allows us to proceed with our many other priorities and dreams for the future. More importantly, the Capital Campaign provides all members of this congregation the opportunity to be part of this rewarding project.

Your pledge will make a difference, for ALUUC, and for all those in our community who seek the same beacon of liberal religion and welcoming fellowship that we treasure. A Kickoff Party will be held Sunday, November 3, immediately after the service. There will be a potato bar to keep everyone comfortable during the discussion.

The campaign committee includes Tina Bennett, Chair, Michelle Green, Frank Kopecky and Kent Childs. A detailed brochure will be provided. Anyone on the committee will be glad to answer your questions.

Fundraise for ALUUC While You Shop!

Shop With Scrip for the Holidays!

Scrip is a cooperative that allows congregation members to buy gift cards to national retailers at face value, and a percentage of each card sold comes back to ALUUC. Go to www.aluuc.org/about-aluuc/members/ scrip-program for step-by-step instructions on how to register for this program. Use ALUUC’s code (ask the coordinator), to join the ALUUC’s program.

Please contact Marissa DeWeese at scrip@aluuc.org for more information, and to complete your registration. Our next order deadline for physical cards is November 24.

Are you an Amazon customer? You can help ALUUC!

When Amazon customers shop on smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. For example, if you make a $100 purchase, Amazon will donate 50 cents to ALUUC. Every time you make a new purchase on Amazon, be sure to start at smile.amazon.com!

Learn more about how to set this up at www.aluuc.org/amazon-smile

Ministerial Alliance Community Thanksgiving Service
Sunday November 17 – 7 pm. at the Table of Life Church
Members and Friends are invited to attend this annual Thanksgiving service. The church is located at 2600 S 5th St, Springfield. The Thanksgiving offering will be designated to the Clothes Closet building project.
GSIA Greater Springfield Interfaith Association

Monthly Meeting

Members and friends of ALUUC are invited to join with the Interfaith Community on **Tuesday, November 5th**. Please join us at ALUUC from 11:45 am – 1:30 pm for a conversation with Shelly Heideman about the Faith Coalition for the Common Good. Participants will gather at the First Congregational Church (2100 S. Bates, Springfield, IL 62707) from 11:45 am - 1:30 pm.

GSIA Thanksgiving Service

**Sunday November 24, 2019 at 7pm (location not yet chosen)**

Members and friends of ALUUC are invited to attend the annual Interfaith Thanksgiving Service **Sunday, November 24, 2019 at 7 pm**. The *Humanitarian of the Year Award* will be presented during the service. A reception will follow.

Please contact Rev. Woulfe for more information.

ALUUC hosts our local **PFLAG chapter (Parents & Friends of Lesbians & Gays)** on the Third Monday of every month. The next meeting will be held at ALUUC on **Monday, November 18, at 7 pm**. This is a safe and confidential gathering of LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) people, their families, friends and allies to meet and share. This PFLAG group is open to all and welcomes your energy!

If you have not yet paid your dues for 2019, please write a check made out to PFLAG of Springfield for $3 per household and send to Rev. Martin Woulfe.

Visit our Facebook page at: [www.facebook.com/PFLAGSpringfieldIL](http://www.facebook.com/PFLAGSpringfieldIL). To contact the group by email: pflag-springfieldil_1@juno.com.

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**Service to Observe the Transgender Day of Remembrance**

There will be a Service to observe the Transgender Day of Awareness at the Phoenix Center on **November 20 at 6:00 pm**

We will gather to remember these victims and to offer solidarity with the larger community of vulnerable people.
ALUUC ARTS & CRAFTS FAIR

Friday, November 15th 6 - 8pm, $10
Saturday, November 16th 9am - 3pm

Come Do Your Holiday Shopping at the ALUUC Arts and Crafts Fair!

You will find many beautiful and unique items made by our many vendors and by our own congregants.

Come on Friday night to enjoy a soup dinner - and a first chance to buy our merchandise.
Come on Saturday to enjoy shopping in a relaxed environment, and stop to rest for awhile in our Cafe & Bake Shop.

All proceeds go to support our annual operating budget at ALUUC, and this is a fun way to support our congregation!

