



July 2017

CUFLINKS

monthly newsletter of the Carbondale Unitarian Fellowship
— a welcoming congregation —



Carbondale Unitarian
Fellowship
Reverend Sarah Richards,
Minister

Connie Payne, Religious
Education Coordinator

Sunday services and religious
education at 10:30 AM

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In this Issue

[Sunday Topics](#) 1

[Minister's Column](#) 2

[President's Report](#) 4

[Meet a Member](#) 5

[Music Musings](#) 6

[Denominational Connections](#) 7

[Interfaith Council News](#) 9

[CUF Covenant](#) 10

SUNDAY TOPICS | JULY THEME

*What Does it Mean to be
a Community of **Memory**?*

July 2 - "*A Month of Joy*" – Rev. Sarah shares a collection of joys contributed by CUF folks over the last month. What can we learn from these recent memories to sustain us in trying times? Cellist Ginevra Herr provides service music.

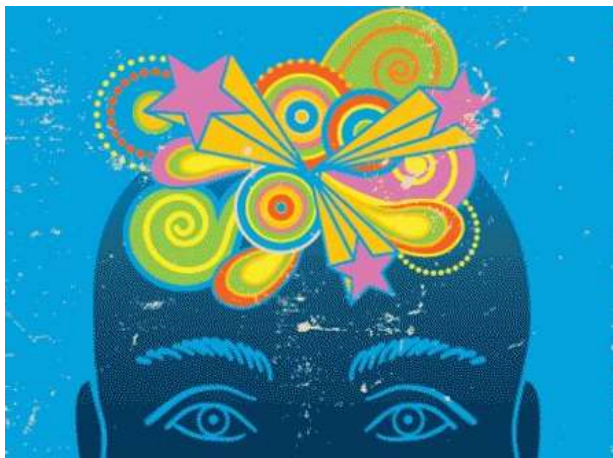
July 9 - "*Resist and Rejoice*"— CUF Delegates Esther Hughes, Elena Sasso, Amy Weber and Rev. Sarah reflect on their recent experiences at the annual Unitarian Universalist Association General Assembly in New Orleans. The Unitarian Folk Orchestra provides service music.

July 16 - "*Millennials Speak Their Truths*" – Guest Speaker Maurine Pyle returns to CUF to share the stories of young adult Quakers from divergent cultural and theological backgrounds. Their stories (which are the basis of her book, *New Children of the Light*) have much in common with UUs of the same generation. Maurine will speak from silence and end in silence, and looks forward to engaging CUF folks—especially millennials—in dialogue. Pianist Charlie Howe provides service music.

July 23 - "*Trans Experiences*" – During this special service, held as part of the on-going process to renew CUF's Welcoming Congregation status, guest speaker Owen Daniel-McCarter, Executive Director of the Illinois Safe Schools Alliance, Bob DeFilippis, Christine Baur and Peggy Degen, will share memories of their own trans experiences, or those of family members, to help illustrate just how important it is that CUF be a truly open and welcoming congregation. Singer-songwriters Christine Bauer and Candy Davis provide service music.

July 30 – “Spiritual Memories” – What are your childhood memories of spirituality that have informed your adult theology? Was it a moment of revelation in Sunday School? An insight from a scouting hike? Saying grace with your family? CUF folks share their reminiscences in this reflective service. Organist Lawrence Dennis provides the service music.

INVITATION: *Don't be afraid/take a moment to share.* If you attend a Sunday service and are moved by something you experience, share it by putting it in words and sending it to Nolan Wright, CUFlinks editor to include as a shared reflection in the newsletter (see contact info below). You will help bring the experience alive for those that were not there by doing so, and may even add to the experience of those who were! It does not have to be long, and certainly is not limited to those viewed as “polished” or good writers. Reflections on experiences at other CUF programs, or about experiences trying to live our UU principles and CUF covenant in our day to day lives are warmly also welcome. Some of us already post about these experiences on Facebook; feel free to copy a post you shared there to republish here, to share with those among us who are not Facebook inclined. Nolan can be reached at nolalwright@gmail.com (don't forget the middle initial I for Lincoln), and at 512-567-7972.



