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.
- Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Weekly Calendar

Sunday, July 30
Mindfulness Practice / 9:00 a.m. – 10:00 a.m. / Zoom
Nursery / 10:00 a.m. – 11:30 a.m. / Nursery
Online Fellowship Hour / 11:30 a.m. – 12:30 p.m. / Zoom

Tuesday, August 1
Lammas/Lughnasadh Potluck / 6:00 p.m. – 8:00 p.m. / South Lawn

Wednesday, August 2
CrUUners Rehearsal / 6:00 p.m. – 7:00 p.m. / Fellowship

Thursday, August 3
Thursday Walking Group / 10:15 a.m. / Meadowbrook Park
Many Paths / AA Secular Meeting / 6:00 p.m. – 7:30 p.m.

Friday, August 4
Older Men's Discussion Group / 10:00 a.m. – 11:00 a.m. / Contact Dave Sharpe at dmsharpe13@gmail.com to confirm meeting location

Saturday, August 5
Parent's Support Group / 9:30 a.m. - 10:30 a.m. / Zoom
Weekly Outdoor Meditation / 2:00 p.m. – 3:00 p.m. / U of I Arboretum

Download our new 'UUCUC' App! Use the QR codes below for your specific device to download!

Google Play **iOS App Store**

UU Church of Urbana-Champaign

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



Embracing the Difficult
Linda Owens
Sam Beshers, Worship Associate
Michael Duling, Accompanist
Selena Gonzalez, AV Technician
Sunday, July 30, 2023

We are a Welcoming Congregation for the LGBTQIA+ Community

Unitarian Universalist Church of Urbana-Champaign
309 West Green Street
Urbana, Illinois 61801
info@uucuc.org / (217) 384-8862

Church Office Hours: Monday – Thursday 9:00 a.m. – 2:00 p.m.
uucuc.org

The community risk level in Champaign County is **LOW**. That means mask use is based on personal preference and risk assessment. Eating or drinking are permitted in the building, including in-person Fellowship Hour. Read the UUCUC COVID Safety Guidelines (tinyurl.com/yd2v9697) for more details.

ANNOUNCEMENTS

ORDER OF SERVICE

*Please stand if standing is comfortable for you

Ringing the Bell

Prelude "??" by Michael Duling

Welcome & Greeting Your Neighbors

Land Acknowledgement & Chalice Lighting

Opening Hymn* #1068 Rising Green

Time For All Ages "We're Going on a Bear Hunt" by Michael Rosen & Helen Oxenbury (Kids and volunteers will be invited to go downstairs to our storybook & place space after the Time For All Ages)

Community Matters & Offering

Song Bears by Steven Fromholz sung by Linda Owens and Jim Hannum

Joys & Sorrows

Blessing Song "May the Longtime Sun" by Mike Heron

Shared Joys & Sorrows (send your joys and sorrows to joysandsorrows@uucuc.org)

Musical Meditation "??" by Michael Duling

Reflection "Embracing the Difficult"

Hymn* #318 We Would Be One

Chalice Extinguishing
We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.
- Rev. Elizabeth Selle Jones

Postlude "??" Michael Duling

Can You Volunteer 15 Minutes of Your Time? We are looking for a handful of people to volunteer 15 minutes of their time on Friday, August 11th! We are planning on filming another TikTok featuring our Sanctuary as a wedding venue. We are going to create a mock ceremony! This means that we need a small crowd to sit in the pews! No talking will be required by volunteers, just sitting/standing! Autumn is hoping to make this look as real as possible! Please contact Autumn (Communications Coordinator) if you can volunteer your time! She can be contacted at web-assistant@uucuc.org.

Church Wide Diaper Drive: August 1-24: In conjunction with United Way Emerging Community Leaders. Please consider making a donation! If each person donates just one package of diapers/wipes, think how many families we could help! Donors can participate by leaving diapers in the UUCUC drop-off boxes located under the coat hangers on the north side of the church foyer.

Thanks to Hospitality Team F! Thanks to Hospitality Team F members and co leaders, Eileen Borgia and Barbara Hudgins, for providing decorations and snacks and serving as welcomers and ushers for our worship services during the month of July. In August we welcome Hospitality Team B. If you have questions about joining a Hospitality Team (or to find out which Team you are already on), contact Peggy Patten, mspeggypatten@gmail.com.

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.