

A Member Congregation of the Unitarian Universalist Association

Phone: 618-529-2439 **Website:** www.carbondaleuf.org

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Rev. Sarah C. Richards, Minister sarah@revsarahrichards.com

105 North Parrish Lane, Carbondale, IL 62901

November Theme: *The Practice of Repair*

Next Sunday Service, 10:30 am November 24, 2024:

"Thanksgiving Bread Service"

Our annual multigenerational celebration of harvest will nourish the mind, body, and spirit. We will hear stories from CUF bakers, break bread together, and give thanks for being together. Music by CUF choir, Michael Thompson, Director.

RE for Sunday November 24, 2024: "Annual Multigenerational Thanksgiving Bread Service"

This Sunday, the children and youth will join their families for our annual Bread Service! This special service is a much-loved tradition for CUF. Those kids who would like to, will help pass out the bread, juice, plates, and napkins.

For more information about the CUF Religious Education program, please contact Rhonda Kosmicki, RE Coordinator, at 618-559-2457, or rlpk63@hotmail.com.

Weekly Vespers Service tonight at 7 PM on Zoom

This evening's service provides a peaceful chance to reflect, renew, and share with CUF friends on our monthly theme of the Practice of Repair. Join Cheryl Robinson as facilitator and Bob Swenson as musician. To join us on Zoom, [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

[November Minister's Column](#)

[Upcoming Service Descriptions](#)

[Get to know Board member Martha Shum](#)

FELLOWSHIP NEWS

Happening This Week

Trans Day of Remembrance Vigil

Wed., Nov. 20, 7pm Gaia House Interfaith Ctr - TONIGHT

Event is held jointly for the Carbondale community and SIU campus. Join in honoring and remembering those in the trans community we have lost to violence. Sponsored by Rainbow Cafe, Paulette Curkin Pride Resource Center at SIU, Downstate IL Trans Organization.

New Counter Needed!

We need someone to help count the offering after the service on the 4th Sunday of the month. Training is provided and you will be part of a two-person team. If interested, please contact Martha Shum (martha.shum@gmail.com). *We would like this new person to train in time to begin this Sunday, November 24.*

RE Bread Baking!

Saturday November 23, 2024, 1-3:30 pm, CUF Join us for an afternoon of bread baking! The kids will make multiple loaves of two kinds of bread. One loaf will be shared during our Bread Service on Sunday, and the rest will be given to local shelters. It would be helpful to know about how many children/youth will participate, so please let Rhonda know if you plan to be there, or if you have any questions! 618-559-2457 or rlpk63@hotmail.com

Assembly of Reproductive Justice Comfort Bags

The Reproductive Justice Group will be assembling 300 comfort bags on Sunday, Nov. 24th, after service and you are welcome to join us! If anyone would like to donate scarves, we are happy to include those. Thank you to everyone for your generosity these past few months! We have everything we need for assembly later this month. You are always welcome to order using our Amazon Wish List found here: https://www.amazon.com/hz/wishlist/ls/KPA82BDA45KD?ref=wl_share Contact Susan Lutton at luttonsk@gmail.com for questions.

Holiday Greeting Cards - add your signature!

Sundays November 24 & December 1, noon, Commons

The next two Sundays we will be collecting signatures for our annual holiday greetings to members who used to live here and members that we don't see very often. Please look for the Holiday Card table, and add your signature to the insert. It will be much appreciated.

Art and Craft Sale was a big success!

Thank you for both our vendors and buyers for making the art and craft sale a big success. We raised just over \$3,000 for the CUF budget AND it was a lot of fun!

This Week's CUF Calendar

Wednesday, November 20, 2024

- 7:00 - 7:45 pm - Vespers Service, Zoom

Thursday, November 21, 2024

- 5:30 - 6:30pm - Choir Rehearsal, Sanctuary
- 7:00 - 8:30pm - Last Thursday Covenant Grp (rescheduled)

Saturday, November 23, 2024

- 1 - 3:30 pm - RE Bread Baking, CUF Kitchen & Commons

Sunday, November 24, 2024

- 8:30-10:00 am - Open Minds, Room 6
- 10:30-11:45 am - Sunday Service, in-person and on Zoom
- 12:00- 1:00 pm - Reproductive Justice Group Assembling Bags, Rm 3
- 7 - 8:30 pm - Awakening Heart Dharma Group, Commons & Zoom

Wednesday, November 27, 2024

- 4:30 - 6:00pm - Pastoral Friends, Room 6
- 7:00-7:45 pm - Vespers Service, on 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. (Also, if your regular weekly or monthly meeting is canceled or rescheduled, please send an email so the calendar can be corrected. Thank you!)