THE MINISTER'S COLUMN

Dear CUF Folks,



Welcome to summer! We'll be exploring what it means to be a community of memory and reflection over

July and August. I hope that whether you travel far or stay put, these will be months of spiritual growth for us as individuals and as covenanted community. Although the heat and humidity may slow our movements, let's not make the mistake of confusing spiritual growth with inaction—in fact, we know that reflection and action feed each other, and that spiritual growth comes from and contributes to our work in the world for equity and justice. This interaction will be the focus of my study leave this summer, but I'm pretty sure that it will also inform my vacation—for example, after canoeing, Mike and I will most likely reflect, with an adult beverage in hand, on what we felt and learned from our voyage.

And another example: a reflection on my recent trip to New Orleans, which has already led to new ways of thinking, and new action – with more to follow:

What an experience I had at the 2017 Ministry Days and UUA General Assembly! It's always an intense time, but this year, with all of the unexpected changes in our leadership and resulting uncertainty (<http://www.uuworld.org/department/uu-news>), I was feeling a little wary about attending. Still, I was very excited that CUF sent a delegation of delegates to this GA—Esther Hughes, Elena

Sasso, and Amy Weber, and I looked forward to spending time with them, as well as my sister Ann (newly credentialed Director of Religious Education), and the many friends I only see once a year. I also was happy to be in the Singers of the Living Tradition choir again this year. So I arrived in New Orleans with equal parts trepidation and anticipation. I'm very happy to report that even with all of the discussion and activity around the election of the new president of the UUA, the many opportunities for learning, reflection, and action around dismantling white supremacy, and various discussions in the assembly sessions that will have major impacts on our future direction, I never witnessed or heard about people behaving badly/out of covenant with each other. I give much credit to our interim co-presidents Rev. William Sinkford, Rev. Sophia Betancourt, and Dr. Leon Spencer, for modeling calm, determined, loving leadership during the storm of the last few months, and also in the many worship services and assembly sessions at GA in which they participated. I encourage you to read all of the UU World's coverage of General Assembly, but if you read only one article, I recommend the story on the interim co-presidents' report, at <https://www.uuworld.org/articles/co-presidents-report-2017-ga>. Videos of many of the beautiful and moving worship services will be posted to the UUA.org site in coming weeks, and I encourage you to get a dose of the GA experience by watching one or more, especially when you're feeling in need of inspiration.

On July 9, all of us CUF delegates will present a Sunday Service dedicated to GA, but that's only one relatively brief way we'll share our experiences with you. I'm really looking forward to trying "experiments with spaciousness" in the first Sundays of July and August. I had a wonderful experience in a workshop that

modeled a freer approach to the service than the usual "sermon sandwich" liturgy. I think summer is the perfect time to let go of the familiar structure and presentation of the Sunday Service, and focus on the essential purpose we come together every week – deepening spiritual connections. I hope you'll come be part of the experiment, and share your thoughts with me after the services.

Another resource from GA to experiment with is the Safety Pin Box, ("monthly subscription box for white people striving to be allies in the fight for Black Liberation"). I brought back two boxes, one for kids (and their parents) and one for adults, that I hope will spark interest within our children's RE program, in our racial justice reading group, and beyond. Learn more at <https://www.safetypinbox.com/>

I'll be away from CUF on study leave and vacation July 11 – 30, and then August 26 – Sept. 4. This time away from each other will give us the opportunity to reflect, take action, and then come together and compare notes. I look forward to this time of growth—and relaxation. Happy summer!



Peace,

A handwritten signature in black ink, appearing to be 'Jack'.

