



Summer Cuf Links

The Monthly Newsletter of the Carbondale Unitarian Fellowship
A member congregation of the Unitarian Universalist Association

A Welcoming Congregation
Volume 11, Number 8

From The Minister

A Laboratory of the Heart

Over the fifty-plus years of my life, I seem to have learned a few things. I'm not thinking of facts as I say that, for I have probably forgotten at least as many facts as I currently remember. I'm not thinking of mathematical formulas, or foreign languages, or even folk dances. I'm not thinking of texts from the scriptures of the great religions, or theological propositions, or quotations from great literature. What I am thinking about is my understanding human relationships, of the ways that we human beings interact with one another, whether in casual interactions or within our families of origin, or at levels somewhere in between those two extremes.

The ability to learn, in all of these many dimensions of human knowledge and behavior, is one of our greatest human gifts. We begin learning almost as soon as we emerge from the womb - perhaps we even learn while inside it! As we grow, we learn more, and we learn more about learning, so that over time we acquire some truly amazing capabilities. The self-regulatory capabilities of our bodies, which are subconscious processes, are impressive in and of themselves. Beyond them, consider the cognitive, emotional, and physical capacities that we come to possess over the course of our lives. And as far as I can tell, we retain the capacity to learn until death (or until the aging process takes some of that capacity away).

Some of our learning takes place in a formal educational setting. We know that a university is a good place to enhance our intellectual knowledge, and that a swimming class is a good place to learn how to swim. But where do we learn about interactions with others, and about how to be as healthy and constructive as possible in those interactions? One answer, of course, that we learn about human interactions constantly in our everyday lives. We learn about relationship by relating with others. Unfortunately, not all interactions are as healthy

as we might wish them to be, and our everyday lives can teach us negative interactions as easily as they teach positive ones. And while we can often feel the difference between the good and the bad, it can sometimes be a challenge to understand where a particular human interaction that seemed to begin well turned sour.

Sometimes I think of this Fellowship as a "laboratory of the heart," a place where we practice how to be in authentic and respectful relationship with others, even when we disagree with them - especially when we disagree with them! It's strange sometimes to recognize that when we know how to trust and respect others, we also become more free to be ourselves, to express ourselves, to become ourselves. We achieve that freedom when we create a community of trust, a place where each person is welcome - and is safe! - to share his or her unique humanity. This Fellowship does a pretty good job at this, but that work is never done. We are each continually challenged here to extend our individual growth along these lines.

Over the fifty-plus years of my life, I seem to have learned a few things. And I know that much of what I have learned about human interaction I have learned here. I haven't found all that many "laboratories of the heart" present in my life, so I particularly prize this one. I engage it, I participate in it, and I support it as actively as I can.

As we the beginning of the school year approaches, we can anticipate that many new arrivals will visit. As we open the doors of our Fellowship to these guests, let us also open our hearts to them, and invite them to join us in this ongoing experience of human growth!

Yours in the spirit of welcoming, *Bill S.*

This column is adapted from the column which appeared in the March, 2006, issue of CUF Links.

AUGUST SUNDAY SERVICES held in the Fellowship Hall at 10:30 A.M.

August 3 Matt Sronkoski: "Cold Water, Warm Hearts: Fellowship on the Jacks Fork River"

A few years ago, Matt was part of a Fellowship camping trip that included more adventure than he had anticipated. He'll share that story, and what he learned from the experience, including lessons about himself and about what community means.

August 10 Bill Sasso "The Promise of Unitarian Universalism"

The concept of "promise" is central to Unitarian Universalism in several different ways. What are these different kinds of promises, and how can they possibly succeed in bringing us together as a community? And once we are together, where do we go with them? With your active assistance, Bill "promises" to cover these questions!

August 17 Ken Starbuck: "Journeying With James Luther Adams"

Ken will share his thoughts about James Luther Adams, whom many consider to be the most important Unitarian theologian of the 20th century. In exploring aspects of his own intellectual journey, and their connections with Adams, Ken will emphasize three aspects of Adams' thought: biblical interpretation, taking time seriously, and voluntary associations.

August 24 "Why I Became Unitarian Universalist"

This service is an annual favorite! Three members of our congregation - individuals who joined this Fellowship in different decades - will share the stories of how they became Unitarian Universalist. Bill Sasso will coordinate this service.

August 31 Bill Sasso: "Workers in the Vineyard"

On Labor Day weekend, we'll take a look at Jesus' parable about how an owner treats his workers. What is he trying to say? Is this story about a capitalist's generosity, or about the overthrow of a society? Is it a story about redemption, or perhaps revolution? It's up to you to decide, but Bill will offer his insights! And feel free to wear your beach outfit - after the service, we'll celebrate the end of Summer with our Fellowship outing to Cedar Lake Beach!

