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e-mail to our Minister: CharleyEarp@uuma.org
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We prefer receiving e-mail messages to telephone messages.
Church Answering Machine: (217) 222-5468
Rev. Charley Earp (773) 454-1739

Follow us on Facebook:
www.facebook.com/UUQuincy
Or join our Members Group:
www.facebook.com/groups/5045352585
The Church Building Use Calendar:
www.uuquincy.org/member/building.shtml
The Church Website & Public Calendar:
www.uuquincy.org/index.shtml

Unitarian Church
1479 Hampshire Street
Quincy, Illinois 62301

e-mail to the Church: Contact@UUQuincy.org

Charley Earp, Minister
Jennifer Harvey, Board President

*E-mail messages to the church are preferred over messages being left on our telephone answering machine.
Our Church office is staffed irregularly. We appreciate your patience when you send us e-mail and especially when you leave us telephone messages.*

Sunday Services - November 2020

Our **Sunday Zoom Services** begin at 10:30 a.m.
Ask to join our Zoom Services: Contact@UUQuincy.org

Sunday, November 1:

10:30 a.m. - Sunday Zoom Service: **"Is There A Spirituality to Politics?"**, Speaker: Charley Earp.
As the 2020 election looms closer, what is the source driving our engagement? Is there a spirituality to politics? An invitation to reflect and live into the uncertainty with hope and courage.

Sunday, November 8:

10:30 a.m. - Sunday Zoom Service: **"Exploring Spirituality"**, Speaker: Jonas Magnus. What is Spirituality and how does it differ from Religion? How does it touch relationships and the outer world? Jonas will explore the topic from both Eastern and Western wisdom teachings.

November's Donate-a-Plate collection will benefit [Teen Reach](#).

Sunday, November 15:

10:30 a.m. - Sunday Zoom Service: **"Omnipresence"**, Speaker: Jan Barrett. According to Richard Rohr, we spend most of our time assuming that we are our thoughts, feelings, and self-image. How do we get beyond this and discern who we really are?

Sunday, November 22:

10:30 a.m. - Sunday Zoom Service: **"Beings of Transcendent Mystery"**, Speaker: Charley Earp. Our list of sources of the Unitarian Universalist living tradition name "direct experience of ... transcending mystery and wonder...." Let us consider together what seeking the transcendent means for knowledge, relationship, and action. Charley Earp preaching.

Sunday, November 29:

10:30 a.m. - Sunday Zoom Service: **"Back to the Basics"**, Speaker: Richard Garey. In the middle of a health pandemic, economic hard times, and extreme political tensions, the basics of religion still work.

Kenna Armstrong will be reading the Wisdom Story on November 1, 15, and 29. The theme will be Spirituality. She will be providing activities to follow each story for anyone who wishes to take part.

Touchstones Theme: Spirituality

"Spirit" comes from the Latin word "to breathe." What we breathe is air, which is certainly matter, however thin. Despite usage to the contrary, there is no necessary implication in the word "spiritual" that we are talking of anything other than matter ... or anything outside the realm of science. ... Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light years and in the passage of ages, when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. ... The notion that science and spirituality are somehow mutually exclusive does a disservice to both. *Carl Sagan*



The birdsong is different here, full of unfamiliar cadences and unfamiliar melodies. ... This fills me with wonder. ... Our lives are filled with moments like these — ordinary moments when the hidden beauty of life breaks into our everyday awareness like an unbidden shaft of light. ... Too often we are blind to these moments. We are busy with our daily obligations and too occupied with our comings and goings to surround our hearts with the quiet that is necessary to hear life's softer songs. ... We must take the time to stop and listen, knowing that the voice of the spirit speaks more often in a whisper than a shout. For spirituality is far more than religious practice. It is a cast of mind, a leaning of the heart, a willingness to see the shadow of the divine mystery in all people and all things. It is ... seeing the reflection of the divine in the face of every person we meet on the street. *Kent Nerburn*

Join us in exploring Spirituality

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FROM YOUR MINISTER

Dear QUC Community,

It is hard for me to believe it has been almost a month since I began working with Quincy Unitarian Church. I am still trying to figure out how to be a minister in the midst of this pandemic. Very few ministers have had this sort of beginning to their ministry. I participate in the UUA's First Year Ministers Seminar group and discovered that I am not alone. And yet, in many ways this feels like an unprecedented task, to work with a congregation without ever meeting anyone in person.

I have gotten to know many of you through zoom meetings, emails, and even a few phone calls. In an ordinary year, I would have met many of you in person by this time, perhaps through the coffee hour after our services. I feel this distance between us, even as I also am excited and eager to do this work of ministry with all of you.

I will continue to reach out to as many of you as possible, especially those who I have not met virtually. If you would like a call or email from me, please reach out to me by email, phone, or text.

