



# James Reeb Unitarian Universalist Congregation

Weekly News for 1/28/2026-2/3/2026

**This Sunday, February 1, 2026, 10:00 a.m.**

**“Keeping the Faith” with Rev. Karen Armina**



Image from uuworld.org

Rev. Karen will share her reflections on last week’s mass action in Minneapolis.

Worship Associate: Vera Leone

Special Music: Rachel Avery & Sacred Breath Choir

[Zoom Link for Service](#)

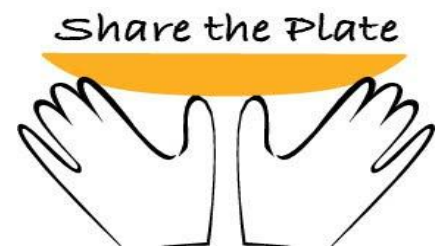
[Service Webpage](#)

*After Service: Coffee & Conversation, Coming of Age*

**Next Sunday Worship:** *“[Gratitude, Awe, and Resilience](#)” with Marti Everett and Susan Podebradsky*

**Next Sunday after Service:** *Coffee & Conversation, Our Wild and Precious Lives*

In support of the fight against ICE in Minneapolis–Saint Paul, the Share the Plate recipient for February 1 and February 8 is the [Immigrant Law Center of MN](#). ILCM is a nonprofit organization that provides free legal representation to low-income immigrants and refugees in Minnesota and North Dakota, including hundreds of people with families detained by ICE. They were nominated by the Share the Plate committee.



**Our January Theme: Practicing Resistance**

Our January theme reminds us of the many things we do in resistance, from avoiding change to fighting for it. In this space, you’ll find a new invitation into reflection every week.

**Check in question: Has joy ever been an “act of resistance” for you?**

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

-- [Audre Lorde](#)

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## Ministry Connections

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### Minister's Monthly Musings

From Rev. Karen Armina



Dear Ones,

January can be a dreary month. The joyful winter holidays, with their lights and singing, are behind us, and the days ahead are longer but they're also cold and monochrome, and sometimes lonely or even scary. There are so many reasons to seek out community these days, and this season adds to them. At the same time, I'm learning that simply being in community may not be enough. In my own life, I'm finding that it's important to my well-being to feel like I'm doing something, to engage in acts of resistance. And resistance takes so many forms! [Click here to read more...](#)

### Minister's Availability

**Rev. Karen will be away from Reeb through Friday 1/30**, to attend the UU Ministers Association [Learning Institute](#) in Albuquerque. She'll return on Saturday 1/31, and regular office hours will resume the week of 2/1. While she's away, she'll be looking at email just once a day, in the mornings, and it might take her longer than usual to respond. **Please call or text her if you have a pastoral emergency.**

### Music Ministry

A Music Support Group is now in place as we search for a new music director. This includes planners from our choir and folk group who are working with Rev. Karen. The Sacred Breath Choir and Folk Group continue to offer music for some Sunday services. Information about intermittent choir rehearsals and choir Sundays is currently being sent out via the choir google group email list. [Contact David Henry](#) if you would like to join the choir email list. See **Small Group Ministries** and the **Congregation and Community Calendar** below for updates.

Are you a musician looking for an opportunity to share your music? Maybe you played an instrument in a school band or orchestra and would love to be able to play again. Maybe you are a singer/songwriter who would like to introduce us to new songs. Maybe you would like to share your love of a non-traditional instrument from another part of the world. There are opportunities at Reeb to play and/or sing with others – or to play a solo. All are welcome. We would love to hear from you. Please [contact David Henry](#).

**From Rev. Karen:** We're in search of a new Director of Music Ministry. The hiring team is Rachel Avery, Susan Podebradsky and me – feel free to [contact any of us](#) with your questions. JRUUC members aren't eligible to work as paid staff, but please do pass the [job description](#) along to others who might be interested. And please don't hesitate to reach out to me if you'd like to process the loss of our beloved Jennifer, if you have a musical gift you'd like to offer on a Sunday morning, or if you have any questions about our Music Ministry.

### Religious Exploration and Family Ministry From Emily Smith, Director of Family Ministry

**This Week:** Our service on 2/1 will be multigenerational with everyone together in the sanctuary. After the service, Coming of Age youth will meet with Rev Karen and Emily in the youth room.

**Next Week:** Our service on 2/8 will be multigenerational with everyone together in the sanctuary.

**February Community Meal:** Join us for our regularly scheduled 3rd Sunday community meal! On **Sunday February 15**, we'll have a potluck after service to feed our stomachs and our spirits. Community meals are an important part of our family ministry because they serve as a reconvening of our congregation on the weeks our children leave worship for religious exploration classes. Plus they're fun! Please bring a dish to share. You can sign up to do so on the sheet posted next to the kitchen window.