ALUUC Drum Circle

Drum Circle gatherings will be held twice in October in the Sanctuary at ALUUC! Beginners are welcome!

- Sunday, November 10 - 12:15 pm - 1:30 pm - if the weather is nice we will go outside
- Monday, November 18 - 6:00 pm - 7:00 pm - if the weather is nice we will go outside

If you would like to participate:

1. Contact Diana DeWeese to tell her you are going at drumming@aluuc.org OR at https://www.aluuc.org/drum
2. Let her know if you need a drum.

Happy Drumming!

Labyrinth Walk

Friday November 22, 7 - 9 PM

The revised schedule for the 2019-2020 Labyrinth Walk is now set: the next Walk will be at ALUUC on Friday, November 22, starting at 7 pm.

Please join us for a unique, ancient pathway to greater spirituality. There will also be an opportunity to receive a Oneness Blessing before and after you walk; those who wish to stay after the walk may join in a UU Communion held in Rev. Woulfe’s office.
Unique Gifts for your Holiday Shopping!

**Arts and Crafts Fair**

**Saturday, Nov. 16th, 9 am-3 pm**

**Preview Dinner**
**Friday, Nov. 15th**
**6-8 pm**
Soup, Bread & Dessert
Tickets--$10 per person

Abraham Lincoln Unitarian Universalist Congregation
745 Woodside Road, Springfield, IL

All Items are Handcrafted by our Artisans.
**A COURSE IN MIRACLES RE CLASS**

“A Course In Miracles is a self-study system of spiritual awakening that teaches the way to inner peace and awakening through the power of love and forgiveness.” - Alan Cohen

In addition to *A Course In Miracles*, Helen Schucman also channeled two very short additional books, (less than 50 pages combined) *Psychotherapy: Purpose, Process and Practice*; and *The Song of Prayer: Prayer, Forgiveness and Healing*. After we finished the Text portion of *A Course In Miracles*, we decided to read and discuss these two often overlooked books. We have begun studying *Psychotherapy* and expect to finish *Song of Prayer* by the end of October.

We are expecting to start a new study of *A Course In Miracles* from the beginning on November 5th. This would be the ideal time for the new student, veteran student, or simply curious to join with us and get an understanding of this philosophy.

We meet each Tuesday at 6 pm to read and discuss *A Course In Miracles* in the Berkley Room. For more information contact acim@aluuc.org.

**HUMANIST GROUP**

The ALUUC Humanist Group will host a discussion on climate change and the environment featuring our own Bob Croteau. “Solar Bob” has been in the energy field since 1975, starting as a student in Sangamon State University’s innovative Environmental Studies program. He joined Community Energy Systems in 1979, designing solar hot air collectors and training unemployed youth to build and install solar applications as well as weatherize homes. When the solar tax credit ended in 1983, he joined City Water Light & Power’s Energy Services Office, where he is nearing his 36th year as an energy planner for solar programs. Bob is dedicated to environmental and renewable energy education and serves as the board liaison to the ALUUC Green Sanctuary Committee. He most recently coordinated the expansion of ALUUC’s rooftop solar array.

Join us for this enlightening talk at 7 PM on Monday, November 18, 2019 at ALUUC.

For more information, contact Sarah Iaiennaro at humanistgroup@aluuc.org.

**NEWS GROUP**

The News Group will meet Thursday, November 7th at 7:00 pm in the Channing Room. This is the normal first Thursday of the month meeting time. The News Group meets monthly for about two hours to discuss whatever is in the news, national, state or local. There is no fixed agenda. Participants bring up topics that they are interested in discussing. All are welcome to attend. Coffee and snacks are usually available. For more information contact Kurt DeWeese, or Frank Kopecky, or email newsgroup@aluuc.org.
Groups, Classes and Committees at ALUUC

BOOK DISCUSSION GROUP

The ALUUC Book Group will meet on Tuesday, November 26, at 7 PM in the Channing Room.

The book selection is Educated by Tara Westover. This is an unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University.

We welcome anyone interested in reading a wide variety of books to join us for the 2019-2020 year.