I want to thank everyone who has worked with me over this past month:

Iris Nelson who co-lead worship with me my very first Sunday and who is actively leading our Worship Committee.

Lisa Wigoda, also on Worship Committee, but also as QUC's Communications Coordinator.

Taylor Wood, our skilled and enthusiastic technology specialist.

Jennifer Harvey and everyone on the Board.

Carol Nichols of the search committee.

As well as the entire search committee!

I could go on....

This month we will be exploring the theme of "Spirituality" and also facing into the major event of the Nov. 3 national election. I will preach on the intersection of politics and spirituality on Nov. 1 and hope to see many of you there on Zoom.

I invite everyone to follow my ministry page on Facebook at <https://www.facebook.com/CharleyEarpMinister/>

Blessings and Hope to everyone.

Respectfully,
Charley Earp

President's Message

Happy November and Happy Thanksgiving.

The season for gratitude has arrived. It's a wonderful time of year—especially when things are going well. But I can't say things will be okay this month. When times are hard, news is tough, and the isolation is getting to you, it's difficult to muster enthusiasm. My heart is heavy as I think about the fact that many of us will probably be celebrating alone on Thanksgiving. At a time when so much revolves around family and friends, that won't be easy.

However, even when things are bad, there is always something to be thankful for, no matter how small. Over the past month, I have been really struggling with finding happiness in the monotony. I discovered that the key is gratitude and changing my perspective. For example, instead of thinking negatively about having to stay home all the time, I rephrased it and told myself I get to stay home and relax. Instead of thinking about going to work as a chore, I started recognizing how important my job was to the agency. And instead of complaining about my daily to-do lists, I would look at the lists as accomplishments rather than chores. This has made a huge difference in my mood.

The days are getting shorter as nights fall earlier. Temps are dropping with the rest of the leaves. It's time to hunker down, move ourselves into the warm indoors, live in the moments, and find joy in the simple things and routines. Staying socially connected is extremely helpful, but turning off the bad news also helps keep you well, emotionally. Each day we make it without getting sick is another day closer to a vaccine. So take care of yourselves over the month ahead. Do what you need to do, unapologetically, to stay well. That is the main goal. That is enough.

We will get through this if we are all vigilant and, hopefully, we will be back together in our cozy little church building again, sooner rather than later. In the meantime, we will continue to see each other on Zoom.

The Quincy Unitarian Church Board of Trustees welcomed Alan DeYoung to the board on October 11, 2020. Thank you, Alan. And thank you to board members Carol Nichols, Kate Daniels, Jim Burns, and Mary Beth Gapinski. Your continued commitment and dedication to the congregation during this unusual church year is greatly appreciated.

Peace and good health,

Jennifer Harvey, Board President

We have a NEW Church website!

It's been more than 20 years since our church first had its own website. In the beginning, there were very few churches in Quincy that had their own websites. Ours was crude by today's standards, but it was there, it existed. Other churches hadn't gotten on board, yet.

Our website has had a couple of revisions over the years, but my expertise is quite limited. I am a wordy guy, not so much a visual guy. So, our website was predominantly textual. Along about the time that Rob returned from his Fulbright scholarship to Romania early in 2007, I began placing podcast recordings of our talks on our old website. Rarely were pictures included. I thought it was too much work.

A number of years later, the UUA produced a WordPress Theme that was designed by the UUA, for UU congregations. I went to the trouble of downloading it, and installing it on our server, but this old man didn't have interest in turning that prototype into something useful for our congregation.

Since Taylor Wood has come on board as our Church's tech person, she has taken that old beginning and turned it into a new website for our church. And it is quite good! It has PICTURES! It has retained much of what the old site said, but it is presented in a far more attractive format. Take the time to look it over at: <https://uuquincy.org/>, I think you will be impressed.

Mike Flanagan

Let's show our GRATITUDE!

We need gratitude now more than ever. Gratitude doesn't always come easy. When we focus on the good things in our lives, we train our brains to look for the positives. So, by practicing gratitude we will notice more of the good things in the world. Problems don't disappear, but they can feel more manageable.

For the 14 days before Thanksgiving (Nov 12-25th), just take a few minutes each day and answer the question "I am grateful for _____" using each of the prompts in the grid below. Feel free to share your gratitude writings on [the church's Facebook page](#), too! Let's show our GRATITUDE!

| | | | | |
|---|--|---------------------------|--------------------|---|
| 12 SOMETHING IN NATURE | 13 A PERSON | 14 SOMETHING I CAN SEE | 15 A HOBBY | 16 SOMETHING I ONLY DO AT THE HOLIDAYS |
| 25 A FAVORITE FOOD |  | | | 17 A GIFT I'VE BEEN GIVEN |
| 24 A TALENT | | | | 18 SOMETHING ABOUT MY HEALTH OR BODY |
| 23 SOMETHING THAT MAKES MY LIFE EASIER | 22 SOMETHING THAT KEEPS ME SAFE | 21 A HAPPY MEMORY | 20 A POSSESSION | 19 SOMETHING I'VE DONE TO HELP OTHERS |

Source-A-Palooza

Each Thursday, starting November 5, we will discuss one of the 6 sources that are foundational to the 7 UU principles. Come join minister Charley Earp and Lisa Wigoda for this weekly 1 hour zoom gathering. Let's renew, refresh and explore together!

