

Metro East Unitarian Universalist Congregation Focus November 2024



*Newsletter of the
Metro East Unitarian
Universalist Congregation*



Masonic Lodge, Glen Carbon IL

Location: *Masonic Lodge – 90 Kriege Farm Road, Glen Carbon IL 62034*

Welcome! We hope to see you in person this month at our meeting place in Glen Carbon. For those at home, the worship service will be live streamed each Sunday at 10:00 a.m. on YouTube (or click Virtual Services) on the church's homepage at <https://www.firstuualton.org>. A "coffee hour" follows every service. Religious Education for PreK – Youth, and care for younger children is provided each Sunday.

November 3 @ 10 a.m.

Speaker: Rev. Dr. Claudia Hall:

Title: *"Giving Thanks, no matter what"*

Summary: Being thankful no matter which lot we choose.

**RE classes – PreK, elementary, and youth.
Childcare for children younger than PreK.**

A Congregational Meeting of Members follows this service to discuss and vote on proposed property purchase.

See more information on page 3.

November 10 @ 10 a.m.

Speaker: Ruth Kubicek

Worship Associate: Peg Flach

Title: *"Shift Happens"*

Summary: Shift happens all the time. Sometimes it feels like it's raining down shift. Change and uncertainty are the only constants we can

depend on. We are living through turbulent times. In this sermon, we gather as a UU community to reflect on the themes of life lessons gleaned from the changes.

We are experiencing right now with this election, from personal transformation, societal and political transitions. As we navigate these changes, we are reminded of the enduring presence of what unites us all ... love, hope, and compassion, which remain steadfast amidst life's uncertainties.

Bio: This sermon is about what life lessons I have learned as a psychotherapist and yoga teacher in riding the waves of heartaches, tribulations, joys, and gratitude. Join me in exploring some stories that may make you laugh and cry and walk together to create a sense of deepening community and mutual understanding.

**RE classes – PreK, elementary, and youth.
Childcare for children younger than PreK.**

November 17 @ 10 a.m.

Speaker: Rev. Dr. Claudia Hall

Title: “*Democracy and Me, What Next?*”

Summary: Whether we mourn or celebrate, there is still a LOT of work to do after the presidential election. How can we save democracy where we are, on a daily and sustainable basis?

**RE classes – PreK, elementary, and youth.
Childcare for children younger than PreK.**

November 24 @ 10 a.m.

Speaker: John Herndon

Title: “*More Reflections from a Religious Atheist*”

Summary: 62years of religious thinking has seen a large evolutionary change in faith and in society. Unitarian Universalism is a gift from the Universe.

**RE classes – PreK, elementary, and youth.
Childcare for children
younger than PreK.**



**POTLUCK lunch
following the service.
Please bring something
to share.**



**Rev. Claudia’s
Letter**

Hello everyone! It is my prayer that by the time we are reading this newsletter the weather will have changed, and we will all be enjoying the Fall season. In my case I can’t wait to enjoy some outside time and crunch some leaves. Whatever your favorite Fall activity, I hope you will take some time to think about our Democracy and what matters most for you and for all our church family. I hope that everyone will vote their conscience for whatever candidates match their values most closely, and I also hope that you will

consider helping friends and family know how much misinformation is out there. Here is a fascinating, and terrifying, article on the spread of misinformation on social media:

<https://theconversation.com/how-foreign-operations-are-manipulating-social-media-to-influence-your-views-240089>

The moral of the story is don’t trust social media, and that it really and truly is bad for you! But for many who still engage in it, remain ever vigilant because it is a guarantee that everyone there is trying to manipulate you, some blatantly and others from the shadows.

What can we do to avoid it? Education is one piece, and action is another. I am writing this before the November election, and while I pray desperately for one outcome, I know others are possible and even if we get a best-case scenario, we still have a long way to go to save democracy and promote inclusivity in America. Two things you can do are to invite others who have yard signs like yours or who are at the same rallies you are, invite them to church. The more of us gather together the stronger our voice gets.

