



# the UNIGRAM

## Those Holiday Blues in the Night (and Daytime Too)

*Rev. Dr. Julia Corbett-Hemeyer, Chaplain*

Holiday blues... we all have 'em, at least to some extent, if we're honest with ourselves. And for some of us, they may be worse this year. We're already well into the Fall/Winter holiday season. Halloween has come and gone, with its collision of trick-or-treat candy with Thanksgiving decorations with Hanukkah and Christmas cards and holiday-themed background music in the stores. Thanksgiving, too, has come and gone, stumbling into Christmas for many families.

PHFS—pervasive holiday funk syndrome—goes way back for me. The fall and winter holidays weren't ever a good time in my dysfunctional family of origin. And my late husband died on November 17<sup>th</sup>. That was years ago, but the date still packs an emotional gut punch for me. My husband and I spent this past Thanksgiving in Methodist Hospital in Indianapolis where he was recovering from his second major emergency surgery in seven weeks. I'm still recovering from the lingering effects of an early-October run-in with covid, too..

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## What's Happening in Lifespan Religious Education (LRE)?

*Jesse Daniel, Director of Lifespan Religious Education*

To quote Taylor Swift, "it's been a long time coming." UUCM's LRE Hour (what we previously called First Hour) starts Sunday, January 7. That means that our weekly RE, both youth and adult, will be from 9:30-10:30 am, each week. Our offerings will vary by week, but the plan is to have a few cornerstones that are always available.

Our Youth RE classes and the Adult Discussion Group will be weekly offerings. Additionally, there will be a weekly session to share joys, concerns, and fellowship. Other offerings will rotate through as short term or monthly programming; committees can also use LRE for meetings.

The most important part of the programming is all of you. As I am learning to be your DLRE, I've been seeking out and participating in as much training as possible. There's one refrain that keeps popping up—"the congregation is the curriculum." I've tried to keep that in mind throughout the planning process for LRE Hour.

In that same vein, the LRE programming can't (and shouldn't) come from just me. If there is something that lights you up, something you'd love to share, or something you'd love to have offered- let me know!

*(continued on page 4)*

## Sunday Mornings at Our Church in the Woods

**Multi-Platform Worship 10:45 am    Online Service: <https://bit.ly/UUCMSundayService>**

*December's Dedicated Offering recipient is Christian Ministries Sleeping Room. The offering will be collected December 3<sup>rd</sup> & 10<sup>th</sup>. Check out the Friday eBlast for information about each month's Dedicated Offering.*

**December 3 – “The Mystery of Life Beyond Earth” Rev. Joel Tishken**

**December 10 – “Santa Lucia” DLRE Jesse Daniel & Kate Murray**

**December 17 – “Blue Christmas” Rev. Joel Tishken**

**December 24, 7:00 pm – Christmas Eve Candlelight Service Rev. Joel Tishken**

*There will be no services or RE in the morning on December 24.*

**December 31 – Rev. Julia Corbett-Hemeyer**

**January 7 – Rabbi Edie Yakutis**

**January 14 – Rev. Joel Tishken**

**January 21 – “The Life and Music of Tom Wiggins” Rev. Joel Tishken**

**January 28 – Kevin Purrone**

[Please note that topics are subject to change. Be sure to check the Friday eBlast for more detailed information about the upcoming Sunday service.]

## Religious Education for Children & Youth

**RE Program – 10:45 am Sundays through December 31 & 9:30 am starting January 7, 2024**

All children begin in the Sanctuary with their grownups and church community. Families are invited to sit wherever they are comfortable. We have two areas designed for young families with pillows, books, and a variety of manipulatives- a carpet up front by the glass doors, where little ones can see what's going on during the service, and a tent at the back of the sanctuary near the tables.

Through the end of December, the congregation will sing the children out to their Religious Education Classes following the Story for All Ages. Starting in January of 2024, every Sunday service will be an all-ages service. Youth RE will take place during the new LRE Hour from 9:30- 10:30. Adult RE programming will also be available, but a family's grownups are always welcome to attend class with their children!

A nursery for infants and toddlers up to 23 months is available starting at 10:30 am through December, and 9:30 am starting in January.

