

A Member Congregation of the Unitarian Universalist Association

**Phone:** 618-529-2439 **Website:** [www.carbondaleuf.org](http://www.carbondaleuf.org)

**Email:** [carbondaleuu@gmail.com](mailto:carbondaleuu@gmail.com)

Rev. Sarah C. Richards, Minister [sarah@revsarahrichards.com](mailto:sarah@revsarahrichards.com)

105 North Parrish Lane, Carbondale, IL 62901

### **December theme: The Practice of Presence**

#### **Sunday Service December 22 at 10:30 am - Happy Yule!**

In this multigenerational service, we will mark the winter solstice with ancient and modern practices including seasonal music and the burning of a Yule log. Folks are encouraged to bring their most festive hats as we playfully and joyfully join in the Bringing of the Green during the Yule service. Greenery will be provided (as well as paper hats). Music by CUF Choir, Michael Thompson, Director. (Services are in-person and on Zoom.)

#### **RE for Sunday December 22, 2024- Multigenerational Yule Service -**

This Sunday, the children and youth will join their families for our Yule Service! Our children have been practicing to be part of the CUF Bell Choir performance! (Everyone can participate! No experience needed.) We hope you join us for this playful, festive service, filled with lots of music and a reading of "Twas the Night Before Yuletide." Everyone is encouraged to wear their most festive hats. The nursery will be available for children 3 and younger.

**For more information** about the CUF Religious Education program, please contact Rhonda Kosmicki, RE Coordinator, at 618-559-2457, or [rlpk63@hotmail.com](mailto: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 Presence. Join Rhonda Kosmicki as facilitator and Elana Floyd-Kennett 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.

#### **\*Holiday Office & Bulletin Schedule\***

#### **CUF Open (Admin Hours 10am - 12pm)**

Monday, December 23, Minister's Office Hours 1-3pm

Friday, December 27

Monday, December 30, (Admin office open); **NO** Minister's Office hours

Thursday, January 2

Friday, January 3

### **CUF Closed (No Admin or Minister's Office Hours)**

Tuesday, December 24 - Thursday, Dec. 26

Tuesday, December 31 & Wednesday, January 1

### **The Bulletin will not be published December 25 or January 1**

Instead, all items submitted by noon on Saturday, December 28 will be included in the 12/29 Sunday Order of Service announcements, and all items submitted by noon on Saturday, January 4 will be included in the 1/5 Sunday Order of Service announcements.

## **CUF LINKS**

**December Minister's Column**

**November Volunteer Celebration!**

**Upcoming Service Descriptions**

**Get to know Board member Martha Shum**

## **FELLOWSHIP NEWS**

### **Happening This Week**

#### **"FOR LEASE NAVIDAD" Staged Reading**

**Saturday, December 21, 6:00 pm, CUF**

A Christmas comedy for adults (16+) presented by The Stage Company Second Stage Reading Series. What happens when Santa can't get into a New York apartment? Written and Directed by Ramsey Uhter, Assistant Directed by Gypsy Obermiller. FREE ADMISSION (Donations welcome) Donations benefit The Stage Company.

#### **"Strike the Harp & Join the Chorus" - All Ages Carol Sing!**

**Sunday, Dec. 22, following the service**

All are invited to gather 'round the piano to sing carol favorites after our Yule service. After about half an hour of singing, we'll travel to Liberty Estates and Prairie Living at Chautauqua to serenade our CUF beloveds there. Light refreshments, cocoa and cookies provided. **Contact: Rev. Sarah.**

## **UUANI Action of the Week: Increase Transparency on Solitary Confinement**

In Illinois law, there are no limits on how long a person can be held in restrictive housing, aka solitary confinement; and no publicly available data about who is subjected to it, why, and for how long. Research spanning more than 150 years has documented the detrimental long-term effects of solitary confinement on the health and well-being of incarcerated people. HB 4828 requires the Dept. of Corrections to publish data on the use of restrictive housing. Leaning in to our UU values of Justice and Equity we need your help us take the first step toward ending solitary confinement in our state! Tell your State Senator to vote yes on HB4828 (Isolated Confinement Restriction Act). [Click here to take action.](#)

### **This Week's CUF Calendar**

#### **Wednesday, December 18, 2024**

- 4:30-6:00 pm - Pastoral Friends, Commons
- 7:00 - 7:45 pm - Vespers Service, Zoom

#### **Thursday, December 19, 2024**

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

#### **Friday, December 20, 2024**

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

#### **Saturday, December 21, 2024**

- 6:00-7:30 - "For Lease Navidad", Sanctuary

#### **Sunday, December 22, 2024**

- 8:30-10:00 am - Open Minds, Room 6
- 10:30-11:45 am - Sunday Service, in-person and on Zoom
- 7:00 - 8:30 pm - Awakening Heart Dharma Group, Commons & Zoom

#### **Tuesday, December 24, 2024**

- CUF office CLOSED
- 6:00-7:00 pm - **Christmas Eve Candlelight Service**

#### **Wednesday, December 25, 2024**

- CUF office CLOSED
- 7:00-7:45 pm - **Special Christmas 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](mailto: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**

#### **December Social Action Recipient: Survivor Empowerment Center**

The Survivor Empowerment Center's mission is to end domestic violence and sexual assault in Southern Illinois and to assist survivors of these crimes and their non-offending significant others. Thank you for your support! You can contribute with a check to CUF, or by [PayPal](#). Be sure to put "Survivor Empowerment Center" on the Memo line of your check, or in the Note area on PayPal.

