

A Member Congregation of the Unitarian Universalist Association
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Rev. Sarah C. Richards, Minister sarah@revsarahrichards.com
[105 North Parrish Lane, Carbondale, IL 62901](http://105NorthParrishLane.com)

APRIL THEME: *The Gift of Interdependence*

CUF's weekly Vesper Service is tonight at 7PM on Zoom.

This evening's service provides a peaceful chance to reflect, renew, and share with CUF friends on our monthly theme of interdependence. Join Janet Harris as facilitator and Dorothy McDaniel as musician for this spiritual service.

- Chalice Lighting
- Music by Dorothy McDaniel
- Sharing of Sorrows and Joys
- Blessing

To access the service click on **[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

[April Minister's Column](#)

[Upcoming Service Descriptions](#)

[Board Member Profile: Jan Eisenhard](#)

FELLOWSHIP NEWS

Happening This Week

Thank You to CUF from Metro East UUs

Mary Johnson, Board Secretary of the Metro East UU Congregation sent this note with a \$50 donation:

"Dear Rev. Richards and Carbondale Fellowship,

Thank you for allowing us to enjoy the eclipse on April 8 from your building, patio, and park. Twenty or so members and friends of MEUUC made the trip...and were so happy to have a comfortable place to picnic, play, and learn about the eclipse. For many in our group, it was their first experience of seeing an eclipse, and it was something they'll always remember."

CUF thanks Amy Weber for welcoming the MEUUC visitors and helping them to have such a positive experience!

Congratulations New Members!

Seven people signed the CUF membership book on Tuesday evening! Please welcome them when you see them at the Fellowship or online: **Eyde Arndell, Brandy Barnes, Warren Bush, Beau Henson, Ashley Herd, Heather Hoffman, and Clare Killman.**

April Social Action Recipient: Murphysboro Food Pantry

"Easing the pain of hunger in all of Jackson County. The food pantry provides quality food items to households experiencing food insecurity. This program supplies critical nutrition to hungry individuals and families."

[Learn more.](#)

Finance Committee Meeting

Wednesday, April 24 at 2:30 PM, Rev. Sasso Library

For more information contact **[Roy Sumner.](#)**

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

April 25 at 3:00-4:30 PM, Room 6

Rev. Sarah, Laraine Wright, and Pastoral Friends lead the final 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 information. Drop-ins are welcome.

Roundtable Readers

Friday, April 26 at 2:00-3:00 PM, Commons

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**.

Sunday Service - "Climate Positivity"

April 28 at 10:30-11:45, Sanctuary and Zoom

When thinking about current and future impacts of climate change, many of us cycle between anxiety born of fear and apathy born of helplessness. Rev. Sarah leads this service about ways we can break the cycle, moving to hope born of collective action. Music by Maki Ito Pardieck (In person and via Zoom).

Spring Leadership Summit

Sunday, April 28 at 12:00 PM, Commons

Join other committee and group leaders to share achievements of the past year and develop goals and actions for next year. If your team submitted objectives for the Strategic Plan, please bring those with you. Light lunch and childcare provided. The Committee on Shared Ministry is hosting the summit. If you have any questions about the summit, **click here**. RSVPs are appreciated but not required: **click here** to let us know if you/your children are coming.

Upcoming & Ongoing

Reproductive Justice Group Comfort Bags April Collection

We filled 200 comfort bags on March 31 and delivered them to Choices and Planned Parenthood. 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 April 28th 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

For more information contact **Sara Starbuck**

Memorial Terrace at CUF

Carbondale Unitarian Fellowship has a Memorial Terrace located on the edge of the patio outside the Commons area. There are several bricks already in place. We are about to order a new round of bricks that have been on order for a little while. Perhaps you might like to order a brick or two to be engraved for someone you would like memorialized.

The cost of a Memorial Brick is \$150 (\$100 for onsite engraving and \$50 to the Long Term Maintenance fund). You may have space for 3 lines of 13 letters. For more information contact Jerry Molumby at (618) 457-8866.

Orders must be in by May 15, 2024

Reproductive Justice Group Book Discussion

Thursday, May 2 at 5:00-6:30 PM - Room 6

Please join us in discussing *Cider House Rules* by John Irving. Maybe you've already read this or seen the movie. It's worth reading again and comparing the women and doctor in the novel with women's rights today. The author touches on reproductive rights in a way that we thought were behind us. We will meet in person at CUF in Room 6 on May 2 from 5:00-6:30. All are welcome to join the one-time discussion.

