

A Member Congregation of the Unitarian Universalist Association
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105 North Parrish Lane, Carbondale, IL 62901

MARCH THEME: *The Gift of Transformation*

Sunday Service, 10:30 am, March 17, 2024

"Green Transformation"

We're going green for St. Patrick's Day! Wear your green and join us as members of CUF's Green Team share the transformation they experience through interaction with nature, and what they are doing locally and statewide to heal our natural environment. Music by Candy Davis. (Services are in-person and on Zoom.)

CUF's weekly **Vespers Service is tonight at 7PM on Zoom**. This evening's service provides a peaceful chance to reflect, renew, and share with CUF friends. Join Rhonda Kosmicki as facilitator and as Candy Davis musician for this spiritual service.

- **Chalice Lighting**
- **Music by Candy Davis**
- **Sharing of Sorrow and Joys**
- **Blessing**

To access the service on Zoom go to **Zoom Vespers**. Or connect by phone (it doesn't have to be a smart phone!) +1 312 626 6799 - enter the meeting 85091012889 when prompted.

CUF LINKS

March Minister's Column

Upcoming Service Descriptions

Board Member Profile: Kathy O'Laughlin

FELLOWSHIP NEWS

Happenings This Week

Giving Transforms Update Week 2: Our Generosity Campaign had another great week!!

We received 14 more pledges and are now at 52% of our goal!! Over both weeks, 83% of pledges included increases. Watch our tote board heart grow! Giving Transforms!

"Uprooting Injustice by Planting Trees"

Wednesday, Mar. 13, 6:30-7:45 pm

Organized by Friends for Tree Equity (website [HERE](#)) to share with folks in central and southern Illinois resources (including sources of funding) helpful to forwarding tree planting projects in their towns and neighborhoods along with the many benefits trees offer. To register and receive the link to join this webinar, go [HERE](#). Meeting ID: 893 1778 9940.

In Later Years: New Discussion Group for Elders and Caregivers!

4 Thursdays: Mar. 14, 28, April 11, 25, 3-4:30pm, Room 6

Rev. Sarah, Laraine Wright, and Pastoral Friends will lead this book discussion of *In Later Years: Finding Meaning and Spirit in Aging* by Bruce T. Marshall. Based on interviews with a variety of elders, the book uncovers many perspectives on the essential question, "what gives you life?" Contact [Rev. Sarah](#) for more info. There is still room, so come by if you'd like. You can come to all or drop in if you wish.

Watch Party for the UUA Election Justice Campaign w/Side w/Love

Thurs., Mar. 14th, at 6 pm, CUF Commons

You'll learn about our work with State Advocacy Networks and their partners in key states, key ballot initiatives, political education, and spiritual grounding opportunities, and our mass voter contact program. If you can't come to the Watch Party, but want to be part of the UUtheVote kickoff experience, you're invited to register yourself for the kickoff -- here's the [LINK](#).

Congregational Meeting: Rose/Hayward Proposal Presentations

Sunday, March 17, noon, Sanctuary & Zoom

Learn about the six project proposals to be an informed voter on April 21.

Upcoming & Ongoing

March Social Action Recipient: Green Earth

Established in 1974, Green Earth now offers hiking and outdoor recreation at six sites across Carbondale, all open to the public during daylight hours. GE depends on the local community for financial help, land management, trail maintenance, community outreach, and more. You can donate throughout the month by adding 'Green Earth' in the memo of your check or in the note on [PayPal](#); be sure to note 'Green Earth' on the memo line/notes section. Thank you for your support!

March is our food drive for Murphysboro Food Pantry

The Murphysboro Food Pantry serves folks throughout Jackson County and this is their community challenge period, where they are striving to get 64,000 pounds of food and dollars combined. We can help support this challenge through our donation of non-perishable food items. Baskets for your food donations are at the entrance at CUF.