Source-A-Palooza ~ It's an Adventure! Starting Thursday November 5, 7:30 - 8:30 pm

The 6 Sources ~

- *Direct experience of ... transcending mystery and wonder
 - *Words and deeds of prophetic people
 - *Wisdom from the world's religions
 - *Jewish and Christian teachings
 - *Humanist teachings
 - *Spiritual teachings of Earth-centered traditions
- Contact@uuquincy.org with questions.

UUANI

The Unitarian Universalist Advocacy Network of Illinois is offering weekly actions to help guide us in our desire to Stand on the Side of Love. The weekly actions include phone calls, letters, and direct action with our elected representatives. The actions address state and national issues that we are passionate about. There is something for everyone. UUANI offers a wide variety of ways to make your voice heard on the issues that you care about.

To receive the weekly actions, contact <http://bit.ly/UUANIActionofWeek> or go to their website at <http://www.uuani.org/>. You can also LIKE UUANI on Facebook.

Quincy Unitarian Church Activities Calendar

Sunday, November 1:

10:30 a.m. - Sunday Zoom Service: **"Is There A Spirituality to Politics?"**, Speaker: Charley Earp. As the 2020 election looms closer, what is the source driving our engagement? Is there a spirituality to politics? An invitation to reflect and live into the uncertainty with hope and courage.

Thursday, November 5:

7:30 p.m. to 8:30 p.m. – Source-A-Palooza – Zoom discussion of Wisdom from the world's religions, one of the six sources of Unitarian Universalist Principles.

Sunday, November 8:

10:30 a.m. - Sunday Zoom Service: **"Exploring Spirituality"**, Speaker: Jonas Magnum. What is Spirituality and how does it differ from Religion? How does it touch relationships and the outer world? Jonas will explore the topic from both Eastern and Western wisdom teachings.

November's Donate-a-Plate collection will benefit [Teen Reach](#).

Thursday, November 12:

7:30 p.m. to 8:30 p.m. – Source-A-Palooza – Zoom discussion of Wisdom from the world's religions, one of the six sources of Unitarian Universalist Principles.

Sunday, November 15:

10:30 a.m. - Sunday Zoom Service: **"Omnipresence"**, Speaker: Jan Barrett. According to Richard Rohr, we spend most of our time assuming that we are our thoughts, feelings, and self-image. How do we get beyond this and discern who we really are?

Thursday, November 19:

7:30 p.m. to 8:30 p.m. – Source-A-Palooza – Zoom discussion of Wisdom from the world's religions, one of the six sources of Unitarian Universalist Principles.

Sunday, November 22:

10:30 a.m. - Sunday Zoom Service: **"Beings of Transcendent Mystery"**, Speaker: Charley Earp. Our list of sources of the Unitarian Universalist living tradition name "direct experience of ... transcending mystery and wonder...." Let us consider together what seeking the transcendent means for knowledge, relationship, and action.

Thursday, November 26:

On Thanksgiving, there is no Source-A-Palooza discussion.

Sunday, November 29:

10:30 a.m. - Sunday Zoom Service: **"Back to the Basics"**, Speaker: Richard Garey. In the middle of a health pandemic, economic hard times, and extreme political tensions, the basics of religion still work.

E-mail messages to the church are preferred over messages being left on our telephone answering machine.

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Unitarian Church
1479 Hampshire Street
Quincy, Illinois 62301

About The Quincy Unitarian Church's Newsletter

The Newsletter is prepared every month for contributing Members and Friends of Quincy's Unitarian Church. The goal is to provide a convenient and accessible means of communication among those who value Quincy's Unitarian Universalist community. Visitors to the church November receive a complimentary newsletter for three months. Additional copies are available at the church.

News must be submitted by the Monday before the first event in the new month's calendar in order to be included in the newsletter.

Our Newsletter is available in two ways: via "snail-mail" and by e-mail. Your choice and your requests as well as all changes of address, subscription requests, and newsletter article submissions may be made . . .

by [e-mail](#) to the Church or the Webmaster,
by leaving a message on the church's answering machine at (217) 222-5468,
by contacting any member of the Newsletter Team.
or by mailing a note to the church:

Newsletter
Quincy Unitarian Church
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