For more information about our Religious Education Program, please contact our Director of Lifespan Religious Education, **Jesse Daniel**, at [jesse@uuchurchmuncie.org](mailto:jesse@uuchurchmuncie.org).

## Adult Religious Exploration

**Adult Discussion Group**  
Sundays at 9:30 am  
Red classroom and via Zoom

This group is a chance for people with various personal beliefs to get together and openly discuss a variety of topics. You'll find weekly topics in the eBlast each Friday. Zoom check-in at 9:15, discussion at 9:30 am <https://zoom.us/j/4326211304> Passcode: UUcm#1859 (case sensitive)

## Sharing Gratitude

On behalf of Feeding Our Hungry Neighbors, many thanks to those who contributed to the offering at the November 20 Harvest Feast. The total, before any checks in the mail, is \$1077, enough to make our budget. Thanks to your generosity since September, we can guarantee our five families another calendar year of monthly grocery shopping support. At this time, we don't expect to draw on the \$1000 added to the 2023-24 budget at the October congregational meeting. Again, thanks for the opportunity to give to people in our community who need a bit of extra help. Yes, hunger is a massive, world-wide problem. We are reminded of the story of the boy throwing stranded starfish back into the ocean. He couldn't reach them all, but his effort made a difference to those he helped.

*~Bea Sousa and Susan Taylor for FOHN*

It takes a lot of hours and effort to organize our annual Bazaar and rummage sale. On behalf of all of UUCM, we offer a special thank you to the Bazaar co-chairs: **Judy Craig, Bruce Craig, Caroline Sullivan, Susan Bossung, and Sue Errington**; and to the head organizers of the rummage sale: **Holly Hanauer, Caroline Sullivan, and Judy Craig**. Thank you so much for your time and leadership in making our biggest fundraiser the great success it was. We truly appreciate all you did.

*~Rev. Joel*

*If you have a note of gratitude you'd like to share in the next Unigram, please send it to [uucm@uuchurchmuncie.org](mailto:uucm@uuchurchmuncie.org), subject line "Sharing Gratitude."*



## A Message to the Congregation from the Stewardship Committee

The 2024-25 Pledge Drive will begin soon. Groundhogs will carry the church year theme of *Return Again* into the two pledge Sundays, February 4 & 11.

Watch for pledge information in the eBlast and your mailbox. We ask every member and friend of the church to participate.

The Stewardship Committee:  
**Holly Hanauer, Jennifer Hollems,  
and Sue Errington**

## Those Holiday Blues in the Night

*Rev. Julia Corbett-Hemeyer* (continued from page 1)

Personal issues for each of us will differ. And we experience those against a backdrop of national and global concerns. War and threats of wider war, unfathomable suffering, political and economic upheaval, and we haven't recovered culturally from our collective covid grief completely. Similarly, we're still coping with varying levels of congregational grief as well. There has been an awful lot of awful for a lot of people this year.

What I want to share is a few things that I've found work for me. There isn't anything revolutionary or extraordinary here. Just my sense that what works for me might work for some of you as well. And I hope that my reflections will encourage you to find those things that help *you*. Some of them may be the same as mine, some will be different. What matters is to find your own.

First of all, it's important to acknowledge how I feel, at least to myself. Best to not share my mood with anyone whose response is likely to be some version of "snap out of it" or "it's Christmas, you should be happy," or "but you have so much to be thankful for." Yeah, I know all that stuff, but right at that time, I'm not happy and can't just snap out of it. I give myself permission to feel whatever I feel—pop culture might not be willing to grant that permission, but we can do so for ourselves.

For me, being outdoors, preferably on a sunny day, is a balm for my exhausted soul, and is most helpful with some exercise included. Some of my favorite spots close by—Morrow's Meadow in Yorktown, Mounds State Park, Summit Lake State Park, Craddock Wetland, the Red Tail Preserve near Selma. However, even if I don't have the time nor the inclination to put the effort in to go somewhere, just walking around the neighborhood works too.