Reproductive Justice Group Comfort Bags March Collection

We filled 200 comfort bags with the help of the CUF Men's Group after service on Feb. 25th and they will be delivered to Choices and Planned Parenthood as needed. Thank you for your continued support! We have set up an Amazon Wish List [HERE](#) where you can order items that have been pre-selected for the bags and they will be delivered to us. Preparing for our March 31st assembly, we are looking for:

- individual tea bags (available through Equal Exchange)
- small toiletries (lotion, soap, toothpaste, lip balm, etc)
- snack bars
- individual candies
- small tissue packs

Clean Up Morning at CUF, Mar. 23rd, 9:30am-noon

Weeding & Washing Transforms! Just like our Generosity Campaign, Giving Transforms, so does weeding & washing! We need to transform the exterior of CUF by weeding and washing the windows! Help spruce up CUF before the Spring Frolic! Needed: Weeders: bring your own gloves, hand trowels, etc. Window washers: supplies will be at CUF. Contact [Laura Basanta](#).

Rose/Hayward Proposal Process Schedule

Congregational Meeting, Sunday, March 17, noon, Sanctuary & Zoom

Details above.

Tuesday, April 2, 5:30-6:30pm Proposal Conversation 1 (Zoom only)

Open discussion facilitated by BoT member(s)

Saturday, April 13, 2:00 - 3:00pm, Sanctuary Proposal Conversation 2 (In Person only)

Open discussion facilitated by BoT member(s)

Sunday, April 21, 12pm, Sanctuary & Zoom - Congregational Meeting: Vote

(Prioritize the proposals using ranked-choice voting by members at a special congregational meeting.)

Roundtable Readers, Friday, Mar. 22, 2-3pm, Commons

Kathy O'Laughlin will lead the discussion of The Covenant of Water by Abraham Verghese (2023; 736 pages). Looking ahead—April 26: Jan Eisenhard will lead the discussion of The Cat's Table by Michael Ondaatje (2012; 288 pages). All are welcome to our 4th Friday afternoon meetings. Having read the session's book is preferable but not mandatory. For more information, contact [Arlene Pellow](#) or [Jan Eisenhard](#).

Open CUF Budget Conversation, Thursday, Mar. 28, 7pm, Sanctuary Want to learn more about CUF's current budget and help think about our budget for next year? Please join CUF leaders for a budget conversation Thursday, 3/28, at 7 pm (in the Fellowship Hall and online via Zoom). For more information, [Bill Sasso](#).

Starting Point- Introduction/Reintroduction to CUF & UU

Tuesdays April 2, 9, 16, 7-8:30pm*

If you're new to CUF and/or Unitarian Universalism; if you'd like to revisit where you are on your spiritual journey, if you'd like to learn a bit about UUism, CUF, and other CUF folks, Starting Point is for you! Rev. Sarah, Linda Linsin, and Sara Starbuck facilitate this 3-session program. *The third session includes an optional opportunity to become a member. Email [Rev. Sarah](#) for more information.

Vote Love Events and News

Early Voting Is Available Now!

You don't have to wait until March 19th to cast your Primary Election vote; early voting began February 8th and continues through March 18th. Williamson County voters can vote at their County Clerk's office (call 618-998-2110 for early voting hours). Jackson County voters can vote at their County Clerk's office, at the Carbondale Civic Center, or at the SIU Student Center (check [HERE](#) for dates and times). If you live in another county, check with your county election authority (probably the county clerk and recorder).

SoIL COMMUNITY NEWS

Rally for Peace in Gaza, Sunday, Mar. 17 at 2-3pm, Main & Illinois

Please gather at 1:45 at the corner of Main and Illinois Ave in Carbondale (Pavilion) for a Rally. Our Muslim Community is now observing Ramadan, so a time change to the weekly Rally will better accommodate their worship.

Open House for Keep Carbondale Beautiful

Monday, Mar. 18th, 4-5:30pm, Hickory Ridge (115 W Sycamore)

Please come and meet the Keep Carbondale Beautiful Board and other members. Find out what we are up to and then stay for the short program. (Light snacks will be provided). Flyer [HERE](#).

