CUF RESPONDS TO COVID-19
In order to help slow the spread of the Covid-19 virus, CUF has suspended Sunday Services indefinitely. We are being creative and resourceful in staying connected and supporting each other. We are coming together in spirit as a congregation, despite not being able to come together in body. We ask for everyone's help - to ask for help when you need it, to offer help when you can give it.

Each week, Rev. Sarah and Sunday Services Committee create a "Spiritual Sustenance" video worship service with music from CUF musicians. The video link, along with order of service and announcements, is emailed to all members, friends, and newcomers at midnight Saturday. You can view it any time in the week that you need spiritual sustenance, but we invite you to go to video Fellowship Sunday mornings and then meet for Zoom coffee hour at 11am to discuss.
**We will include Sorrows & Joys - please email your sorrow, concern, joy, gratitude, etc. to Rev. Sarah (sarah@revsarahrichards.com) by noon Saturday, and she will include them in the next Spiritual Sustenance.

Other UU Spiritual Resources

Church of the Larger Fellowship (largest UU congregation in the world) meets entirely online, and has many resources, including live-stream, interactive worship Sunday evenings: https://www.questformeaning.org/clfuu/

The UUA Worship Web is a searchable library for readings, meditations, etc.: https://www.uua.org/worship
The UUA Worship Web App is available for download to smartphones - it also has a virtual chalice you can light and extinguish!

FELLOWSHIP NEWS

TONIGHT: VESPERS: Music, Sharing & Blessing 7 - 7:45pm
Meditative music provided by Joe Palermo, with Stephanie Reece, song leader. If you haven’t received the log-in information and would like to participate in Vespers, contact Rev. Sarah (sarah@revsarahrichards.com).
CUF SOCIAL ACTION COLLECTION FOR MAY

Southern Illinois Immigrant Rights Project (SIIRP)

Usually we have the 2nd Sunday of the month for our special collection to a local charity or group. Since the stay at home order, we are extending the collection throughout the month. Southern Illinois Immigrant Rights Project (SIIRP) was founded in early 2017 to work for a safe and welcoming Southern Illinois area residents of all immigration statuses. SIIRP is a coalition of immigrants and non-immigrants which strives to be led by the needs and vision of Southern Illinois residents who are immigrants. Check donations may be made payable to: Center for Empowerment & Justice (sponsoring non-profit) with SIIRP in the memo line. Contributions are tax deductible. Mail checks to: Ctr for Empowerment & Justice Attn: SIIRP, 213 N. Washington, C’dale, IL 62901.

BINGO FOR MAY 24 COFFEE HOUR

This will be the last BINGO for May as we will be having our congregational meeting on May 31 instead of Coffee Hour. Please come to Coffee and Bingo, 11am! Click here for the CUF May 24 Bingo Card.

JUNE CUFLinks DEADLINE THIS SATURDAY, 5/23

Our theme for June is “What does it mean to be a people of Compassion?” Submit your poem, reflection, photo, drawing on the theme to Editor Mallory Swafford (mallory.i.keith@gmail.com) by noon.

Share Your 2020 Milestones

May 31 will be our Milestones Service, formerly known as Graduation Sunday, in which we will celebrate those who have graduated this year or have had other important life milestones. Do you have a milestone that you would like to share? Here are some examples: a new child/grandchild, retirement, beginning a new educational program, a new role you have taken on, or something significant that you have let go of. We would love to commemorate these important events in our lives together! If you have had a significant milestone that you would like to share, either write 1-2 sentences to be read in the Spiritual Sustenance Service on 5/31, or you can record a brief 1-2 sentence video sharing your milestone. Please email written milestones to Rev. Sarah,(sarah@revsarahrichards.com); email the video recordings to Amy Weber (amyweber1@msn.com). If you choose to do a video, please be in touch with Amy ahead of time, as she will have some tips for you. The deadline for written or recorded sharing of milestones is Wednesday, May 27 at noon.

ROLLING VISITS HEAD WEST!