Nearly on the other end of the spectrum, I can lose myself in a book, a crossword puzzle, or the human-interest sections in the New York Times. What doesn't work for me—mindless distractions like

Facebook or computer games, which leave me feeling even more depleted.

I also like to find a small task on my to-do list that I can start and complete in a reasonable amount of time and give myself the satisfaction of checking it off the list. If it involves organizing, straightening, or cleaning something that really needs attention, so much the better. And if it entails moving something into the donation box, or failing that, into the trash or recycle bin, even better! Necessary day-to-day cleaning, though, while useful in its own right, doesn't work for dealing with holiday funk!

We can give ourselves permission to opt out of things that don't help—too much ho-ho-ho holiday festivity, marathon shopping, large holiday gatherings. My very favorite thing to do on New Year's Eve is to be in bed by 10:00 at the latest!

The writer of a recent New York Times column remarked that joy and sadness always sat together at their holiday table. For many of us, that's our reality. We can greet them both. However these Winter holidays are for you this year, may you find peace and genuine contentment.

~Chaplain Julia

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## Lifespan RE

*Jesse Daniel* (continued from page 1)

The best ideas are going to come from you all- I've included a list of some of what I've heard already.

- Open mic
- Guest Speakers
- Movie Viewings
- Religious Interest Groups
- Parent Connection Groups

Are your ideas on the list? Do you have something else you'd like to see? Let me know- I'm here to help make them happen.

~Jesse

## December 2023 / January 2024 UUCM Calendar

Online calendar: <http://www.uuchurchmuncie.org/members/calendar/>

### Regular Weekly Events

Adult Discussion Group: Multi-Platform	Sundays	9:30 am
Worship Service: Multi-Platform	Sundays	10:45 am
RE Classes (December)	Sundays	10:45 am
<b>LRE Classes (January - see article on page 1)</b>	Sundays	9:30 – 10:30 am
Coffee Hour	Sundays	After the service
Potluck Dinner	Tuesdays	6:00 pm
Choir Rehearsal (on break Dec 12-Jan 2)	Tuesdays	7:30 pm



### UUCM Office Schedule

**Monday**

1:00 – 4:00 pm

**Tuesday- Friday**

9:00 am – 4:00 pm

**Sunday Office Hours**

Our next Sunday office hours will be December 10, 9:00 am – 1:00 pm.

The church office will be closed December 8 & 11.

The office will be closed December 22 – January 2 for winter break.

Items for the eBlast are due by 9:00 am each Thursday.

**Items for the December 22 & 29 eBlasts are due by 9am, December 21.**

Please use the [Publicity Form](#) to submit your announcements.

Articles for the February / March *Unigram* are due Wednesday, January 24<sup>th</sup>.

Please send as attached Word or Google docs to [uucm@uuchurchmuncie.org](mailto:uucm@uuchurchmuncie.org)

### December / January Meetings & Events

Tree Trimming	Sunday	Dec 3	After service
Roots & Wings New Member Class	Sunday	Dec 3	12:30 pm
OWL 4-6	Sunday	Dec 3	1:00 pm
Board of Trustees	Tuesday	Dec 5	7:00 pm
Worship Associates	Wednesday	Dec 6	7:00 pm
Saffron Bun Baking	Saturday	Dec 9	1:00 pm
Sunday Office Hours	Sunday	Dec 10	9:00 am – 1:00 pm
OWL 4-6	Sunday	Dec 10	1:00 pm
Parents Night Out	Saturday	Dec 16	5:00 pm
Pastoral Associates	Sunday	Dec 17	12:00 pm
<b>Church Office Closed December 22 – January 2 for winter break.</b>			
Worship Associates	Wednesday	Jan 3	7:00 pm
Board of Trustees (tentative date)	Tuesday	Jan 9	7:00 pm
UU Book Club	Thursday	Jan 11	7:00 pm
Teen Group	Saturday	Jan 13	5:00 pm
Pastoral Associates	Sunday	Jan 21	12:00 pm
Unigram Submissions Due	Wednesday	Jan 24	9:00 am

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## UUCM Staff & Leadership

### Staff

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Office Hours: Monday 1:00 – 4:00 pm | Tuesday – Friday 9:00 am – 4:00 pm

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