Upcoming & Ongoing

November Social Action Recipient: Carbondale Warming Center

CWC provides shelter and support 24/7 for up to 40 residents. It is the place of last resort for many with multiple problems. It has risen from a grassroots origin to an essential part of the social support system in Carbondale. CUF supports it through Feed MY Sheep meals most Thursdays. CUF has also been a generous financial supporter of the Warming Center for over 3 years. You can contribute with a check to CUF, or by [PayPal](#). Be sure to put "Warming Center" on the Memo line of your check, or in the Note area on PayPal. Thank you for your support!

Thanksgiving Holiday Office Hours

CUF will be **closed Wednesday, Nov. 27 - Friday, Nov. 29**. The Bulletin will go out as usual on Wednesday, but there will be no Admin or Minister's Office Hours.

BLOOD DRIVE - Give the Gift of Life!

Friday, December 6, 12 - 4pm, CUF

Double bonus this time: Give blood, and give thanks that there is always blood available if you or loved ones need it. It is the perfect gift to give for Christmas - valuable, lifesaving and free.

Parents' Night Out — *Donations needed by December 8*

Each year we hold a holiday party for our children and give our parents some time off. A big part of this night is the Children's Christmas Store. We need your help to make this happen. Donate possible gift items for Mom, Grandma, Dad, Grandpa, brothers, or sisters. We always especially need items for our Dads and Grandpas. Also helpful are gift bags, small gift boxes, and tissue paper. We will also be adding a service project and will need old t-shirts, which we will braid into dog toys for a shelter. This is a great way to clean out your closets while offering our children "real gifts" to purchase and a way to give back. This is a win-win and a great tradition that has been going on here for over 25 years. There is a basket by the door, *please donate by December 8*.

Kids Party/Parents Night Out - RSVP by Dec. 6

Saturday, December 14 from 4:30 - 7:00pm

We will offer our child (children) an evening of fun activities including supper and our ever-popular Children's Christmas Shop where they can shop for gifts for family members for a dollar or less. Other activities will include crafts, games and more. **Let us know by December 6th if your children will be participating by emailing Miriam Link-Mullison, 5577mlm@gmail.com**. If you are interested in being one of the elves, it is a guaranteed good time, just let Miriam know.

Social Action Zoom Meeting Dec. 9 at 7pm

Please come to the Social Action Team zoom meeting. This will be the last meeting of 2024 & planning the way for 2025. Go to the Zoom link at the CUF website for the meeting. Email any agenda items to **Laura Basanta**

Social Action Sunday Recipients for 2025

Have an idea for a local, national or international nonprofit to recommend for one of our Social Action Sunday recipients for 2025? Please send your recommendations to **Laura Basanta**. They will be voted upon at the Dec. 9 Social Action Zoom meeting. Here are some of the groups we always work into our recipient list: Murphysboro Food Pantry, Good Samaritan Ministries, Carbondale Warming Center, Survivor Empowerment Center, Rainbow Café.

The Wider UUniverse

Tools for Tending: Post-Election Spiritual Care Space with Side with Love, BLUU and DRUUMM, 6-8pm Central, Thursday Nov 21.

Tending our spirits through somatic practices, spiritual grounding, and small group connection. Click [here](#) for info.

Season of the Grateful Heart: Jim Scott Sings for Our Blessings and Our Work to Do

Online, tonight, Wed. Nov. 20, 7 pm Central. Jim says, "Yes, OK, things are a mess. The future is very challenging, I'm not going to let myself say bleak. We have serious work to do, to protect the Earth, Democracy, Law and Order, Human Decency - and more. But we are lucky, privileged, blessed to be alive at this momentous time. Some opportunity to reflect on that good fortune, and some music to acknowledge the abundance of nature, is in order. Then it will be back to work. I hope you'll join me for a bit of thanks-giving, a week before the holiday. And thanks for you."

[Facebook.com/Jimscottmusic](https://www.facebook.com/Jimscottmusic)

[YouTube.com/Jimscottmusic](https://www.youtube.com/Jimscottmusic)

SoIL COMMUNITY NEWS

Healing Trauma for Incarcerated People & Restorative Justice Training: Monday, Nov. 25, 9:30am - 3pm, Carbondale United (309 E. Jackson St.) Are you interested in volunteering to work with incarcerated people in a wildly successful program being replicated at prisons in Southern Illinois? Learn more about circle practices and addressing trauma in a FREE training with no commitment. Please email Quiana Engle Qenge@adler.edu to **reserve your space by 11/23/2024**. Call 312-662-4021 with questions. SPACE IS LIMITED.

Weekly Rally for Peace in Gaza, **CANCELED Sunday, November 24, for Thanksgiving break.** Hopefully to resume Dec. 1, corner of Main and Illinois Ave in Carbondale (Pavilion).