~ Open Minds will resume programming in the early Fall ~

~From the Editors~

The regular CUF Links will be published starting in September. Please remember to announce your programs and meetings that are starting-up again after the Summer break. Please have your information in by the August 28th deadline. Send your information to Yo Presley at yo@astrosleuth.com or to Melanie at the fellowship office at carbondaleuu@verizon.net

We hope you are having a great, safe Summer!

President's Column

Welcome to my first column for CUF Links as the incoming President of the congregation. It is certainly with a degree of trepidation that I assume the role filled so well by past president Jerry Molumby; he will be a tough act to follow and I thank him for all he has done and continues to do for the Fellowship. Any trepidation is tempered to a large extent, however, because of the continued involvement of so many dedicated, involved, inspiring, and committed people in our congregation who work together so well to make the Carbondale Unitarian Fellowship what it is. It will be an exciting 2 years working with everyone as we continue to move CUF forward and I appreciate the opportunity to be apart of the adventure.

If you read last month's CUF Links you saw Jerry's last President's Column in which he thanked "so many who have done so much for so long." I can only echo those sentiments. I wonder if we sometimes take for granted what we all are able to accomplish, however, thinking that this is what all congregations do. But I suspect that our congregation is like all the children living in Lake Wobegon-well above average-as suggested by the fact that we recently were recognized by the UUA as a "Breakthrough Congregation." But we surely have not been resting on our laurels. The list of activities and programs occurring at the Fellowship is long and varied. Social action continues to make a significant difference in people's lives locally, regionally, and internationally. We continue to assist developing UU congregations in Cape Girardeau and Mount Vernon. We help support the much-needed program at Rainbow Café in Carbondale. We enjoy a thriving Religious Education Program, varied and thought-provoking Sunday services, music, Open Minds and numerous other groups-the list goes on and on.

But all the activities and programs just don't magically happen, and this column would be incomplete if I failed to give you the pitch to get more involved. As you know, we have a minister, paid RE Director, and office manager. Nonetheless, we are largely dependent on volunteers in almost all areas of the fellowship. Obviously, many people are greatly involved already, which is why so many worthwhile things are occurring. But if you are fairly new to the Fellowship and are feeling a bit uncertain as to how to get more involved or where you may fit in, please talk the minister Bill Sasso, any of the current Board members (they sport the spiffy blue name tags), or me. We will be very happy to explore the many areas where your time and talents will make a difference in the work of the Fellowship. And if you have been around for a while but have been somewhat on the sidelines, please think about taking as active a role in the Fellowship community as your time allows.

Best wishes to all for a happy and healthy summer.

George Feldhamer

From the RE Director

Though I'm still in mid-summer mode, I realize it's time for the Religious Education Committee, me, and others to begin sharpening plans for the coming year. I'm always astounded when the children who I haven't seen over the summer come back in the fall, and they've grown so much. It serves to remind me that things are always changing, and to look forward to the new opportunities that change presents.

One thing that is not changing is your invitation to join the RE folks at Cedar Lake Beach for a picnic/swim, after the service on 8/31. This is the last Sunday the beach is open, and it has become a tradition for kicking off the new school year. So please plan to join us, share a lunch, and swap stories of your summer experiences. The following Sunday, 9/7 will be another tradition, the sharing of the Waters Service. This is an intergenerational service (so, no classes), that combines the water samples brought back from our wide-ranging summer travels into the whole that symbolizes the community we are. So remember to pack a lunch and bring your beach gear on 8/31, and bring your water samples on 9/7.

In addition to the regular Sunday morning classes, we envision various supplemental offerings throughout the year. You will be hearing more in the coming months about the Central Midwest District (our UUA district) support of an effort to address the issue of homelessness, and how our Fellowship can join this effort. We are also planning to offer as many segments of the Our Whole Lives sexuality program as possible. These segments include programs for grades K-1, grades 4-6, grades 7-9, high school, and adult. I would appreciate your assistance in offering these programs, so talk to me if you want to know what that would involve.

Thank you to those that helped with supporting SWAP (summer week-long awesome program), whose theme this year was AIR. And my continued thanks to those UU Travelers who have graciously, and entertainingly, shared their travels with our children each Sunday morning this summer. The old saying goes something like, "many hands makes for light work," and that is evident when witnessing the huge effort that makes the RE program worthwhile for our children and youth. The many, many that give make the work light for each, but enormously beneficial for all...so thank you for what you've done. If you have any questions at all, please call me (559-7870) or talk to a member of the RE Committee, who are, Kathy O'Laughlin, Rose Moroz, Jodi Ruffner, and Matt Sronkoski.