**Solar Panel Update!** CUF has signed a contract with StraightUp Solar for solar panel installation, and we are currently scheduled for early April (though that timing could change). For more information about the project, contact Bill Sasso ([bsasso62901@gmail.com](mailto:bsasso62901@gmail.com)) or Laura Basanta ([lbasanta75@gmail.com](mailto:lbasanta75@gmail.com)). Thanks again for your support!

#### **Do You Shop at Kroger?**

If so, and if you have a Kroger Shopper's card, your purchases can help CUF as part of Kroger's Community Rewards program. To connect your shopping with CUF, just login to the Kroger app, select the menu symbol in the upper right, then under "My Info" select "Rewards," and then "Community Rewards." (Or at [kroger.com](http://kroger.com), select My Account and scroll down to Community Rewards.) Select "Change Organization" to connect with CUF; our "organization number" is XI792 or you can type in "Carbondale Unitarian Fellowship." CUF will then receive a percentage of your Kroger purchases -- thanks!

#### **Give the Gift of Hope - Become a UU Prison Ministry Pen Pal**

Prison life, particularly during the holidays, is isolating, acutely lonely, and deeply depressing. Many incarcerated persons have lost touch with family or loved ones while they exist in an abusive, neglectful, and punitive system. You can make a significant difference in someone's life by becoming a prison pen pal—sending letters, cards, and e-messages to someone in prison. Studies show that an incarcerated person with connections to the outside world (such as a pen pal), will be 6 times less likely to reoffend within their first year of release. Please contact Rev. Allison Farnum, Director of the Unitarian Universalist Prison Ministry of IL, at [uupmi.info@gmail.com](mailto:uupmi.info@gmail.com) to learn more about the pen pal program. Grateful for your contributions, we provide our "free world" pen pals education, camaraderie, and ongoing support. More info is [here](#).

**Green Team meeting: Sunday January 19 in Room 6 at 12:00 after the service.**  
Lots of things to discuss and plan.

***We Heal Together* Small Group Program Info & Sign Up**

CUF Pastoral Friends will lead an 8-session small group discussion of ***We Heal Together: Rituals and Practices for Building Community and Connection*** by Michelle Cassandra Johnson. The group will meet every other Tuesday starting January 21. Check out the book and sign up in the Commons after Sunday Services starting December 15.

**SAVE THE DATE: Trivia Night!**

**Saturday, January 25, doors open 6pm, Trivia at 7pm**

The game is created by trivia masters Daniel and Elisa Hummer; the event includes chili dinner, dessert auction, wine pull and more! If you'd like to help out with any aspect of this fundraiser, contact **Gene Basanta**.

**The Wider UUniverse**

**Jim Scott free online concert, "Longest Night: Winter Celebrations Around the World."** Tonight Dec. 18, and Friday, Dec. 20, 7 pm Central. See the flyer **here**.

**Facebook.com/Jimscott7393**

**Facebook.com/Jimscottmusic**

**YouTube.com/Jimscottmusic**

**We Gather With Love: A Holiday Message** from UUA President Sofia Betancourt  
Message from **Click here for the message**.

**White Antiracist Spirituality in U.S. History Workshop.** On January 7, Lynn Burnett be hosting the third annual workshop series on White Antiracist Spirituality in U.S. History, which will include powerful examples of UU spirituality in action. The series (on Zoom) will explore ideas and practices around beloved community, cultivating hope through taking action, the groundedness that comes with being rooted in history, and much more. It will provide nourishment and inspiration for these times. **Click here for more info and to register**.

**UU Women's Connection "Tea & Talk"** on Zoom, 2 pm January 11. **Click here for more information**.

**UU Women's Connection has a winter retreat** coming up January 31-February 2, 2025 at Heartland Lodge near Nebo, IL. Here is their **website**, and a **flyer** for more information.

## **SoIL COMMUNITY NEWS**

**Weekly Rally for Peace in Gaza, Sunday, December 22, 1- 2:00 pm** on the corner of Main St and Illinois Ave in Carbondale. Appropriate signs will be provided at the vigil, but all are invited to bring their own.

**Queer+ Choir Forming!** Scott Johnson, is collaborating with Tasha Morwell, the SIU-C Wesley Foundation Director, to start a Southern Illinois Queer(+) Choir in January 2025. We hope that you'll join us in excitement! The first meeting is January 22 at 7:15-9:00 p.m. at the Wesley Foundation on the campus of SIU-Carbondale. **[Click here to see the flyer.](#)** **[Click here to register.](#)**

**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.

### **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 is meeting again at CUF!**

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