PRESIDENT'S REPORT – JULY 2017 by Janet E. Harris

I have had difficulty writing this column for July. With my father's surgery comes less time for attention to Board work AND with the continued scary situation in our state and the nation I have found it hard to beat back feelings of despondency. However, I take heart in the message of Hope which is shared in our weekly Sunday Service and especially in the reminder, once again, that every age has been scary and we must continue to work for our UU values with hope and determination! A special thank you to Nolan Wright for the June CUFlinks edition which shared many of our members' perspective on White Supremacy and how it has affected the UUA and CUF. We must continue to explore these issues here and in the communities we live in.

On to Board specific business:

- The Communications Committee proposed two ways to advertise businesses as a way to raise funds for CUF. One was for a yearly business directory listing for organizations. The other proposal was for an events sponsorship for a specific event listing a business or individual. Several Board members felt that these methods would be ineffective for a business and therefore not viable. Discussion was tabled and more research is ongoing.
- We will discuss the revised Building Use Policy at our August meeting.
- The Board has charged the Communications Committee and Building and Grounds to present ideas concerning fundraiser parking fees during the eclipse and/or ways to ensure that our parking lot is available for members

and visitors attending Sunday Service and our regularly scheduled activities (Open Minds, New Humanist Forum and the Awakening Heart Dharma group) on August 20th, the day before the eclipse.

- The Board worked on the upcoming FY'18 calendar. Dates have been reserved for two Trivia Nights-Oct 14th and Feb. 17th (contact Amelia Robinson and Jonathon Springer to volunteer); a Talent and Art Auction Fundraiser on November 4th (contact Cathy Kline, Helen Ashraf and/or Bob DeFilippis to volunteer).
- The Winter Congregational Meeting is scheduled for January 28, 2018. The May Board of Trustees meeting will be rescheduled for the first Thursday in the month, May 3, 2018 at 7:00 p.m. The Congregational Business Meeting is scheduled for May 20, 2018.
- The Board Retreat is scheduled for the evening of September 22, 2017 and during the day September 23, 2017 at Amelia Robinson's home.
- The Congregational Retreat is scheduled for Saturday, May 5, 2018 as a first choice. If that does not work for the venue, then the second choice is April 28, 2018.
- Feed My Sheep celebrated their 15th Anniversary at Bethel AME Church. In honor of this the Board voted to donate \$150.00 from the Fellowship to the Program. At the Appreciation dinner held at the Eurma Hayes Center volunteers and organizations were honored for their participation in this noteworthy free lunch program. CUF received a framed certificate which will be displayed in the Fellowship.

I begin my last year as President in July. I have found it to be a very rewarding opportunity to serve our community. The Board hopes to meet with the Nominating Committee at our July get together (there will not be a meeting as the Board takes a summer breather, although we will need to determine monies to be sent for FY 2017 annual giving to the UUA and Mid-America Region). We would like to begin offering members ways to get to know the responsibilities and the joys involved in serving on the Board. Besides the position of President, at least one other Board member and possibly two Trustees will need to be replaced due to the end of their terms. It is imperative that people are willing to step in to fill their shoes. Yes, there are meetings to attend and even work to be done. And, many of the Board members never really knew each other before coming on to the Board. We sometimes disagree, we ARE Unitarians but we are able to follow our Board Covenant. We often laugh and we almost always learn new things. I encourage you to find out more--attend a Board meeting, talk with a Board member (Blue name tags), past or present.

As always, you are the reason we serve. You might attend Services, lead or participate in groups and activities, serve on Committees, help during Coffee hour, bring food for the potluck, help clean and maintain our building and grounds, count money and make deposits. There are so many ways we have of supporting our Community. I am proud to serve on our Board of Trustees for such a giving, supportive Congregation!



MEET SAGE BANKS (AND DAUGHTERS JOURNEY & ALEX) *by Kathy O'Laughlin*



Sage Banks is a registered nurse who is completing her MSN at McKendree College. She lives in Herrin and currently works at Marshall Browning Hospital in DuQuoin as Quality, Safety and Education Manager. Prior to that, Sage and I worked together as staff nurses at Hospice of Southern Illinois.