Second, UUANI (UU Advocacy Network of Illinois) is having a debriefing and planning session on November 19, the details are in the next column on page 3.

I hope to see you at church and online soon, supporting democracy, love, and justice from the polls to the computer screen, from the streets to our own sanctuary. May Love win!

Amen and Blessed Be,

Pastor Claudia



**Steps to Becoming a
Member of the
MEUUC Congregation**

If you are interested in becoming a member of this congregation, please speak with Rev. Claudia about the path to membership.

UU THE VOTE

Over 20 Illinois UU congregations are acting for democracy through this year's UUtheVote / VoteLove campaign! See below for several ways you can still take action over the next month to engage our neighbors in the democratic process.

Yet our work will not be done no matter what happens in next month's elections. Democracy will continue to need to be defended and expanded, elected officials will need to be held accountable, and our neighbors will continue to need to be engaged in order to "build a new world together," as the above message from Side With Love invites us.

You are invited to our **November 19 Post-Election Statewide Gathering** to celebrate the work we've been doing, process the results of the election, and pivot to our ongoing work of building a new world together. We will roll out our new **Democracy in Action** initiative linking our UUtheVote / VoteLove work with our ongoing legislative advocacy and community engagement.

Please join us and invite others as we continue to put our UU values into action for justice, beloved community, and a healthy planet!

6:45-8:00 Tuesday November 19

[Register](#)

CONGREGATIONAL MEETING

Sunday, November 3, following the service.

The Property Search Committee concluded their work and presented it to the Board by the October meeting timeline that we voted on at the last congregational meeting. Due to scheduling conflicts, the Board meeting was pushed back a week, which means that the congregational meeting was similarly delayed. So, we will hold a Congregational Meeting on **Sunday, November 3rd**

to vote on the properties we would like to pursue. We will prepare and send out informational materials about the properties by Sunday, October 27th so that everyone has adequate time to review them and make an informed decision.

Alex Hoeft, Church President

Sanctuary and Common Room Set Up and Break Down Schedule for November

We will be dealing with the set up / tear down in the Masonic Lodge on a weekly basis determined by the Mason's calendar. Please look for a weekly schedule on UU Friends or on the volunteer signup sheet at church. Please contact [Peg Flach](#) to volunteer for the various tasks that need doing on Sundays.

A Note from Sandy Shaner

Anna Ds Women's Alliance Lunch
Thursday, November 7
11:30 a.m.
Old Bakery Beer Company
400 Landmarks Blvd., Alton

We've loved this restaurant for a long time (lots of flat, close parking, big enough for a crowd and good food), so we're going back in November. They open at 11:30 a.m. and I've told them that about 12 of us usually come. If you're new to the Old Bakery Beer folks or just want to refresh your memory, here is the link to their web site. (I was just there this week and the food continues to be wonderful...and Thursdays are Pizza Day if you want to start planning ahead.)

<https://www.oldbakerybeer.com/>

Several of you also asked at the October lunch about Anna Ds dues. Patty Moore is our secretary-treasurer and may not be able to join us in November due to a prior commitment. If you want to pay your dues, you can send a check for \$20, **made out to the Anna Ds**, to Pat at the following

address. If you prefer to wait until December when I hope she will be with us, you can do that, too.

Patty Moore
11160 Village North Dr., Apt. 315-O
St. Louis, MO 63136

In November we want to discuss options for December in the Glen Carbon/Edwardsville area. I don't know if business holiday parties are still a thing, but that may be an issue for some locations. Please start thinking of places to suggest during our discussion.

Finally, for those who are new, for January/February/March we usually pick locations that won't be financially harmed if we do a last-minute cancellation due to poor weather (generally snow or the potential for icy streets and parking lots). Do we want to continue with that practice? Suggestions for where we could go with that assumption? Please come so we can enjoy your participation and so your voice can be heard in our discussion of these issues.