May 30 at 1:30

We will have another Rolling Visit to CUF members. This time we are heading west of CUF and into Murphysboro. If you have signs from the last visit please bring them, make your own or get one at CUF. We will meet in CUF parking lot at 1:30 on Saturday then take off around 2:00. Please contact Laura Basanta at 618 559-1048 or lauraqueenofall@hotmail.com for questions. Hope to see you!

RESOURCE FOR CONNECTION W/KIDS

Resource for staying in touch with the children in your life. Caribu.org allows you to see each other, read books together or do activities online. Books can be selected for children 0-12 years of age. Children can see the book while you read and can even turn the page for you. Have great fun together. Miriam Link-Mullison 5577mlm@gmail.com
UPDATE YOUR ZOOM APP NOW
Zoom has developed a new version 5.0 with increased security, which will be required for all users on May 30 - to save time then, download the new version to your device now. Go to zoom.com/download.

PLAN TO ATTEND THE SPRING CONGREGATIONAL MEETING
The Congregational Meeting will be held on Sunday, May 31 starting at 11:00am (no Coffee Hour!) and will be held on Zoom. You can connect to Zoom via computer or phone and we are happy to help anyone who needs help—the login info has been emailed to members with the agenda. We have a number of important issues including nominations, budget, a proposal for our social action focus for next year, and some minor changes to the by-laws. To enact changes in the by-laws we need 40% of the members to attend the meeting. Please plan to join us from the comfort of your couch!

REV. SARAH’S TIME OFF
With all the new challenges of staying connected without being able to gather in person, Rev. Sarah is postponing her sabbatical for this year. We are mindful of the extra time she has been working and the need for respite. With this in mind, Sarah will be out of the office and not working May 22-25; June 19-21; and July 1-August 14 (this is her usual study leave/vacation plus some accumulated leave). Please be respectful of her time and need for respite. If you have questions that need addressed, contact CUF Board President Miriam Link-Mullison (618-525-9285; 5577mlm@gmail.com), or one of the Board members. If pastoral care is needed during those periods, contact a Pastoral Friend: Bob Camp, Judy Carter, Astrid Norman, Joyce Shepherd, Nan Sorrels, or Roy Sumner.

WARMING CENTER MEALS: Several volunteers are providing one hot meal a week through the month of May to the Warming Center in lieu of our Feed My Sheep monthly meal since that program is closed at least until June due to the Covid-19 pandemic. Please contact Janet Harris, 1949jelizah@gmail.com or text her at (618) 519-0789 if you have questions or would like to help. Many thanks to the Social Action Committee who approved this.

MUSICIANS: CUF NEEDS YOU!
Sunday Services Committee invites any musician/singer to perform live (on Zoom) for Wednesday evening Vespers and/or make recording(s) for Spiritual Sustenance email mini-services. If you are interested or have questions, please contact Rev. Sarah (sarah@revsarahrichards.com, 617-335-4873) or Rhonda Kosmicki (rlpk63@hotmail.com, 618-559-2457).

“FRIENDS OF CUF” DIRECTORY is now available on the Member’s Page of the CUF Website: www.carbondaleuf.org. The Member’s Page is password protected – email Office Administrator DeSande R at carbondaleuu@gmail.com if you need the password.

EQUAL EXCHANGE Coffee, Tea, nuts and food products can be shipped by the case (generally 6 bags or boxes of the item not a gigantic case!) to your home. Please contact Janet Harris, 618-519-0789 for text or 1949jelizah@gmail.com by email for information on product availability and price.
BJ CARR, WHO USUALLY TEACHES THE GENTLE YOGA CLASS on Wednesdays has offered a different service for anyone at CUF. BJ does both hypnosis & reiki and will offer that either through Skype or on the phone. She likes to talk to people and can talk people through breathing exercises or just chat! You can call BJ at 618-319-0199 to find out more or just to chat!