Sage likes to cook healthy food, and loves to come to Carbondale on Saturday mornings to visit the farmers' market, Neighborhood Coop and the fruit and vegetable market at Murdale. She is very interested in the farm to table movement. Sage also likes to read non-fiction related to the human experience, and to shop in second hand stores.

Sage had been looking for an inclusive and welcoming church community, and was happy to discover CUF last November. The first service she attended was right after the election, and she found a community of like minded people. Sage says that she raised her kids with UU values--she "just didn't know it at the time." Sage sees CUF as a community that is a voice of reason with a strong foundation in doing the right thing. She feels we are particularly called to do that at this time in our nation's history. Sage is drawn to

social justice issues and would like to be involved in that at CUF.

Sage's daughter Journey is 14 and is going into her freshman year. The family is hoping to move to Carbondale this summer so that Journey can attend Carbondale Community High School. Journey likes to hang out with friends. She also likes to cook, and especially enjoys Thai and Mexican food. Journey likes to read fiction, including fairy tales like *The Legend of Sleepy Hollow*.

Journey wants to be a therapist or a surgeon. Her mom describes her as being "very empathic". Journey helped care for her grandpa when he was in hospice a few years ago, and still helps to care for her grandmother in Johnston City.

Sage has a second daughter, Alex, who is 22 years old. Alex is spending the summer in Maine doing seasonal work at Acadia National Park. She is expected to rejoin the family in October.

Please welcome Sage and her daughter Journey to CUF!



Welcome
Glad you're here!

CUF MUSIC MUSINGS – GETTING TO KNOW JUDY AYDT, JULY MUSICIAN OF THE MONTH

by Candy Davis

"Music is a language with a secret code." --Judy Aydt. With this fascinating remark, we begin our interview.



This month's featured musician is Judy Aydt, a retired language professor at SIU who taught French. Judy was born in Moline, Illinois and grew up in the small farming community of Woodhull with her parents and two brothers. The family inherited an old player piano belonging to their grandma, and the children had fun putting in the piano rolls and pumping away as they played. Later, the piano was refitted without the player part so that it could be played as a regular piano.

Judy's mother played the piano beautifully, and Judy was eager to learn. Her mother also encouraged Judy's brothers, but they were not very interested. Judy said she loves the piano, but she never became as accomplished a pianist as her mother. She would have liked to have learned some other instruments and perhaps been in the school band, but there was no money for that while she was growing up.

When Judy was old enough, she did enjoy singing in the children's choir at her church; later, in junior high, she was thrilled to be allowed to join the adult choir. At school, she sang in the junior high and senior high choirs. She stated that the choir director who taught this choir had a profound influence, introducing her to music she had not been exposed to before. He also became her piano teacher. He exposed his students to folk, classical, chamber, old show tunes, World War I ballads, and ragtime, to mention just a few genres--and Judy has remained eclectic in her musical taste. "I'm just not a fan of rap," she admitted, "and I'm not crazy about opera, but perhaps it's because I wasn't exposed to those as much."

Judy was curious about learning other instruments, but that dream was postponed for many years. She eventually found an old autoharp at a yard sale and taught herself to accompany her children as they all sang together. After her children were grown and after she retired from teaching, Judy started her large collection of instruments: ukuleles, dulcimers, harps, recorders, pennywhistles, harmonicas, melodion (a little keyboard that is blown into to make sound), a psaltery (a tiny bowed instrument from the Middle Ages), and a tambourine, to name a few. She even tried the didgeridoo, but wound up giving that one to a grandson! "Learning new instruments can be challenging, but very enriching," she observed. (She should know--she plays several of these instruments quite well!)

As to her lifelong love affair with music, Judy says, "There is listening to music--the product. And there is playing music--the process." The fact that music has its own coded language fascinates her as both a language teacher and a musician, because it means that music written down hundreds of years ago is timeless and can be resurrected by the musicians of today. "Another neat thing about music," she added, "is

that you meet such interesting people!" Judy has obviously never lost her sense of wonder about music's mystery and magic.