Native Spring Tree & Shrub Sale - Keep Carbondale Beautiful**Saturday, March 23, 8:30am - 2pm**

Dozens of species to choose from. Deadline for preorders is midnight March 15th. Go to [KCB website](#) for more information. Preorder and you get \$5 off on shrubs! To preorder, send name, address, phone #, e-mail, and order [HERE](#).

Trans Day of Visibility Parade and Community Resource Fair**Saturday, Mar. 30, 3-7pm, Rainbow Cafe**

CUF is participating in Rainbow Cafe's observance of Trans Day of Visibility. The event is set for Saturday, March 30 from 3-7 pm at the Rainbow Cafe (118 N. Illinois Ave) and across the street at the Carbondale Town Square Pavillion. CUF will have a resource table and we also want to have a great attendance at the parade. Lineup for the parade begins at 5:30 pm. This is a sidewalk parade along Route 51. Please join us to show our commitment as a Welcoming Congregation.

Carbondale Warming Center Fundraiser through March 31st!

The Coldest Night of the Year (CNOY) accepts donations through March 31st, so if you missed the walking event, please feel free to donate to the CUF Team, Walk Ness Monsters! We are still a bit short of our \$2,000 goal. Donate [HERE](#). You can view stats on the entire event [here](#).

Good Samaritan House Fundraiser**Friday, Apr. 12, 4:30pm, Turley Park**

Feed Your Neighbor 5K walk/run sponsored by the Neighborhood Coop, register at 4:30 p.m., Turley Park.

Carbondale Warming Center Trivia Night**Friday, Apr. 12, Newman Center**

A fundraiser to benefit the Center.

49th Annual Hunger Sale**April 26, Friday, 9 a.m. to 6 p.m., and April 27, Saturday, 9 a.m. to 2 p.m., the former Old Navy store in University Mall**

Donations accepted there on Tuesday and Wednesday, April 23-24, 8 a.m. to 6 p.m., and Thursday, April 25, 8 a.m. to 1 p.m. Volunteers are needed at all hours but especially after the end of the sale to dispose of unsold items. Sponsored by Church Women United.

Thanks for the quarters!

Once again, our thanks to those who donate quarters toward the Laundry Project, sponsored by the Carbondale Interfaith Council. We recently gave around \$60 in quarters to Jane Swanson, who coordinates the monthly service at 10 a.m. to 2 p.m., second Wednesdays, at Laundry World. She needs \$500 a month to serve some 50 people who depend on the free laundry. Please drop your quarters in the glass jar we keep in the Commons Room. More information: [Laraine Wright](#).

Volunteers needed at the Good Samaritan Ministries Food Pantry at University Baptist

Special help is asked for on the third Fridays of the month when the truck comes from the St. Louis Food Bank with large deliveries to unload and sort. Call Good Sam's executive director **Patty Mullins at 618-457-5794**.

Young People's Alcoholics Anonymous Fridays, 7:30-9pm, St. Andrew's Episcopal Church 402 W. Mill St., Carbondale

Carbondale New Radicals run this open AA meeting - all are welcome! Please park in lower lot, enter through the red door at the top of the steps. Coffee and snacks provided. For more information, contact Shane B. 323-610-5802 (phone or text).

The Wider UUniverse

UUANI Action of the Week

Support a state budget that invests in ALL Illinois residents

The Illinois Coalition of Immigrant and Refugee Rights, of which UUANI is a member, is seeking new permanent revenue streams needed to expand necessary healthcare and tax relief programs to working- and middle-class families across the state in the belief that it is possible to both welcome new arrivals and address long-term needs of our communities. Click **HERE** to take action.

MidAmerica Regional Assembly – Register Now! Apr 19-20, 2024

The MidAmerica Region is coming together – both online and at the First Unitarian Society of Madison, WI – on Friday, April 19 and Saturday, April 20, 2024 for a multi-platform Regional Assembly! Our Keynote address will be given by the Rev. Dr. Sofia Betancourt, President of the Unitarian Universalist Association of Congregations, and Rev. Dr. Karen Georgia A. Thompson, General Minister and President of the United Church of Christ. There will be workshops, the Annual Business Meeting of the MidAmerica Region, and opportunities to meet many UU Leaders from across our faith tradition. For those who are in person, there will even be opportunities to tour this historic church designed by Frank Lloyd Wright. But most importantly, it is a time for us to come together as Unitarian Universalists from across the MidAmerica Region. Please plan to join us, either online or in-person, for our first-ever multi-platform gathering! You can register **HERE**.