ONGOING ZOOM GATHERINGS
CUF Cocktail/Social Hour, 5:00pm Saturdays. Drop in with the beverage of your choice to relax and chat with CUF folks of all ages. Log-in info is emailed to all CUF members on Tuesdays and Fridays (same info as previous gatherings). If you’re not a member and would like to participate, email Miriam Link-Mullison, 5577mlm@gmail.com).

RE Gatherings
Children’s Chapel, 10am, first & third Sundays, less structured Children & Youth RE, 2nd, 4th & 5th Sundays.
RE Check-ins continue 10:30am Thursdays. A chance for RE children, youth and parents to connect and catch up. Log-in info has been emailed to RE parents (Children’s Chapel is same log-in info as previous Monday meetings). If you haven’t received it and you’d like to participate, email Jodi Ruffner (jodi_ruffner@frontier.com)

Coffee Hour and Bingo, 11:00 am Sundays (except on May 31st)
Coffee Hour has the same informal chat as Cocktail Hour, except with the morning beverage of choice and a fun Bingo Game. Laraine Wright was our big bingo winner last Sunday! Join the fun - download for the CUF May 24 Bingo Card (you can still play and be eligible to win even if you don’t have the card). If you’re not a member and would like to participate, email Laura Basanta (lauraqueenofall@hotmail.com).

Vespers: Music, Sharing & Blessing 7 - 7:45pm Wednesdays
Our CUF online version of evening prayer service is brief but nourishing: chalice lighting, live music in a meditative style, sharing of sorrows and joys, and a benediction prayer. If you haven’t received the log-in information and would like to participate in Vespers, contact Rev. Sarah (sarah@revsarahrichards.com).

STAYING CONNECTED
CUF Check-In Team
We've created a weekly phone check-in with CUF elders. If you'd like to help out by calling folks, delivering groceries or if you'd like to receive weekly check in calls, please contact Rev. Sarah (sarah@revsarahrichards.com) or Laura Basanta (lauraqueenofall@hotmail.com).

Caring & Sharing During Stay At Home Order
If you need groceries or other essentials and can’t get out yourself, please contact Laura Basanta, C & S Coordinator for info on delivery services and/or CUF volunteer. If you can be one of those volunteers, please contact Laura, too. (lauraqueenofall@hotmail.com) If you need financial assistance for groceries, contact Rev. Sarah for a Kroger gift card. (sarah@revsarahrichards.com)

Groups
The building is closed and no groups are meeting there until the Stay at Home Order is lifted. But that doesn’t mean we can’t stay connected! We encourage existent groups and committees, as well as new, temporary groups to utilize Zoom, Facetime, Messenger, teleconference or other technologies to keep going. If you’d like to use Zoom, just contact Rev. Sarah (sarah@revsarahrichards.com, 617/335-4873) to schedule a meeting.
**Individuals**
Do you have a friend or two who you only see on Sundays at CUF? Do you use Coffee Hour to catch up with CUF folks? Now is the time to pick up the phone and call them - they want to hear from you, too. Find their number in the Member Directory (on the Members Page on our CUF webpage) and call. If you have a smartphone, consider using Facetime so you can see each other as you're chatting. If you don't have the password for the Member Page, or the person you want to call is not listed in the Directory, email our Office Administrator, DeSande, and she will help get you connected: carbondaleuu@gmail.com

**DAILY PRAYERS FOR HEALING**
Rev. Sarah records daily prayers from the book, *Prayers for Healing: 365 Blessings, Poems, & Meditations from Around the World* (365 Blessings, Poems & Meditations from Around the World) edited by Maggie Oman. If you’d like to receive these prayers (7 separate emails sent on Tuesdays), contact Rev. Sarah (sarah@revsarahrichards.com).