### Small Group Ministries

Offering and Receiving Connection, Support, and Spiritual Practice

[Read more here](#)

**Laughter Yoga** - Second Mondays, 6:30-7:30 p.m., contact [Virginia Harrison](#)

**Meditation With Friends** - Wednesdays, 6:30-7 p.m., newcomers welcome, [Zoom Link](#)

**Sacred Breath Choir** - Intermittent rehearsals, contact [David Henry](#) to join the choir mailing list

**Folk Music Gatherings** - Saturdays, 10:30 a.m. - noon, contact [Mike Stimson](#)

**Our Wild and Precious Lives** - Sunday, February 8, after worship, contact [Rev. Bowie](#)

**Rainbow Reebers** - Friday, February 20, 6:30-8 p.m., contact [Rev. Karen](#)

**Cheers and Fears** - Sunday, March 8, after worship, contact [Rev. Karen](#)

[Zoom Link for Meditation](#)

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## Our Congregation and Community Calendar

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### Local Organizing Meeting - 1/29

JRUUC member Eva Wingren is hosting an in-person organizing meeting on **Thursday night, January 29, from 6 to 7:30 p.m.** to plan local corporate pressure action(s) in alignment with SURJ (Showing Up for Racial Justice) and the national ICE Out of MN campaign. [Email Eva for the location \(not Reeb\).](#)

### Folk Group - 1/31 and Saturdays in February

Sing and have fun with the folk group **every Saturday in January and February from 10:30 to noon.** Let's keep warm by making music together these winter months! We will sing whatever anyone wants to and we'll also practice some songs to accompany or perform during the February 15 service, "Embodying Resilience." There are links to the songs below, and [here is a link to a document with the lyrics.](#) Song links:

1. [Little Flame \(Carsie Blanton\)](#)
2. [Somebody Feels the Water \(Thom Bishop\)](#)
3. [Keep on Moving Forward \(Pat Humphries\)](#)
4. [You Can't Do It All On Your Own \(Stephen Lee Rich\)](#)

Please also check out this [songbook from the UU congregation in Fairfax, VA.](#) If you see anything you'd like to play or perform, let Mike know.

### Book Lovers Club - 2/7

Our next meeting will be **Saturday February 7.** Come by Reeb between **9:30-10:00 a.m.** to chat and have coffee/tea/baked goods, and from **10:00-11:00 a.m.** we will talk about books.

**Challenge:** Choose a book from the "Love & Romance" section of [NPR's Books We Love List](#) from 2025 (or another year). Also feel free to select a Love & Romance book from any other list of books or resources you know of.

**Topic:** What is a book you have read (or are reading) that is about love? It could be love as a romance between people or love as in love of making music or love of cooking or love of an octopus.

### Our Wild and Precious Lives - 2/8

This is a space in which you can talk with others about issues facing us as we contemplate living and dying, titled after Mary Oliver's famous poem "The Summer Day." The next one-hour session will meet on **Sunday February 8 after worship, in the Reeb library.**

## Open Mic - 2/14

The February open mic has been moved to **Saturday February 14 from 6 to 8 p.m.** Please join us and bring your songs, poems, and stories of friendships, relationships, love, heartbreak and anything else that moves you on this Valentine's Day Open Mic!

[See our Online Congregational Activities Calendar Here](#)

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## Congregation News, Invitations & Announcements

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### ICE Activity Hotline for Wisconsin

ICE has detained individuals here in Madison, and we are preparing for the possibility that ICE will show up in force. It is possible that you will be going about your daily activities in the community and happen upon ICE activity. [Voces de la Frontera](#) has a 24/7 emergency ICE activity hotline for Wisconsin in multiple languages, including Spanish and English. Please don't call with rumors, but instead use the [SALUTE method](#). If you see ICE activity in the state or receive a credible report, they invite you to call **1-800-427-0213** immediately. This QR code allows you to save the number into your phone contacts:



### Recording of Saturday's Potluck for People, Peace, & Planet

If you couldn't make the Potluck for People, Peace, & Planet on Saturday January 24, [here is a link to the recording](#). A newly formed coalition, Building Unity for Nonviolent Action (BU4NVA), led the event as the public launch of their new community-wide campaign. The sanctuary was standing room only!

### New Collection Bin in Foyer - Please Donate Winter Items

The [Dane County Homeless Justice Initiative](#) has asked us to assist in their efforts to ensure the health and well-being of all of our Madison community members, with an equitable focus on our most vulnerable. They are currently deeply engaged in **urgent donation and distribution efforts to meet the needs of our homeless population** directly and to help them survive the Winter months. They express immense gratitude for our participation in this work and are asking for our help with the collection donations in the hopes of meeting this goal. Examples include **winter coats, gloves, hand and feet warmers, socks, thermal wear, sleeping bags, non-perishable and easy to open foods, toiletries, etc.** Please put your donations into the bin, and they will be picked up.

## Meet a Reeber: Jocie Luglio

Every month or so, your Membership Team shares an interview with someone who is part of our JRUUC congregation, to help us all get to know each other better. This month's interview is with Jocie Luglio. Thanks to Jocie for agreeing to be interviewed!

