

A Member Congregation of the Unitarian Universalist Association

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

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

105 North Parrish Lane, Carbondale, IL 62901

### **January theme: *The Practice of Story***

#### **Sunday Service January 19: "Looking Back to Move Forward"**

What have we learned from the past that has shaped our current stories of our congregation and our faith? On this Martin Luther King, Jr. Sunday, Rev. Sarah draws from the West African concept of Sankofa to consider mistakes and successes for inclusion and equity. Music by Candy Davis and Marty Merrill. (Services are in-person and on Zoom.)

**RE for Sunday January 19, 2025: Exploring Ways to Care for Nature During the Winter, with the Green Team!** The Green Team will lead the children in exploring how we can care for the birds and animals during the cold winter months. The children and youth will make pinecone birdfeeders to bring home. We will also continue the theme of The Practice of Story as we share stories of winter, explore life without modern conveniences, and share about our favorite stories! **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 Story. Join Cheryl Robinson as facilitator and Candy Davis 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**

**[January Minister's Column](#)**

**[Upcoming Service Descriptions](#)**

**[December Celebration of Volunteers](#)**

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

### **FELLOWSHIP NEWS**

## Happening This Week

### **Green Team meeting**

**Sunday Jan. 19, 12:00, rm 6**

Lots of things to discuss and plan. Contact: **Benieta Powell**

### **Monthly Board of Trustees Meeting**

**Sunday, January 19, 12:15, Sasso Library**

Members are welcome to attend. Contact: **Gene Basanta**

### ***We Heal Together* Small Group Program**

**Tuesday, January 21, 5 - 6:30pm, Rm 6**

It's not too late to join the 8-session small group discussion of ***We Heal Together: Rituals and Practices for Building Community and Connection*** by Michelle Cassandra Johnson. Check out the book and sign up in the Commons after Sunday Services, or email **Rev. Sarah**

### **CUF CLOSED Monday 1/20**

In observance of the MLK Day holiday, there will be no Admin or Minister's Office hours.

### **For Carbondale Residents: Free debris removal**

The City of Carbondale offers tree debris removal caused by the Ice Storm free of cost to Carbondale residents starting **Monday, Jan. 13.**

The requirements are:

- 1) Residential property in city limits only, including apartments up to 4 bedroom flats.
- 2) All debris must be moved to the curb.
- 3) You must notify the City of Carbondale after the tree debris is curbside by calling 618-457-3275.

**4) You must contact the City of Carbondale before Friday, January 18, 2025.**

Please exercise caution while gathering debris in your yard. Conditions are still extreme and can pose risks. Watch for signs of physical exhaustion while working in the cold, wear proper outerwear, including shoes/boots and be mindful of branches at risk of falling around you.

Contact: Maintenance and Environmental office. 618-457-3275.

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

### **Wednesday, January 15, 2025**

- 5:30-6:45 - LGBTQ Welcoming Cong. Team, Zoom
- 7:00 - 7:45 pm - Vespers Service, Zoom

### **Thursday, January 16, 2025**

- 5:30-6:30 - Choir Rehearsal, Sanctuary

### **Friday, January 17, 2025**

- 10:00-12:00 - Social Stitchers, Commons
- 5:30 - 8:30 - Community Assembly Potluck, Commons

### **Sunday, January 19, 2025**

- 8:30-10:00 am - Open Minds, Room 6
- 10:30-11:45 am - Sunday Service, in-person and on Zoom
- 12:00-2:00 - CUF Monthly Board Meeting, Sasso Library
- 12:00 - 1:00pm - Green Team Meeting, Room 6
- 7:00 - 8:30 pm - Awakening Heart Dharma Group, Commons & Zoom

### **Monday, January 20, 2025**

#### **CUF CLOSED in observance of MLK Day**

- 5:00-6:00 pm - Sunday Services Team Meeting, Zoom

### **Tuesday, January 21, 2025**

- 12:00-1:00 - Bring Your Own Book Club, Commons
- 5:00-6:30 - We Heal Together Discussion Grp, Room 6

### **Wednesday, January 22, 2025**

- 4:30 - 6:00 - Pastoral Friends, Room 6
- 7:00-7:45 pm - 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. (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**

**January Social Action Recipient: Ctr for Empowerment & Justice** The CEJ provides much needed day shelter and services to approximately 20 marginalized clients per day. Services include assistance with housing, eviction avoidance, food, a mailing address, lockers, clothing, laundry, computer access and limited medical help such as Narcan and needle exchange in an environment that marginalized clients can trust. All of the CEJ's staff and board are volunteers which means even a small donation has a tremendous positive impact. They rely on the generosity of grass roots donations like ours to stay open. You can contribute throughout January with a check to CUF, or by [PayPal](#). Be sure to put "CEJ" on the Memo line of your check, or in the Note area on PayPal. Thank you for your support!

### **Would You Like to Join a Covenant Group?**

Small group exploration of the monthly themes offers resources for individual spiritual practice and connection within group members. If you're interested in joining one of the four Covenant Groups meeting monthly at CUF or via Zoom, contact [Linda Linsin](#).

### **Beach Party Trivia Night & Chili Supper!**

**Saturday, January 25**, 6:00pm Chili supper, 7:00pm Trivia Contest

Forget the winter weather! Come on your own or get a team together for a fun evening—\$10 per person, \$70 for a team of eight. Pre-register online at the CUF website:

<https://carbondaleuf.org/beach-party-trivia-night-january-25th/>. You can also help out by donating an item for the dessert auction, by providing cheese, sour cream, crackers or other items to add to the chili, or by donating a gift certificate or donated item from a local business. There are sign-up sheets in the CUF Commons for donated items. If you have questions, contact [Gene Basanta](#).