Register Now for 2024 Virtual General Assembly! June 20-23, 2024

Our UUA General Assembly 2024 will be an entirely virtual event; don't miss out on the best registration deal for it! Register now, and lock in the lowest rates available through March 15. For just a \$50 down payment with the Early Bird Payment Plan, secure your spot for an enriching experience packed with featured speakers, dynamic worship, and exclusive access to our event app's on-demand content. Whether you're a past attendee or a first-timer, this is your chance to be part of an incredible gathering. Reserve your virtual spot today, and join us at General Assembly 2024. You can register **HERE**.

Bayside UU Family Camp, Jun. 30-Jul. 6, 2024, Elkhorn WI

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Lutherdale Camp on the shores of Lauderdale Lakes in Elkhorn, WI. This special week includes adult workshops, activities for children, free time for family fun and relaxation, and intergenerational activities. For more information visit our [website](#) or contact us [HERE](#).

WAYS TO ENGAGE

Weekly

Feed My Sheep, 1st, 2nd, 4th, and 5th Thursdays

CUF cooks and serves meals at Feed My Sheep on the 1st, 2nd, 4th, and 5th Thursdays of the month. We cook and serve for those coming through the soup line. We also cook a hot meal for the Warming Center and deliver it to them. Finally, we prepare sandwiches for the evening meal at the Warming Center. We start at 10 am and finish serving at 1 pm. If you can only come to cook, only to serve, or both, you are most welcome. If you want to have your cooking skills challenged, we have a place for you. Contact **Jerry Molumby (618-457-8866)** to get on the email distribution list.

Choir Practice, 1st, 3rd, & 4th Thursdays, 5:30pm, Sanctuary

All are welcome! Director [Michael Thompson](#) and CUF Choir welcome all who love to sing. No audition or ability to read music required.

Social Stitchers, Fridays, 10-12

Do you like to crochet, knit, embroider, or any other type of stitching? Or would you like to learn? Social Stitchers meets every Friday at 10 - 12 in the Commons. Please join us. We always have coffee and goodies sometimes. We'd love to have you. Contact [Benieta Powell](#).

Open Minds, Sundays, 8:30-10 am

All are welcome. The facilitators are [Bill Lauritzen](#) and [Glenn McLernon](#), and they are happy to answer questions about it. We usually watch a video or a documentary, followed by a discussion. Topics include domestic and international politics, history, philosophy, science, health, economics, etc.

The Awakening Heart Dharma Group, Sundays, 7-8:30pm

We are a lay led Buddhist meditation group that meets in the commons area of CUF or on Zoom. If you are interested just show up 10-15 minutes early. Newcomers are always welcome. Some of us sit in chairs and others bring meditation cushions or benches on which to sit. If you have any questions or want the Zoom link please don't hesitate to contact [Jan Eisenhard](#) or [Martha Shum](#).

Monthly

Image Spinners, 2-3:30pm, 2nd Thursdays, Commons

We welcome anyone interested in being a part of this group's reactivation to attend. This CUF writing circle will explore the rich tapestry of experience while writing and sharing poetry, fiction, memoirs, and songs. Prior to COVID, the group was composed of women. In resuming, we would like to be inclusive, and we invite anyone interested to participate. Potential as well as already active writers are welcome. If you have any questions, please contact **Martha Shum** or **Arlene Pellow**.

Roundtable Readers, 4th Fridays, 2-3pm, Commons

All are welcome to our meetings. Having read the session's book is preferable but not mandatory. For more information, contact **Arlene Pellow** or **Jan Eisenhard**.

