

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](#)

MAY THEME: "The Gift of Pluralism"

CUF's weekly Vesper Service is tonight at 7:00 PM on Zoom.

This evening's service provides a peaceful chance to reflect, renew, and share with CUF friends for our monthly theme of pluralism. Join Jeletta Brant as facilitator and Bob Swenson as musician for this spiritual service.

- Chalice Lighting
- Music by Bob Swenson
- 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

May Minister's Column

Upcoming Service Descriptions

Board Member Profile: Jan Eisenhard

FELLOWSHIP NEWS

Happening This Week

May Social Action Recipient:

Women for Change/Unity in the Community

"Investing in the Future of our Community. We are better together."

Sunday Service: Picturing Pluralism

Sunday, May 12 at 10:30 AM, Sanctuary and Zoom

Our congregational goal for living out the value of pluralism is to "Develop ways to welcome and celebrate our differences, support our authentic selves, develop a culture of covenant and embrace diversity in the wider community." In this multigenerational service, led by Rev. Sarah, all ages are invited to think about, write about, and draw what fulfilling that goal looks like in our everyday lives. Music by Dorothy & Kent McDaniel. (Services are in-person and on Zoom.)

2nd Sunday Potluck - After Service

Sunday, May 12 at 12:00 PM, Commons

All are welcome to partake, whether or not you brought a dish. All are welcome to help set up and clean up. May Birthday? Come get a cupcake!

The Awakening Heart Dharma Group

Sunday, May 12, 2024 at 7:00 PM In-Person Only, Commons

We are a lay led Buddhist meditation. 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.

For more information contact **Jan Eisenhard** or **Martha Shum**.

Upcoming & Ongoing

Reproductive Comfort Bags - May Collection

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. There's a donation basket inside the fellowship. Preparing for our May 26 assembly, we are looking for:

- small toiletries (lotion, soap, toothpaste, lip balm, etc.)
- snack bars
- individual candies
- small tissue packs
- granola bars

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

Sunday Service: Graduation Sunday

Sunday, May 19, 2024 at 10:30 AM, Sanctuary and Zoom

High school graduation is an important life transition for the individual, family, and congregation. In this celebratory service we honor our graduating senior, Madi Herzog, and listen to her reflection. We also recognize our new members –another transition significant on personal and community levels. Music by CUF choir

**Red Cross - Blood Drive at Carbondale Unitarian Fellowship
Friday, May 24, 2024 at 12:00PM to 4:00 PM**

If I were to tell you that you could save your partner's life by donating a pint of blood, would you be more inclined to donate? Accidents are not planned, but when they happen, isn't it nice to know someone cared to make sure blood was available? I hope my question got you to think about what it would take to get you to spend an hour of your time donating blood. I know that many cannot donate for a wide variety of reasons and that is why it is so important for those of us who can donate to do so. For more information contact Jerry Molumby at (618) 457-8866.

Roundtable Readers Meeting Friday, May 24 at 2:00 PM, Commons

Arlene Pellow will lead the discussion of Caste: The Origins of Our Discontents (2020) by Isabel Wilkerson. Having read the book is preferable but not mandatory— all interested are welcome.

For more information contact Arlene Pellow or Jan Eisenhard.

Sunday Service: Always Another Story

Sunday, May 26, 2024 at 10:30 AM, Sanctuary and Zoom

One threat to pluralism is the acceptance and retelling of a single story – seeing only one interpretation of an event or situation. Rev. Sarah leads an exploration of how we might expand our views beyond the one narrative that we hear and tell about “the other.” Music by Candy Davis & Marty Merrill.

The Awakening Heart Dharma Group

Sunday, May 26, 2024 at 7:00 PM In-Person Only, Commons

We are a lay led Buddhist meditation. 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.

For more information contact Jan Eisenhard or Martha Shum.

SoIL COMMUNITY NEWS

Faith in Place and UUANI

Climate Action Advocacy Day in Springfield

Thursday, May 9, 2024 - 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!