For more information contact [Linda Linsin](#).

Mark your Calendar!! Family, Food, and Fun Night

Friday, May 3 at 5:00-7:00 PM

This family fun night will have an art theme and will have three or more art activities. We'll have dinner of pizza, salad, veggies, and a treat. Parents are invited to join in the activities or just relax. More info to come soon!

If you have any questions please contact Rhonda Kosmicki:
618-559-2457- rlpk63@hotmail.com.

SoIL COMMUNITY NEWS

Rally for Peace in Gaza. (Weekly Event)

Sunday, April 28, 2024 at 1:30 PM

Please gather at 1:15 PM on the corner of Main and Illinois Ave. in Carbondale (Pavilion) for a Rally from 1:30 PM to 3:00 PM

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. Flyer [HERE](#).

Jackson County Health Department
Shred and Medicine Disposal Day - Free
Saturday, April 27, 2024 at 8:00 AM to 12:00 PM
Click here for details or you can call (618) 684-3143 Ext. 128

"Parallels" - Free Concert
Tuesday April 30, 7pm, Shryock Auditorium, SIUC
British folk songs collected by Cecil Sharp and Gabriel Faure's Requiem in D Minor will be performed by SIU Choral Union, Concert Choir, and Chamber Orchestra. Featuring Emily Black, soprano, and Nyghel Byrd, baritone. Dr. Susan Davenport, Mason Rice, Savannah Fallis, Carley Jo Goggans, conductors. All are welcome!

Carbondale All Ways Open
City of Carbondale - Upcoming Meeting
Wednesday, May 1, 2024 at 6:00 PM click here for details.
If you have any questions, please reach out to our office at (618) 457-3248.

Carbondale All Ways Open
City of Carbondale - 2024 Summer Internship Program
Friday, May 31, 2024 through Friday, July 26, 2024
Application Deadline - Sunday, May 12, 2024
Click here for details. For more information contact the program coordinators **Sharonda Cawthon** or **Dianah McGreehan** or call (618) 549-5302.

Legislative Action Needed!
Illinois Senate Bill 3499 speaks directly to our UU principles for self-autonomy and love and empathy for others. The bill would create the End-of-Life Options for Terminally Ill Patients Act, allowing doctors to prescribe medication that could be taken by those who want to remove needless suffering at the end of life. Many safeguards are built into this legislation. Please search for IL SB3499 to read the bill and then, if you agree, contact your state senator by phone or mail. For more information, **Laraine Wright**, 618-201-1515. Click **HERE**.

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

UUA Book and Gift Shop - inSpirit

We seek to help folks search for truth and meaning through our curated inventory of books and gifts that shed light on and grapple with questions of justice, community, and spirituality relevant to our time and place.

UUANI - Action of the Week

Invest in support services for Pretrial Fairness

With the Pretrial Fairness Act, Illinois became the first state to completely eliminate money bond. Judges now base detention decisions on public safety, not personal wealth. The act, which took effect July 1, has had a smooth implementation across the state, dramatically reducing the number of people incarcerated. More people maintain employment, housing, and connections to loved ones while awaiting trial.

Now, we are working to pass the Pretrial Success Act (HB4816 / SB3470) to expand access to vital services for those awaiting trial, such as case management for mental health and substance use disorders, and transportation and child care for court appearances.

TAKE ACTION

In partnership with the **Unitarian Universalist Prison Ministry of Illinois** and the **Illinois Network for Pretrial Justice**

BLUU and UUJEC - Cooperative Housing Initiative

April 25 at 10:00 AM (PT) 11:00 AM (MT) 12:00 PM (CT) 1:00 PM (ET)

To register for Zoom:

<https://us02web.zoom.us/meeting/register/tZEsc-igrDooHtWuZ2iiJprdoUQuCqCV665r>

For more information **Facebook**

Faith in Place and UUANI

Climate Action Advocacy Day in Springfield

Thursday, May 9 - Springfield, IL - Register for bus ride

We encourage everyone that's passionate about climate action to gather in Springfield to rally one another and to speak to our legislators! We hope to connect with senators and representatives while in Springfield to share our opinions; it is important for our legislators to put names and faces and voices to climate advocates in their districts.

