

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](#)

### **February theme: *The Practice of Change***

#### **Sunday Service February 23, 2025: "Reflections on Change: A Matin Service."**

Traditionally, a "matin" is a service of song and prayer. Our version of a matin is a service of music, reflection, and blessings. Join us for meditations and music on Change, our theme for February. Music by Dan & Elisa Hummer, and the CUF Choir, Michael Thompson, Director. (Services are in-person and on Zoom.)

**RE for Sunday February 23, 2025: Winter Hike with the Green Team!** The children and youth will go on a hike, (weather permitting) with members of our awesome Green Team, walking from the Fellowship, to the Chautauqua Bottoms Nature Preserve trail. We will try to stay on the sidewalk and trail as much as possible, but please make sure the children and youth are dressed appropriately for the weather. Waterproof shoes or boots would be good since there may be mud and puddles as the snow thaws. Parents are welcome to join us and children under 5 are asked to be accompanied by a parent. The nursery will be open. For more information about the CUF Religious Education program, please contact Rhonda Kosmicki, RE Coordinator, at 618-559-2457, or **by email**.

#### **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 Change. 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.

**The Green Team is meeting in Room 6 after service** this Sunday. Hope to see you there. Stay warm and safe. For more info, contact **Benieta**.

#### **Reproductive Justice Group Comfort Bags**

The Reproductive Justice Group will have its next **Comfort Bag assembly** for abortion care clients of Choices and Planned Parenthood on **Sunday February 23 after the service**. We welcome all to join us! We have all the items we need for comfort bags in February. **Thanks for your generous donations!** As always, we thank everyone for their continued support. For questions about supplies, please contact **Linda Linsin**.

## CUF LINKS

[February Minister's Column](#)

[Rev. Sarah's Letter of Resignation](#)

[Upcoming Service Descriptions](#)

[Celebration of January Volunteers](#)

[Get to know Board member Amy Weber](#)

## FELLOWSHIP NEWS

### [Happening This Week](#)

**UUANI Action of the Week: Urge your Congressional Representative to hold a town hall meeting.** As Unitarian Universalists we support the use of the democratic process. We believe all people deserve to have their voices heard by those who represent us in government. Our legislators make decisions that impact our daily lives and our democracy. It is crucial that all legislators stay connected to their constituents, answer our questions, and engage with us directly. Therefore, we are urging you to contact your Congressional Representative who will be home for a recess during the upcoming week. Ask that they host a Town Hall to update us on their efforts to defend our democracy. A town hall provides an essential opportunity for open dialogue, allowing our legislators to hear firsthand about the issues that matter most to us, and giving us an opportunity to hold them accountable. Contact your federal representatives and ask them to schedule a town hall meeting as soon as possible. To take action, [click here](#).

### **CUF & Coldest Night of the Year (CNOY)**

CNOY is an annual fundraiser for the Carbondale Warming Center set for **Saturday, February 22**. Again this year, CUF has a team that will be walking and raising funds. And you can join us! Information on how to join CUF's Side With Love walking team and/or how to donate to the team's fundraising efforts can be found [here](#). For further information, please contact [Jess Jobe](#) or [Bill Kline](#).

**This Saturday only! A performance of The Vagina Monologues**, a fundraiser for Planned Parenthood Carbondale and the Stage Company.

When: February 22, 2025 7:30 pm

Where: Varsity Center, [418 South Illinois Avenue Carbondale](#)

Admission is free, but donations are greatly appreciated.

***Our own Elana Floyd-Kennett, Gypsy Obermiller, and her friend Ramsey Uhter, are in the cast! You may recognize some other local friends as well.***

## **The first VoteLove Candidate Conversation!**

### **Monday, Feb. 24th, 7 pm, CUF Commons**

Carbondale City Council candidate Dawn Roberts will be the guest. See below for more information about the series.