For questions, email Martha Plog at bookgroup@aluuc.org

COMPASSION & CHOICES GROUP

The Compassion & Choices Group meets regularly on the first Wednesday of each month. Members and friends of this group are invited to join a meeting at ALUUC on Wednesday, November 6, at 7 pm to discuss our efforts to promote a compassionate alternative for terminally ill patients in Illinois.

If you can attend, please notify Rev. Woulfe, so we will know how much snack food to bring. Thank you!

COVENANT GROUPS

ALUUC Covenant Groups meet regularly to discuss specific topics within a spiritual context. They provide opportunities for deeper community and for service to the congregation and to the broader community. Participation in covenant groups is a way to help individuals build relationships, experience a greater sense of belonging, and feel supported in their spiritual journeys. These groups have the power to deepen congregants’ commitments to UU values and to help build sustained relationships between members/friends and the congregation. Openings to join groups will be available in January.

To learn more, visit https://www.aluuc.org/aluuc-covenant-groups, or contact Stu Jacobson, or email covenantgroups@aluuc.org.

All groups must reserve their meeting space in advance for meetings and/or events through Office Manager Cheryl Wycoff at office@aluuc.org.
# November 2019

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<td>Sunday Service</td>
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<td>1pm Covenant Group</td>
<td>7pm Compass &amp; Choices</td>
<td>6:30pm Membership Com Mtg</td>
<td>2nd</td>
<td>9:00am Zen Meditation</td>
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<tr>
<td>Change-4-Change</td>
<td>7pm Covenant Group</td>
<td>6pm A Course in Miracles</td>
<td>7pm Covenant</td>
<td>6:30pm Meditation Group</td>
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<tr>
<td>12pm Expansion Kickoff</td>
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<td>7pm Covenant</td>
<td>6:30pm Meditation Group</td>
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<td>Circle Suppers</td>
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<tr>
<td>9:20am Choir Rehearsal</td>
<td>Veterans Day</td>
<td>6pm A Course in Miracles</td>
<td>6pm ALUUC Board Meeting</td>
<td>6:30pm Meditation Group</td>
<td>5th</td>
<td>6pm Arts &amp; Crafts Fair Preview</td>
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<tr>
<td>Sunday Service</td>
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<td>7pm Moms Demand Action</td>
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<td>16</td>
<td>9am Arts &amp; Crafts Fair Sale</td>
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<td>12pm Covenant Group</td>
<td>12:15 Drum Circle</td>
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<td>9:20am Choir Rehearsal</td>
<td>9:20am Choir Rehearsal</td>
<td>1pm Covenant Group</td>
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<td>6pm Pathways Class</td>
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<td>6pm Drum Circle</td>
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<tr>
<td>Sunday Service</td>
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<td>6pm A Course in Miracles</td>
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<td>18</td>
<td>6:30pm Racial Justice Mtg</td>
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<td>12pm Social Justice Mtg</td>
<td>12pm RE Com Mtg</td>
<td>1pm Covenant Group</td>
<td>6pm A Course in Miracles</td>
<td>7pm PFLAG Mtg</td>
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<td>7pm Labyrinth Walk</td>
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<td>12pm Pathways Class</td>
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<td>6:30pm Meditation Group</td>
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<td>7pm Ministerial Alliance Thanksgiving</td>
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<td>7pm PFLAG Mtg</td>
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<td>9:00am Zen Meditation</td>
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<td>7pm PFLAG Mtg</td>
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<tr>
<td>9:20am Choir Rehearsal</td>
<td>7pm Humanist Group</td>
<td>6pm A Course in Miracles</td>
<td>6pm Adult RE Power of Myth Class</td>
<td>Thanksgiving</td>
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<td>7pm Covenant Facilitators’ Mtg</td>
<td>7pm Book Group</td>
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<td>New Member Ceremony</td>
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<td>7pm GSIA Thanksgiving Service</td>
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</table>

* indicates event takes place off-site.  Bold text indicates an ALUUC-sponsored event.