Stand Out Scouts - In-Person Registration

Thursday, May 9, 2024 at 5:00 PM to 7:00 PM

Downtown Pavilion

For additional details [click here](#).

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.

Rally for Peace in Gaza (Weekly)

Sunday, May 12, 2024 at 1:30 PM

Please gather at 1:45 PM on the corner of Main and Illinois Ave. in Carbondale (Pavilion) for a Rally from 2:00 PM to 3:00 PM

Appropriate signs will be provided at the vigil, but all are invited to bring their own.

Peace Coalition of Southern Illinois

Monthly Meeting, Wednesday, May 15, 2024 at 6:00 PM

For information about joining contact [Georgeann Hartzog](#).

Green Earth - 50 Years of Conservation in Carbondale
Friday, May 19, 2024 at 3:00 PM to 6:00 PM
Hickory Ridge Golf Course

Come celebrate with us! **RSVP appreciated by Tuesday, May 14**
Click greeneearthinc.org/50 to RSVP

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. at (323) 610-5802 (call 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.

May is Asian American and Pacific Islander Heritage Month

In response to the continuing escalation in xenophobia and bigotry resulting from the COVID-19 pandemic, it is even more necessary to lift up these stories and reckon with this nation's anti-Asian racism.

UUANI - Action of the Week

Tell your Senator to Vote YES for House Bill 5164, Name Change Law Modernization

As Unitarian Universalists we value every person's right to flourish with inherent dignity and worthiness and strive to dismantle all forms of systemic oppression. **HB 5164** would advance safety and support for many communities, including transgender people, adoptees, survivors of domestic or intimate partner abuse, survivors of human trafficking, survivors of gender-based violence, and refugees.

Specifically, HB 5164 would:

- Repeal the archaic, expensive, and harmful requirement that an individual must publicize their name change in a newspaper; and
- Protect an individual by allowing them to request that their name change record be kept private if public disclosure would negatively impact their health or safety.

Take Action

This action is in support of **Equality Illinois**' Springfield Advocacy Day
Wednesday, May 8, 2024

Support Clean & Equitable Transportation Healthy Buildings and Reliable Energy

Our partners at the Illinois Clean Jobs Coalition are launching a bold and transformative legislative platform. This **package of bills** will lower greenhouse gas emissions, create green jobs, and make our communities healthier and safer. Our vision is to build an economy in Illinois that is clean, healthy, reliable, and equitable for all. We hope you'll join us as we work to make this vision a reality.

TAKE ACTION

Partnering with the **Illinois Clean Jobs Coalition**

UUME - UUYACJ

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>.

**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](#).

**Unitarian Universalist Association Annual Meeting -
The 63rd General Assembly (GA)**

Thursday, June 20 through Sunday, June 23, 2024

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must **certify** annually to have voting delegates.

General Assembly Registration. For more details [click 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, 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, Commons

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 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, May 8, 2024

- 10:00-12:00 2nd Wednesday *Day* Covenant Group, Room 6
- 7:00-7:45 Vespers Service, Zoom

Thursday, May 9, 2024

- 5:30-7:00 Covenant Group, Commons

Friday, May 10, 2024

- 10:00-12:00 Social Stitchers, Commons

Sunday, May 12, 2024

- 8:30-10:00 Open Minds, Room 6
- 10:30-11:45 Sunday Service, Sanctuary and Zoom
- 12:00-1:00 2nd Sunday Potluck, Commons
- 7:00-8:30 Awakening Heart Dharma Group, Commons

Tuesday, May 14, 2024

- 5:30-7:30 2nd Tuesday Covenant Group, Zoom
- 7:00-9:00 SI Bonsai Society, Commons

Wednesday, May 15, 2024

- 5:30-6:45 LGBTQ Welcoming Team Congregation, Zoom
- 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**. Include start time, end time and the contact person for the meeting.