RSVP to [Sandy](#) now with the understanding that I'll send out a response list at the end of the month so there's time to amend this response if your plans change. (I have categories for yes/no/maybe/may be late if your plans are unclear at this point.)

See you soon!
Sandy

**Men's Lunch Group--
Thursday, November 14
11:30 a.m.**

Location information to be sent out by email.

**If you're not on the men's lunch email list,
contact Paul Hebert pphebert@mail.com or call
him at 314-702-3453 (c)**

**Jessie Dominick's new phone number
1-730-226-5314**

WAYS YOU CAN VOLUNTEER IN THE EDWARDSVILLE AREA

- The Overnight Warming Locations in Edwardsville and Alton are preparing to save lives this winter by opening up when the overnight temperature is forecast to be 20 degrees or lower. You can help by signing up to VOLUNTEER (bit.ly/serveOWL) or DONATE (bit.ly/donateOWL). In addition, there is a Mental Health First Aid course October 15: <https://docs.google.com/forms/d/e/1FAIpQLSdAsu0ulohc17z7YoCGIclykQBxIqBv4XCcQcCEpw4ZDxwZog/viewform> which is a great way to learn how to approach and assist people who may be in distress.
- Habitat for Humanity is working every Saturday on a house on Hill Lane in Edwardsville. They start at 8 a.m. and work until at least noon. Contact todd@taplindefensefirm.com for more information.
- Help prepare and serve a meal that is open to the public at Immanuel United Methodist Church two Fridays a month. Friday Food and Fellowship is a shared meal that brings our community together, and is a great way to connect and learn more about the needs & services available. Contact Penny pennym1957@yahoo.com if you can help.
- Lunch is also needed for Habitat workers (on Hill Lane) every Saturday. This is a great way to support the push for more affordable housing, even if you are not a construction-type 😊 Contact Todd at the above address.
- There are many other collections going on for some great organizations:
- ---Metro East Diaper Bank collects diapers and wipes for low income families <https://metroeastdiaperbank.org/contact-us>
- ---The Cougar Cupboard pantry serves students and staff at SIUE. They are always in need of hygiene items, non-perishable foods, and household items like utensils, as

well as diapers, baby foods and formula.
<https://www.siu.edu/student-affairs/dean-of-students/ItemsWeNeedFall2024.pdf>

- ---St. John's United Methodist Church packs hygiene bags to serve several street ministries and the downtown Edwardsville homeless population. You can donate travel-sized hygiene items, or order online at <https://www.amazon.com/hz/wishlist/ls/U8TKT6QN49LG>

From Michelle Babb, President, Faith Coalition
Edwardsville



Metro UU Trunk or Treat RSVP

This is to RSVP that you
will have a decorated

trunk for our event held at the First Unitarian
Church, 5007 Waterman Blvd. St. Louis MO
63108.

Saturday, November 2nd, 4:30 - 5:30 p.m.
St. Louis Area TrUUnk or Treat!

We had a great time last year, so we're repeating the
event! Get on your costumes, decorate your vehicle,
fill the trunk with goodies and head over to the First
Unitarian Church of St. Louis for our second annual
ALL Congregations TrUUnk or Treat!

Set up starts at 3pm. Trick or Treating starts at 4:30
pm. To register go to this link.

<https://docs.google.com/forms/d/e/1FAIpQLSe6Wtonn7fgrRkGwqFfM58B1zVJ3LrcvcHvzwcZICMUThW9fA/viewform>

CHURCH CONTACTS

2024-2025 church year

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Member at Large: Aimee Villet

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AV Tech Team: Alex Hoeft & Ken Hoeft

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SOME OF THESE CONTACT LINKS WILL BE CHANGED OVER THE UPCOMING MONTHS

Metro East Unitarian Universalist Congregation

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YouTube Channel: <https://www.youtube.com/channel/UCSx-6KMgYdgy1zktuaPUTIQ>

Facebook: <https://www.facebook.com/firstuualton>

Instagram: [meuucglencarbon](https://www.instagram.com/meuucglencarbon)

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