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

#### **Wednesday, February 19, 2025**

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

#### **Thursday, February 20, 2025**

- 5:30-6:30 pm - CUF Choir Rehearsal

#### **Friday, February 21, 2025**

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

#### **Saturday, February 22, 2025**

- 9:00 am - 12 noon - Art Colony, Commons

#### **Sunday, February 23, 2025**

- 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 - Green Team Meeting, Room 6
- 12:00 - 1:00 - Reproductive Justice Group - comfort bag assembly
- 7:00 - 8:30 pm - Awakening Heart Dharma Group, Commons & Zoom

#### **Monday, February 24, 2025**

- 6:00-7:00 pm - VoteLove Event Setup, Fellowship Hall and Commons
- 7:00-8:30 pm - Candidate Conversation-Dawn Roberts, Fellowship Hall and Commons

## Tuesday, February 25, 2025

- 12:00-1:00 pm - Bring Your Own Book Club, Commons
- 5:00-6:30 pm - *We Heal Together* Discussion Group, Commons

## Wednesday, February 26, 2025

- 4:30 - 6 pm - 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

#### **Seeking Community & Meaning at CUF? Try Starting Point!**

If you are a newcomer to CUF and/or want to make connections with other seekers, learn a bit about CUF and Unitarian Universalism, the 3-session Starting Point is for you. We're considering EITHER Sundays March 2, 9, 16, 12:15 - 1:45 or Thursdays March 6, 13, 20, at 5:30-7pm. Please email or text [Rev. Sarah](#) if you are interested, and include your availability for either or both options.

**Solar Panel Update!** Physical installation of our solar panels was completed on Friday, 2/14, and on Monday, 2/17, the software that runs the system was installed. Now we are ready for Egyptian Electric to test the system to make sure that it conforms to their grid-connection specifications; we've been told that testing will likely take place before the end of February. Thanks to everyone for your support and assistance! For more information, contact [Bill Sasso](#).

#### **Musicians needed for our Wednesday Vespers services!**

The musician responsibility is one song, either vocal, instrumental or both. There are other musicians who take turns, so this would only be monthly or so. Our meeting starts at 7 pm and is **very short**. The musician comes a few minutes early to make sure the sound is correct. There is a simple ending song that we always sing together, though muted. We'll give you the music before if you aren't familiar with the tune. Please email [Janet](#), or call or text 618-519-0789. You can let any member of the Sunday service team know if that's easier for you (Rev. Sarah, Amy Weber, Jeletta Brant, Debbie, Bloomer or Sara Starbuck). We really need your help and it is always much appreciated.

### **February Social Action Recipient: Good Samaritan Ministries**

Good Samaritan Ministries has been serving Carbondale since 1985 and offers an emergency shelter, a transitional housing program, a soup kitchen, a food pantry, and an emergency assistance program. You can view their website [HERE](#). You can donate throughout February with a check to CUF, or by [PayPal](#). Be sure to put "Good Sam" on the Memo line of your check, or in the Note area on PayPal. Thank you for your support!

**February Food Drive!** It's time for our February non-perishable food drive. All food donated to the February food drive will go to Good Samaritan Food Pantry in Carbondale. Canned goods and boxed foods like cereal and pasta are very appreciated. Please do not bring food items in glass jars. Thank you!

**CUF Candidate Conversations:** Get to know the candidates running for Carbondale's City Council! CUF will host a series of moderated conversations; each candidate has been invited to participate. Here's our current schedule:

- \* Dawn Roberts, Monday, February 24th, 7 pm
- \* Ginger Rye-Sanders, Monday, March 3rd, 7 pm
- \* LaCaje Hill, Thursday, March 6th, 7 pm
- \* Nathan Colombo, Monday, March 10th, 7 pm
- \* Brian Stanfield, Thursday, March 20th, 7 pm
- \* Jason Endicott, Monday, March 24th, 7 pm

For more information, or to volunteer to help with one or more of these conversations, contact [Bill Sasso](#).

**Help turn out Wisconsin voters!** This is an open invitation and a plea to anyone who wants to help fill out non-partisan post cards to voters in Wisconsin for the April 1st election concerning judges for the Wisconsin Supreme Court. There will be a table in the Commons each Sunday starting soon. For more information contact [Benieta](#).

### **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](#).

### **Celebrating February Birthdays!**

Birthday Greetings to those listed below. To add your name or your children's names to the list [email](#) or call Laraine Wright, 618-201-1515,

#### **February Birthdays:**

Christine Bauer  
Karen Gallegly  
Kathy Rosa  
Amy Weber

### **Coffee Hour Volunteer Opportunity**

If you can help either set up or clean up a coffee hour, please contact **Benieta Powell**, **Janet Harris**, or **Roy Sumner** for training. Thanks!