We have a 25 person bus that is confirmed for this year, so please sign up to ride!

Lunch and t-shirts will be provided; register at <https://ilenviro.org/2024-climate-action-lobby-day/>

For more information contact Wade. See you on the bus!

UUME - UUYACJ

Healing and Wellness in Movements - Herbal First Aid Kits

Saturday, April 27 at 12:00 PM (PT) 1:00 PM (MT)

2:00 PM (CT) 3:00 PM (ET)

These live, virtual workshops are open to all young adults (ages 18-35).

Full details of workshop [here](#). [Register here](#).

International Day of Biodiversity

Wednesday, May 22 at 7:00 PM (ET) 6:00 PM (CT)

5:00 PM (MT) 4:00 PM (PT)

Join UU Ministry for Earth for poetry, song and story to honor International Day for Biological Diversity with Dr. Lyla June Johnston

[Register here](#)

We will collect donations, half of which will go to National Indigenous Women's Resource Center. <https://www.niwrc.org/>

Your congregation or organization can sponsor the event.

Email daniellawlor@uumfe.org.

UU Climate Justice Revival - Reimagine Together from an extraction age to a New Era

Saturday, September 28 through Sunday, September 29

We are happy to be one of the primary organizers of the Climate Justice Revival: Reimagine Together: From an Extractive Age to a New Era! The Revival will equip UU congregations to enter into a new era of climate action that faithfully breaks down silos and transforms our congregations through inspiring collective worship, creative learning, and new frameworks at the intersection of climate and justice. Learn more at

<https://www.uuclimatejustice.org>.

TXUUJM - " Moving from Environmentalism to Climate Justice - Community Event - Virtual

Thursday, May 23 at 7:00 PM - 8:00 PM (CT)

Learn more about these programs at txuujm.org. [Register here](#).

The Earth Bill

Ask Your House Member to Support and Cosponsor H.R. 598

Take Action and use our **poster for tabling after services**.

Environment Justice for All Act

We Need the Environmental Justice for All Act

Take Action: **Environmental Justice for All**.

Foraging as an Earth Care Practice

Read the full blog post here.

UU the Vote - Planting Seeds of Democracy - State Based Organizing

Georgia Election Defense Training

Saturday, May 4 at 1:00 to 3:00 PM (ET)

For more details **click here**.

Georgia phonebank with GHALR hosted by Nora Rasman

Sunday, May 5 at 5:00 PM to 7:00 PM (ET)

For more details **click here**.

Arizona Weekend of Action

Friday, May 31 through June 2

For more details **click 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, and 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, Commons

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, RE Room 6

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

Bring Your Own Book Club - 3rd Tuesdays, Noon, Commons

A different take for book reading: each of us discusses a book we have read recently and passes it around the group. Learn about new authors, interesting non-fiction, and what perhaps to avoid on the best seller's list.

Contact Laraine or Astrid.

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 text (618) 713-0216 or 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

Laraine Wright

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. Monique is the bulletin editor Wednesday mornings.

This Week's CUF Calendar 2024

Wednesday, April 24, 2024

- 2:30-3:30 Finance Committee Meeting, Rev. Sasso Library
- 7:00-7:45 Vespers Service, Zoom

Thursday, April 25, 2024

- 3:00-4:30 In Later Years Group, Room 6
- 5:30-6:30 Choir Rehearsal, Sanctuary

Friday, April 26, 2024

- 10:00-12:00 Social Stitchers, Commons
- 2:00-3:00 Round Table Readers, Commons

Sunday, April 28, 2024

- 8:30-10:00 Open Minds, RE Room 6
- 10:30-11:45 Sunday Service, Sanctuary and Zoom
- 12:00-1:00 Spring Leadership Summit, Commons
- 12:00-1:00 Reproductive Justice Group, Room 6
- 7:00-8:30 Awakening Heart Dharma Group, Commons and Zoom

Wednesday, May 1, 2024

- 12:00-3:00 Evergreen Garden Club, Commons
- 7:00-7:45 Vespers Service, 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**](mailto:Carbondaleuu@gmail.com). Include start time, end time and the contact person for the meeting.