Check online at [www.aluuc.org/events](http://www.aluuc.org/events) for the most up-to-date calendar.
## Contact Information

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minister</td>
<td>Rev. Martin Woulfe</td>
<td><a href="mailto:minister@aluuc.org">minister@aluuc.org</a></td>
</tr>
<tr>
<td>Ministerial Intern</td>
<td>Dee Evans</td>
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<tr>
<td>Office Manager</td>
<td>Cheryl Wycoff</td>
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<tr>
<td>Accountant</td>
<td>Brenda Elam</td>
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<tr>
<td>Director RE</td>
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<tr>
<td>Membership Coordinator</td>
<td>Tracy Zieber</td>
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<tr>
<td>Music</td>
<td>Kathy Schultz</td>
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<tr>
<td>Pianist</td>
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<td>President</td>
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<td>Vice President</td>
<td>Gwen Childs</td>
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<tr>
<td>Treasurer</td>
<td>Tina Bennett</td>
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<tr>
<td>Secretary</td>
<td>Elaine Gambiani</td>
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</tr>
<tr>
<td>Board Members</td>
<td>Bob Croteau</td>
<td></td>
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<tr>
<td></td>
<td>Michelle Green</td>
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<tr>
<td></td>
<td>Larry Muir</td>
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<td></td>
<td>Bonnie Ettinger</td>
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<td></td>
<td>Dennis Rumme</td>
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<td></td>
<td>Alison Stachera</td>
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<tr>
<td>Committee on Ministry</td>
<td>Jodi Perko</td>
<td><a href="mailto:com@aluuc.org">com@aluuc.org</a></td>
</tr>
<tr>
<td>Nominating Committee</td>
<td>Michael Plog</td>
<td><a href="mailto:nominating@aluuc.org">nominating@aluuc.org</a></td>
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<tr>
<td>Endowment Committee</td>
<td>Frank Koepecky</td>
<td><a href="mailto:endowment@aluuc.org">endowment@aluuc.org</a></td>
</tr>
<tr>
<td>Committees of the Board</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electronics &amp; Communication</td>
<td>Marissa DeWeese</td>
<td><a href="mailto:email@aluuc.org">email@aluuc.org</a></td>
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<tr>
<td>- Newsletter</td>
<td>Cheryl Wycoff &amp; Elaine Gambiani</td>
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<td>- Webmaster</td>
<td>Carol Kneedler</td>
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<tr>
<td>Facilities</td>
<td>Larry Muir &amp; Kurt DeWeese</td>
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<tr>
<td>- Aesthetics</td>
<td>Gwen Childs</td>
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<tr>
<td>- Flower</td>
<td>Vi Lanum</td>
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<tr>
<td>Fellowship</td>
<td>TBD</td>
<td><a href="mailto:fellowship@aluuc.org">fellowship@aluuc.org</a></td>
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<tr>
<td>- Covenant Groups</td>
<td>Stu Jacobson</td>
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<tr>
<td>Finance</td>
<td>Kurt DeWeese</td>
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<tr>
<td>Green Sanctuary</td>
<td>David Cation &amp; Tony Gambiani</td>
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</tr>
<tr>
<td>Long Range Planning</td>
<td>Debby Hagan</td>
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<tr>
<td>Membership</td>
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</tr>
<tr>
<td>Pastoral Care</td>
<td>Jodi Perko &amp; Delinda Chapman</td>
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<tr>
<td>Personnel</td>
<td>Dianne Roberts</td>
<td><a href="mailto:personnel-com@aluuc.org">personnel-com@aluuc.org</a></td>
</tr>
<tr>
<td>Program</td>
<td>Eric Stachera</td>
<td><a href="mailto:program.com@aluuc.org">program.com@aluuc.org</a></td>
</tr>
<tr>
<td>Racial Justice Project</td>
<td>Lisa Udel &amp; John Record</td>
<td><a href="mailto:rjp@aluuc.org">rjp@aluuc.org</a></td>
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<tr>
<td>Religious Education (RE)</td>
<td>Deborah Cavanaugh-Grant</td>
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<tr>
<td>Social Justice</td>
<td>Nancy Derrig &amp; Meg Evans</td>
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</tr>
<tr>
<td>- Welcoming Congregations</td>
<td>Meg Evans &amp; Tracy Zieber</td>
<td><a href="mailto:wcc@aluuc.org">wcc@aluuc.org</a></td>
</tr>
</tbody>
</table>

**ALUUC**

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