Judy loves to make music with others. She has played with the UU Recorder Group, the *UU Dulcimer Group, *CUUKES, and the Unitarian Folk Orchestra (UFO). When asked about her most interesting gig, she mentioned playing with the UFO at the Alternative Gift Fair. "You watch people whom you might not even know come in, stop, smile, and listen to the music before moving on into the Fair. You and those people connect and bond, however briefly, through music." When UFO plays at a nursing home, the connection between the musicians and residents is strong, she observed. When you watch them smile, tap a foot or hand, or sing along, beneficial brain activity as well as bonding with others is happening.

What would Judy like to see in the future of music at our Fellowship? A dream she has is for us someday to have a Youth Choir and for music to be taught as part of the RE curriculum to prepare the children for this experience. I think Judy has a great idea there, don't you?

(*CUF music ensembles that are inactive now.)

HIGHLIGHTS FROM OUR ASSOCIATION'S GENERAL ASSEMBLY *by Bill Sasso, Denominational Connections Coordinator*

There were many significant events at the Unitarian Universalist Association's 2017 [General Assembly](#), "Resist and Rejoice," which took place June 21-25 in New Orleans. You'll have the opportunity to learn more about them on Sunday, July 9th, when the Fellowship members who represented us there – Amy Weber, Esther Hughes, Elena Sasso, and the Rev. Sarah Richards – will share their insights during

our Sunday service. In the meantime, here are a few highlights to pique your interest!

Approval of a Statement of Conscience

After debating for an hour on Saturday, June 24th, General Assembly delegates voted overwhelmingly to adopt the UUA Statement of Conscience [Escalating Economic Inequality](#). Delegates at the 2014 GA in Providence, Rhode Island, selected "[Escalating Inequality](#)" to be the UUA's 2014–2018 Congregational Study/Action Issue which evolved into the Statement of Conscience adopted this year.

Approval of a Congregational Study/Action Issue begins a multi-year process of exploration and dialogue, at General Assembly, congregations, and other UU forums, leading to development of a formal statement (called a "Statement of Conscience") expressing the UUA position on a social justice issue. The GA vote completes that process for the "Escalating Economic Inequality" Statement of Conscience, although the work that it calls for, engaging individual UUs, congregations, state advocacy networks, and our association remains to be done!

Our New President: the Rev. Susan Frederick-Gray

Choosing from three candidates, the Rev. Susan Frederick-Gray was elected to serve a six-year term as President of our Association, becoming the first woman to be elected to that position. She has previously served as congregational minister in Phoenix, Arizona, where she played a major role in organizing our 2012 Justice Assembly. To get a better sense of her, you can visit her campaign website at <http://susanfrederickgray.com/>

An online UU World article reported the results of election as follows: "In the instant run-off election, in which 3,252 delegates cast ballots, Frederick-Gray received 40 percent of the vote in the first round to 33 percent for the Rev. Jeanne Pupke and 28 percent for the Rev. Alison Miller. By the rules of the instant run-off, Miller was eliminated as the third-place finisher. When second-place votes were apportioned, Frederick-Gray finished with 57 percent to Pupke's 43 percent." The full article can be accessed at http://www.uuworld.org/articles/susan-frederick-gray-elected-president?utm_source=uuworld&utm_medium=front&utm_campaign=1st

Bryan Stevenson's Ware Lecture

If you weren't at GA, were you able to watch the livestreamed transmission of the 2018 Ware Lecture featuring Bryan Stevenson? The Ware Lecture is an endowed keynote presentation, and is always a highlight of GA. Speaking about his experiences as founder and executive director of the [Equal Justice Initiative](#), a nonprofit dedicated to fighting poverty and racial discrimination in the criminal justice system, Stevenson challenged those listening to work for justice by taking four steps: (1) get proximate to those who suffer injustice, (2) change the narrative, (3) remain hopeful, and (4) do things that make you uncomfortable. "Getting proximate" means entering the world of those who experience injustice, in order to understand what it feels like and how a possible solution might change things. "Changing the narrative" means proposing an alternative way to understand (and address) injustice – for instance, considering drug abuse a public health problem rather than a criminal activity. "Remaining hopeful" is important because apathy allows injustice to spread, while hope provides the energy and motivation to keep

working for justice. And, much to Stevenson's dismay, he reported that he has never found an example where justice was achieved and no one had to leave their comfort zone.