As Needed

Caring And Sharing: Many of us experience situations in our lives where we need a little extra help. Following surgery, illness, or the death of a loved one, it may be difficult to carry on with normal life for a time. Caring and Sharing Committee volunteers can offer help for CUF folks, such as essential shopping, delivering a few meals, or providing a ride to pharmacies or medical appointments. We may also be able to provide referrals for services we are not able to offer. If you have a need, please contact Caring and Sharing Coordinator **Sage Banks** by email. If needed, you may also leave a phone message and Sage will get back to you when she is able. Also, please **let Sage know** if you are interested in joining the Caring and Sharing team!

Pastoral Friends

Pastoral Friends is a lay ministry which complements, and supports the pastoral care offered by our minister especially when she is unavailable for your immediate personal contact. We will maintain close communication with our minister in matters needing her immediate personal attention or action. We are your friends who will listen attentively without judgment, hidden agendas, and especially guarantee to protect the boundaries of privacy appropriately. If you have personal, health or social issues or just need to talk with a caring person, contact any of the persons below. Pastoral Friends are recognizable by a small green heart on their name tags. Our Pastoral Friends are an evolving group, ready and willing to serve you or others in making our Fellowship a Beloved Community.

Nan Sorrels

Laura van Abbema

Dan Marsh

Bob Camp

CUF OPERATIONS & ONGOING INFO

Board of Trustees Contact Information

FY24 Officers:

Gene Basanta, President

Martha Shum, Treasurer

Amy Weber, Secretary

Rev. Sarah Richards ex officio: (617)-335-4873

Trustees:

Rob Gallegly

Nan Sorrels

Jan Eisenhard

Kathy O'Laughlin

CUF Office Hours - Monday - Friday, 10:00am - 1:00pm

Minister's Office Hours - Mondays 1:00-3:00pm and Wednesdays 11:00am-2:00pm, and by appointment

Note: To view past CUF Sunday Services, go to our YouTube channel: **CUF YouTube**

GUIDELINES for ANNOUNCEMENT SUBMISSIONS

Bulletin: All items must be received in the CUF office email (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 have a title and be no longer than 1 paragraph of 10 lines. Please use font Arial size 18 in black. Only one space after periods. All submissions will run for 3 weeks unless a longer run time is requested. If you know what category your announcement will likely go under, please note that. For instance, Social Action news or ways to engage, etc. All submissions are subject to be edited. Jeletta Brant is the bulletin editor Wednesday afternoons.

This Week's CUF Calendar 2024

Wednesday March 13, 2024

- 4:30-6 Pastoral Friends, Room 6
- 6-7:30 2nd Wednesday Covenant Group
- 7-7:45 Vespers via Zoom

Thursday March 14, 2024

- 2-3:30 Image Spinners, Commons
- 3-4:30 In Later Years Group, Room 6
- 5:30-7 2nd Thursday Covenant Group, Room 6
- 6-8 UU the Vote Watch Party, Commons

Friday March 15, 2024

- 10-12 Society of Stitchers, Commons

Sunday March 17, 2024

- St. Patrick's Day
- 8:30-10 Open Minds, Room 6
- 10:30 Sunday Service in-person and via Zoom
- 12-2 Congregational Meeting, Sanctuary
- 7-8:30 Awakening Heart Dharma, in-person and via Zoom

Monday March 18, 2024

- 5-6 Sunday Services Team via Zoom
- 5:30-6:15 RE Committee meeting via Zoom

Wednesday March 20, 2024

- 10-11 Men's Group, Neighborhood Co-op
- 1-3 Evergreen Gardening Club, Commons
- 5:30-6:45 LGBTQ+ Welcoming Cong. Team via Zoom
- 7-7:45 Vespers via Zoom

Add Your Meeting to Our Calendar: As you schedule Fellowship meetings, please be sure your meeting is added to the CUF calendar whether you are meeting in person or by Zoom. You can view the google calendar on our website **CUF Calendar**. To add an event to the calendar, send an email to **Carbondaleuu@gmail.com**. Include start time, end time and the contact person for the meeting.