### **Equal Exchange Sale**

**Sunday, January 26** after the service, Commons

There will be many different brands of coffee, tea, and delicious chocolate as well as a variety of nuts and dried mangoes. These fair trade products support the communities that grow them and are sustainably planted and maintained, all are organic. Proceeds support CUF's Social Action activities - past donations from this fund have gone to the Warming Center, the Survivor Empowerment Center and others.

## **Valentine Card Making**

**Saturday, February 1, 1:30 - 4:30, Commons**

It is a great time to get creative or just enjoy fellowship as we put our love into action. Supplies will be available but if you have a favorite paper or embellishment you would like to add, please do. For more information contact Miriam Link-Mullison [5577mlm@gmail.com](mailto:5577mlm@gmail.com).

## **Reproductive Justice Group Comfort Bags**

As we move into the winter months, RJG needs your help again. We are asking for the following items for our Feb/Mar drive. There is a basket in the foyer for items or you can order using the Amazon Wish List here:

[https://www.amazon.com/hz/wishlist/ls/KPA82BDA45KD?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/KPA82BDA45KD?ref=wl_share)

Wish List

- Facial tissue (kleenex) small packs
- Hard Candies (200 needed)
- Granola bars (200 needed)

As always, we thank everyone for their continued support. For questions about supplies, please contact [Linda Linsin](#).

## **Celebrating Our Birthdays**

We are beginning a new column in our CUF Bulletin: celebrating our birthdays together. Last year the Pastoral Friends asked you to sign a birthday sheet so we could give you a cupcake at our monthly potluck. That was a sweet idea, but it turned out to be difficult to achieve. So, we would simply like to publish a list of birthdays of our members and friends so we can send cards or otherwise wish each other a happy day. We don't yet have specific dates, just the month. Please let me know what that is and also if your name isn't on the monthly list. We want to include children, so contact me with that information, too. Thanks for helping all of us stay connected through these happy celebrations. — Laraine Wright, 618-201-1515, [larainewright66@gmail.com](mailto:larainewright66@gmail.com)

### **January Birthdays:**

Gene Basanta

Miriam Link-Mullison (12)

Astrid Norman

Joyce Shepherd (13)

Laura Van Abbema

## **Coffee Hour Volunteer Opportunity**

If you can help either set up or clean up a coffee hour, please contact [Bonita Powell](#), [Janet Harris](#), or [Roy Sumner](#) for training. Thanks!

**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](https://www.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](#).

### **The Wider UUniverse**

**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.

### **Need a break from Winter?**

Want to try a fun UU Retreat in Tampa FL 1/28 – 2/3/25?

See what SWIM has to offer and register at this link [SWIM 2025 - A Unitarian Universalist Retreat in Tampa, Florida](#)

Held at the Franciscan Retreat Center, SWIM can accommodate just under 100 attendees. It's located in a residential neighborhood along the Hillsborough river. Meals are catered with on-site workshops and off-site excursions. There are many opportunities to visit the many museums/outdoor experiences in Tampa. Evening programs include singer David Roth, Friction Farm and Lily Jane. For questions, contact Carolyn Adler at [swimuuinfo@gmail.com](mailto:swimuuinfo@gmail.com)

## **SoIL COMMUNITY NEWS**

### **Community Assembly & Potluck Dinner**

**Friday, January 17, 5:30 - 8:30pm, CUF**

Bring a dish or bring a friend! This is a call to meet and gather together to resist the rising tide of fascism and in preparation for the next administration. Contact: **Julianna Johnson**

### **MLK Love Train**

**Saturday, January 18, times and stops below**

Carbondale United invites all to get on board the MLK Love Train! Car decorating, markers, lunch provided.

11:00am Harrisburg - Bonan Business Ctr, 540 N. Commercial Ave.

11:20am Marion - Ray Fosse Park, 500 E DeYoung St.

12:00pm Carbondale - Murdale Shopping Ctr, 1901 W. Main St.

1:00pm Murphysboro - Davis-McCann Ctr, 15 N 14th St.

For more info, contact Carbondale United 618-967-9993

### **Carbondale People's March**

**Saturday, January 18, 2:30-4:30**

Join us to gather, speak and march in solidarity with The People's March 2025 in Washington, DC to defend our rights and our future. We will meet on the front steps of City Hall and march together to the Gaia House. Please bring signs, (paper or fabric posters and banners only- no sticks, posts or poles attached), or wear clothing that represents our causes and concerns. We all march for different reasons, but we march for the same cause: to defend our rights and our future. **See Facebook Event page**

**Weekly Rally for Peace in Gaza, Sunday, January 19, 1:00- 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.

### **Annual MLK Day Community Celebration**

**Sunday, January 19, 2pm, Carbondale Civic Center**

All are welcome to join in celebrating the legacy of Martin Luther King, Jr. More information on the **Facebook event page**.

**Parks and Recreation Master Plan:** The consultants for the Park District and the City will be giving a **public presentation on Carbondale's Parks and Recreation Master Plan Tuesday, January 21st, 5:30 p.m. at CCHS 1301 E. Walnut St.** The public is invited. The Master Plan (with annual updates/modifications) will guide the Park District's and the City's investments in our parks and recreation programs for the next several years. It's an important document. The Park District and City need to know you value our parks and recreation program. Please attend!

**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** or Kitty Juul at **kmjuul@yahoo.com**.

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

**\*Jan. 9 meeting rescheduled to Jan. 30**

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 - 4th Fridays, 2-3 pm, Commons**

**January 24:** David Pellow will lead the discussion of *Changing Places: A Tale of Two Campuses* (1975) 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.