Host Family Still Needed! Jackson Williamson County Sunset Rotary Club is looking for another host family for a high school student from Brazil for this school year. The host family does not have to be a Rotary member, must live in the Carbondale High School district and be open to sharing the American experience and learning about Brazilian culture. Anyone interested in more information should contact Kimberly Lilly by phone or text at (248) 808-7918 or email, lilly.kimberly89@gmail.com.

**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! Park in lower lot, enter through the red door at the top of the steps. Coffee and snacks provided. For more info call or text Shane B. at 323- 610-5802.

Two Important City of Carbondale surveys:

Urban Flooding

The survey is quick and an effective way to collect a lot of information at a birdseye view: **City of Carbondale Community Survey | Urban Flooding**

Comprehensive Plan

This survey is part the City's development of our new Comprehensive Plan, and collects a lot of ideas in an efficient and though provoking way. Survey can be found here: **www.plancarbondale.com**.

YOU'VE READ ALL THE CURRENT NEWS!

The rest of the bulletin includes general info about CUF, ongoing weekly, monthly and "as needed" activities and leader contact info. Instructions for submitting bulletin items are still at the very bottom of the bulletin.

WAYS TO ENGAGE

Weekly

FEED MY SHEEP: 1st, 2nd, 4th, and 5th Thursdays

CUF is committed to feeding the hungry, in a real tangible way. On all but the third Thursday of the month, we go over to Bethel AME, plan a meal, prepare it and serve to 30-50 hungry people. We also prepare a meal for the Warming Center at the same time and deliver it to them for their 35-40 guests. And we make sandwiches for their evening meal. It is a fun time spent with some great people and the satisfaction of feeding the hungry is priceless. We have a regular crew of 8 who help one to four Thursdays a month. If we have 4 present each week, it is steady work for 3 hours (10-1pm). When we have fewer, the pace has to pick up. If you can manage to give one Thursday a month, please contact **Jerry Molumby (618) 457-8866** or any of the volunteers: Ashley, Benieta, Bill, Jan, Rhonda. Many in CUF have volunteered in the past. This is where the rubber meets the road, or the kettles ring with joyful noise.

Calling All Singers!

Michael Thompson, Choir Director, welcomes you to join the choir by attending a rehearsal (every **first, third and fourth Thursday, 5:30 - 6:30pm**, in the CUF sanctuary). No audition or ability to read music necessary - just bring your voice! Email **Michael** for more information.

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 sometimes goodies, too. We'd love to have you.

Contact [Benieta Powell](#).

Open Minds, Sundays, 8:30-10 am, Room 6

All are welcome. We usually watch a short video, followed by discussion. Topics include domestic and international politics, history, philosophy, science, health, economics, etc. After you enter the building, turn left, and room 6 is at the end of the hallway.

Contact: [Terry Elliott](#)

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

The CUF Art Colony will begin to meet again at CUF starting in November 2024!

In November and December we will meet on the 2nd Saturday of each month from 9 a.m. - noon. A discussion of participants' artwork will start at 11:15 a.m. Starting in January, the Art Colony will meet on the 2nd and 4th Saturdays of each month from 9 a.m. - noon. For more information, or if you have questions, please contact Terry Elliott at elliott3443@gmail.com or Kitty Juul at kmjuul@yahoo.com.

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](#).

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 Wright](#) or [Astrid Norman](#).

**Roundtable Readers is on hiatus. Returns in January.
(Normally 4th Fridays, 2-3 pm, Commons)**

At the **January** meeting (4th Friday, Jan. 24, 2-3 pm, Commons) they will discuss *Changing Places: A Tale of Two Campuses* (1979) by David Lodge. Having read the book is preferable but not mandatory. All are welcome. 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 Ashley Herd by **email** or by phone (479-353-0479). If needed, you may also leave a phone message and she will get back to you when she is able. Also, please let her know if you are interested in joining the Caring and Sharing team!

Pastoral Friends

Pastoral Friends is a lay ministry that 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

Laraine Wright

Randy Grider

Elisa Hummer

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:

Jan Eisenhard

Rob Gallegly

Kathy O'Laughlin

Alex Waller

CUF Office Hours - Monday - Friday, 10 am to Noon.

Minister's Office Hours

Mondays 1:00-3:00 pm and Wednesdays 11:00 am-2:00 pm, and by appointment.

Fridays are sabbath days, feel free to contact Rev. Sarah any other day of the week for non-emergency issues.

Note: To view a selection of 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, or 150 words. 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, Upcoming or Ongoing or Ways to Engage, etc. All submissions may be edited for length and coherence.