**The Wider UUniverse**

**Tonight (Feb. 19) online, "Jim Scott remembers Peter Yarrow: A Life of Music and Social Change."** Join UU musician Jim Scott at any of these links at 7 pm Central

Time:

**Facebook.com/Jimscott7393**

**Facebook.com/Jimscottmusic**

**YouTube.com/Jimscottmusic**

### **UUANI News (UU Advocacy Network of Illinois)**

**Democracy in Action Updates:** We are preparing for the incoming administration through our new Democracy in Action initiative. This effort brings together community response, legislative advocacy, and voter engagement to promote our UU values in our public life together. Several congregations are preparing to show up in solidarity with people who are immigrants and/or LGBTQ+. Others are developing multi-issue advocacy teams to talk with their legislators. Others are preparing to engage their neighbors around municipal and other elections this spring. Sign up **here** to get involved.

### **New! Side With Love Advocacy Center Weekly Update**

From Side With Love, the UUA Organizing Strategy Team: We are in a critical moment. Power is being consolidated in the hands of the few, while attacks on democracy, bodily autonomy, and human dignity escalate. But nothing is inevitable. Justice movements are powered by people like you—people who organize, resist, and build a loving and liberated world. That's why we're launching the **Action Center Weekly Update**—a resource to keep you informed, equip you with immediate actions, and help you strengthen your organizing skills.

### **The Spiritual work of Trans Justice & Safety: In-Person & Online**

Workshop, **Saturday February 22, 2025!**

Join MidAmerica UUs for a workshop led by **Zr. Alex Kapitan** of the Transforming Hearts Collective. The event is free to UUs in the MidAmerica Region. In-person attendees will gather at the **First Unitarian Society of Madison, Madison, WI**. Events for all participants take place 10am-3:30pm CT, followed by a Worship Service at 4:30pm CT. Lunch provided for in-person attendees. Registration required **here**.

### **Bayside UU Family Camp**

Looking for a great summer experience? Join folks at Bayside UU Family Camp held at Wesley Woods Conference Center on the shores of Geneva Lake in Williams Bay, WI. This year, camp will take place July 6th - 12th. 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 at [baysideuu.org](http://baysideuu.org) or contact [baysideuu@gmail.com](mailto:baysideuu@gmail.com). Click [here](#) to see the flyer.

### **SoIL COMMUNITY NEWS**

**The League of Women Voters is holding two forums**, one for the School Board (Thursday, Feb. 20) and one for City Council (Thursday, Feb. 27). Both will be Zoom sessions at 6:30 pm, hosted by the Carbondale Public Library. For more info:

#### **Carbondale Public Library**

#### **Weekly Rally for Peace in Gaza**

**Sunday, Feb. 23, 1 - 2:00 pm**, corner of Main St & Illinois Ave, C'dale Celebrate the fragile ceasefire. Appropriate signs will be provided at the vigil, but you can bring your own. Sponsored by S IL Peace Coalition.

#### **LGBTQ+ Employee Rights Virtual Town Halls**

In response to the 2025 executive orders and agency actions that threaten LGBTQ+ rights, HKM Employment Attorneys LLP is stepping up to provide free legal aid to LGBTQ+ individuals and others who may be facing workplace discrimination. The firm will host three virtual town halls to help equip private-sector workers nationwide with the legal knowledge needed to navigate and protect their rights in the workplace. See event details and submit questions [here](#).

#### **Adult Literacy Program Looking for Volunteers**

The John A. Logan College Literacy Program is recruiting volunteer tutors for area adult learners. Individuals who would like to become tutors will receive one hour orientation and 12+ hours of training before being placed with a learner. Tutors will assist adult learners with reading, writing, math or English as a Second Language. Tutors must commit to a minimum of 2-4 hours per week, which is scheduled according to their availability. This is a great way to help someone wanting to better themselves. If you would like more information about becoming a volunteer tutor, please give Shanda Sylwester at John A. Logan College a call at 618-985-3741 Ext. 8414 or email [shandasylwester@jalc.edu](mailto:shandasylwester@jalc.edu).

#### **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 (in-person only, on Jan. 26). 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**

#### **Art Colony, 2nd & 4th Saturdays, 9am - 12pm, Commons.**

Artists of all levels and media are welcome! A discussion of participants' artwork will start at 11:15 a.m. For more information, or if you have questions, please email [Terry Elliott](#) or [Kitty Juul](#).

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

**February 28:** Arlene Pellow will lead the discussion of *Horse: A Novel (2022)* by Geraldine Brooks. 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.