**HOW TO FIND CUF's YouTube CHANNEL:**
Go to youtube.com. Within YouTube, there's a search box. Type in "Carbondale Unitarian" and you will see our CUF logo and a link to click for our channel. That's all there is to it! Enjoy our videos -- there will be more! If you want to get to it quickly next time without using the search box, you have several options. 1) click on the tiny "You Tube" box at the very top of the Fellowship's website home page (carbondaleuf.org), or 2) After you go to CUF's YouTube channel, you can create a bookmark on your computer's browser, or 3) if you have a google (Gmail) account, sign in with google, go to the CUF channel as instructed above, and then click the red "Subscribe" button. Then anytime you are signed into YouTube, you can find it there under "Subscriptions." This is especially helpful if you are using a streaming box like Roku, or a smart TV. If this sounds like too much, just go back to the first three sentences of this paragraph and do that. If you still have problems, email Amy Weber: amyweber1@msn.com

**VIRTUAL VIDEO CIRCLE.** Video Circle is suspended indefinitely, but you can still reach out to Amy Weber if you need help finding great things to watch at home, setting up a streaming player, adding apps to it, or whatever. She’s really into that. Contact: amyweber1@msn.com

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**EVENTS IN The Wider UUniverse**

**UUANI ACTION OF THE WEEK:** Provide a safe, fair, and accessible way to vote this November: support a Mail-in ballot!: http://www.uuani.org

**UU GENERAL ASSEMBLY JUNE 24-28, 2020 – IS ALL ON-LINE!**
*Get Rooted, Inspired, & Ready! From home –* join in the UUA General Assembly on-line. Registration is only $150. Register here: https://www.uua.org/ga/registration

**COMMUNITY EVENTS**

5.20.20 **SIH Status Update for Community Partners - COVID - 19 - Faith Communities**
MASK MAKING There are at least three groups in Carbondale and Williamson county that are making hundreds of masks for VA Hospital, nursing homes, healthcare workers. They need cutters, sewers, cloth and elastic. If you are interested contact Mary Ohara marvohara@mchsi.com

GREEN TEAM ACTIVITIES FOR EVERYONE IN MAY
From Christina Krost, our regional Faith In Place Outreach Coordinator
· Solarize Southern Illinois has launched! Interested in putting solar on your house? Now is a great time! Check out SolarizeSouthernIllinois.com for a listing of virtual “power hours” where you can learn much more about this exciting program.
· LEAF Food Hub has partnered with First Presbyterian Church in Marion to be a pick up location, so now there are more ways to get fresh, local produce in southern Illinois! Check them out and support our local farmers at LEAFFoodHub.com.
· The Climate Economy is hosting a virtual event in the Metro East area on May 13 focused on regenerative agriculture. Click here for more info.
· In December, the Federal Energy Regulatory Commission (FERC) made a ruling that is both devastating for the environment and for consumers. It would force most consumers in Illinois to pay more—potentially hundreds of millions of dollars more—for dirty power we don't need. Plus, it undermines the significant clean energy progress Illinois has made, and it would slow renewable energy development across the state. In the wake of this terrible ruling, it is essential that Illinois take control of our energy future. You can submit comments to the Illinois Commerce Commission to ask to push back the deadline for this decision, as our legislators haven’t been able to meet. Submit those comments here.
· The Field Museum is hosting an online Monarch Community Science Training. This training will cover everything you need to know to become an active Monarch Community Scientist and contribute data to protecting this iconic species. Register here.

CUF CALENDAR FOR THE WEEK
Please click on the following link to see this week’s Calendar: http://carbondaleuf.org/wp-content/uploads/2020/05/CUF-Calendar-Starting-May-20-2020.pdf.


GUIDELINES for ANNOUNCEMENT SUBMISSIONS

Bulletin: All items must be received in the CUF office (carbondaleuu@gmail.com) by Wednesday at noon; put BULLETIN ITEM in the subject line. Items received after that time will be placed in the following week's Bulletin. The item should be no longer than 1 paragraph (or 10 lines), beginning with the most important point, e.g., Choir Rehearsal Cancelled. Please remove all formatting this will save the editor valuable time. Dates should be listed as follows: Saturday, Aug. 3, 7:00 pm. CUF Links: Send all items to editor Mallory Swafford (Mallory.i.keith@gmail.com) by noon on Saturday, May 23.