**What drew you to JRUUC? What do you appreciate most about Reeb? What keeps you coming back?** Megan and I were looking for a minister/spiritual leader of some sort to work with us to create a wedding ceremony. (Megan and I met at Grinnell College, living on the same dorm floor!) We used to live on the near-west side; we had been to First Unitarian Society a few times and found it to be more academic and formal than we wanted for regular attendance. [Click here to read more...](#)

Would you like to be interviewed for "Meet a Reeber"? If so, please contact Deb Myrbo. You can use [this contact form](#), or find Deb's email address in the Breeze directory. You'll be able to choose which questions you want to answer from a list of about 15, and the interview can be done in person, via Zoom, or by email. Thank you for considering!

## Buy Just Bakery Goods Online!

Would you like to buy more baked goods than you can when [Just Bakery](#) visits us? Do you want to support Just Dane's educational and vocational training program that works with individuals who are experiencing significant barriers to employment? We have good news for you! You can do both by buying Just Bakery Goods online - [here](#).

## Early Sunday Socializing at 9:45 am

You're invited for tea and greetings before worship on Sunday mornings! As we receive more and more visitors, we're learning that they tend to arrive earlier than many of us. We'd love for them to have Reebers to talk with, so our greeters are now preparing hot water to be ready at 9:45, so people can enjoy some tea and greet each other in the foyer before the service. We hope you'll consider coming a little earlier and making this a lively new tradition!

## Rent Reeb

Do you or someone you know want to rent a large space, centrally located in Madison? The JRUUC Board of Trustees would like to remind you that [our building is for rent](#), for very reasonable rates, and that building rental is an important way for us to drive revenue for our currently tight budget. Can you please help us? Could YOU get just one person to call to schedule a visit for a tour and to discuss building rental? We would greatly appreciate your referral. Thank you!

## Deadline for the Weekly Newsletter Submission

Please send your submissions to [news@jruuc.org](mailto:news@jruuc.org) by **10 a.m. on Tuesdays**. *Remember to include relevant event and announcement information, such as date, time, location, links, contact information, and how long you would like the information included in the newsletter.*

## Website Errors or Suggestions? Contact [web@jruuc.org](mailto:web@jruuc.org)


If you notice an error or something important missing from our website, please let Susan Podebradsky know by sending an email to [web@jruuc.org](mailto:web@jruuc.org). It helps if you send a link to the specific page in question. You can also let us know if there is something you can't find, something new you would like to see, or something you really like to see. Thanks!

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## Unitarian Universalist Association News & Connections

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### Want to act but you're not sure how? Join forces with other UUs!

 A public advocacy campaign that seeks to harness love's power to stop oppression, with four intersectional justice priorities: Climate Justice, Decriminalization, Democracy, and Reproductive Justice & Trans Rights. [Click here](#) to learn more. We build strong movements when we take action together. Organize teams and networks that can take these actions together, and get support on practical organizing skills and support at our [Organizing School](#) and [Skill Up](#) resources. **Side with Love offers two ways to take concrete action:**

**Weekly Action Update** features essential resources, upcoming events, and spiritual reflection to support work across our intersectional priority areas. [Click here to view this week's update!](#)

**The Gathering:**  
**Second Mondays at 7 pm**  
A monthly virtual event  
designed to offer:



- Spiritual grounding - strengthen your heart and spirit for the work ahead
- Political analysis - understand the threats to democracy and justice
- Collective action - organize with others to block anti-democratic forces and build a just and loving world

[Click here](#) for more information and to register to receive the Zoom link for The Gathering.

[Click here](#) to view the recording from the 8/11 Gathering.

## The Woodlands:

### First Sundays at 3 pm

A UUA monthly online gathering designed for trans children, youth, and adults – as well as the parents and caregivers of trans people. [Click here](#) to learn more about the sessions and to register online.



## LOVE *RESISTS*

Activates people of faith and conscience to resist the harm inflicted by criminalization, to create safer, more just, welcoming, and sustainable communities. [Click here](#) to learn about current actions, and to download resources and tools to bring the Love Resists campaign to your community by expanding sanctuary, growing solidarity, and raising your voice.



UUs support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large, and UU the Vote engages in year-round movement-building work toward building a truly inclusive democracy. Wisconsin is a key state for UU the Vote's action initiatives. [Click here](#) to learn how you can get involved in getting out the vote.

And here are some other UUA resources relevant to these times:

[Community Resilience Hub](#)

[ICE and Immigration Enforcement in Congregations](#)

[Expanding Sanctuary](#)

[Wisdom and inspiration from UUA President, the Rev. Dr. Sofia Betancourt](#)

[More UUA Updates](#)

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[See our website for more information - jruuc.org](#)

Please submit articles for the newsletter to [news@jruuc.org](mailto:news@jruuc.org) by Tuesday at 10:00 am.