Plan now to Attend GA Next Year!

Get the 2018 General Assembly on your calendar now! It will be held (relatively) nearby in Kansas City, Missouri, from June 20-24, 2018. If that date doesn't work for you, you'll have to travel farther to attend either of the next two General Assemblies. The 2019 GA will be held in Spokane, Washington (from June 19-23) and the 2020 GA will be held in Providence, Rhode Island (June 24-28).



INTERFAITH COUNCIL NEWS

by Rev. Sarah Richards

[Editor's note: The following column from June is reprinted here in case it was overlooked in that very long issue].



Rev. Sarah and Vivian Feuerborn, (new CUF liaison to CIC) attended the last Interfaith Council meeting on May 23rd, along with about twenty-five other members and guests. Gateway Foundation, an alcohol and drug treatment center, hosted this end-of-year potluck meeting. Representatives of some of the most active CIC affiliated organizations gave updated reports.

- Race Unity Group meets every Tuesday, 7-9pm at the Newman Center; find them on Facebook: "Race Unity Group of Carbondale." The group has met weekly for more than a year, in addition to these regular conversations, they have had "movie field trips" and discussions. They are currently pursuing advocacy opportunities for the Cairo HUD residents facing displacement, and planning activities in support of the Eurma Hayes Center in Carbondale. Race Unity Group has open membership - all are welcome.

- Two representatives of the Sparrow Coalition gave updates on the homeless advocacy group's continuing projects: there will be a Social Work grad student at Carbondale Public Library again in the fall; the latest Resource Guides are being distributed and can be downloaded from their website: <https://sparrowcoalition.files.wordpress.com/2015/07/2017-cdale-resources-brochure.pdf>; they are also looking for a staff person, perhaps a Vista Volunteer. Other activities are working with the city to remove the city tow fee, and develop an Assistance Data Base to track and respond to requests for assistance.
- The new subgroup of CIC, Carbondale Area Interfaith Refugee Support was represented by Fr. Bob Flannery. He reported on the March trip made by several members to the Institute for International Education in St. Louis, a multi-service refugee resettlement organization. Currently, they are helping St. Francis Xavier provide temporary financial support to a Kurdish refugee and his family in Carbondale.
- Maurine Pyle, Board Member of Good Samaritan Ministries (founded and supported by the CIC) gave a brief update, emphasizing that we need to enlarge our view of how we take care of/support people who are homeless beyond the current small facility on Marion St. <http://goodsamcarbondale.org/>

After these reports, we enjoyed the potluck dinner, and then toured the extensive Gateway Foundation facilities. Gateway provides residential and out-patient services for adults and adolescents, women and men. We learned that they have the only residential treatment

program for adolescent females in Southern Illinois. We also learned that there are no detox programs at all in our region, and agreed that this is an important area for CIC advocacy.

The next CIC meeting will be Aug. 22nd. The location has not yet been decided.

CUF COVENANT

We are the Carbondale Unitarian Fellowship.

With compassion we honor our whole selves, each other and our beloved community.

With intention, we choose to walk together in fellowship.

We seek truth and growth together, nurturing each other's spirit and sense of reverence.

We respect all individuals and strive to create a world where all are treated with love and dignity.

We believe all people have strengths and wisdom, and are able to contribute to our faith community.

We give action to our faith through service and the pursuit of justice in the wider world. Every act of service, lovingly performed, matters.

We value diversity in its many forms and welcome with open minds and hearts, all those who come among us.