Sincerely yours,
Roy Sumner, DRE

Social Action Update

by Jess Jobe

August Social Action Sunday Collection: Sunday, August 17's collection will benefit the **Illinois Masonic Children's Home** of Murphysboro. The Masonic Home in Murphysboro is one of two in the state and provides long term residential care to children ages 4-16. The children at the Masonic Home are not wards of the state, but rather are voluntarily placed at Masonic by their families for a variety of reasons, often economic or environmental. The children live in beautiful cottage homes supervised by caring adults and are active in the local schools and communities. Donations collected will serve to help meet the needs of the children at the Murphysboro home. If donating by check, please make payable to: Illinois Masonic Children's Home. The Masonic Home also welcomes volunteers, particularly caring adults who can serve as tutors or mentors to the children. Contact the Illinois Masonic Home at 684-8870 for information about volunteer opportunities. **Thanks to Mason and Fellowship Member Rob Herzog for the suggestion for this month's social action collection.** Do you have a suggestion for a Social Action Sunday collection? Email Jess at jesj62901@yahoo.com or come to the next Social Action meeting in September!

ZAMBIAN AIDS PARTNERSHIP UPDATE

by Carla Feldhamer

Greetings to old friends and new members of The Carbondale Unitarian Fellowship. I want to give a brief history and update regarding the partnership between Ranchhod Hospice and Orphan Care in Kabwe, Zambia.

In 2003 we joined Hospice of Southern Illinois in this partnership through The Foundation for Hospices in Sub-Saharan Africa. Since then the fellowship has been involved by holding several successful fundraisers, collecting supplies, receiving a grant from the UU Women's Federation to build a workshop where widows and other caregivers could meet to do income generating activities. Several persons from the fellowship have made visits to Zambia that has strengthened our personal relationships with the people who work and are cared for at Ranchhod.

The summer months are whirling by as Debbie Czarnopys-White, Allida Plumer from hospice, and I are preparing and anticipating our next trip to Zambia in October. Debbie has a simple pattern available for persons willing to sew nightgowns for the patients. They were tremendously received on our last visit. Other donations needed...men's boxer shorts small or medium, Children's underwear, and multivitamins esp. for children. Children's Tylenol or Advil.. liquid or tablets are also needed. Please—no aspirin. Reading glasses (not prescription) in all strengths, anti-fungal creams, TUMS, adult vitamins, Tylenol, and Advil.

We know from our visits that the pandemic continues to spread and affects the entire economy of Zambia. Nutrition is a major problem for both the orphans and the persons infected with the HIV virus. When they do not have food, they are not able to take the antiretroviral medications to help treat the symptoms and slow down the progress of the virus.

We have talked about ways that we could help with the food program. There are presently 120 children that are fed 2 meals a day at the day care that costs \$1,440 per month. In the past food parcels have been sent home with the children so they are able to eat on the weekend. These parcels consist of Soya Flour, Soya pieces, small portions of Kapenta (fish) and beans that costs about \$580 dollars a month. Hospice director, Mary Chidgey reports that...."The cost of Soya, Roller meal and Kapenta have increased considerably because of soaring market price of Maize and Soya bean and road transport, (Kapenta) comes from Mpulungu) diesel is now almost \$2 per liter. Even the Hospice bread and buns we buy for the kids afternoon snack have increased in price, there is a problem with electricity supply so the wheat crop is going to be reduced because of the difficulty in irrigation, no power for the pumps and centre pivots, so the wheat prices later in the year will also be very much higher. The supply of electricity to the Hospice is erratic and we now have to pay increased prices in fuel costs for the generator, an unbudgeted expense!"

We are planning a Folk Concert and family supper at the fellowship in November and perhaps the proceeds will be used for the food program.

Tips for Effective Announcements!

You have an announcement! Great! The Sunday Services Committee (and friends) would like to offer you a few tips for making your announcement as effectively as possible:

1. Publish your announcement in CUF Links and/or the Sunday Order of Service and the weekly email Bulletin. The deadline for CUF Links is usually about the 20th of the preceding month; the deadline for the Sunday Order of Service is 5 pm each Thursday, and the deadline for the email Bulletin is noon each Sunday. If you want people to remember a phone number, an email address, or a website, using a printed announcement is probably the best way to communicate this information successfully.
2. If last minute events cause a change in your event/effort and an oral Sunday service announcement is necessary:
 - a. Write your announcement out (legibly, of course) ahead of time. Edit it so it includes the important information but is brief - takes less than 30 seconds to read.
 - b. Give your written-out announcement to the person presiding over the service to be read.
 - c. If people need to know who you are to act on the information in your announcement, make your oral announcement (reading your script) during the "announcements" period of the service.
3. Oral announcements are best understood when they follow this format:

My name and position is...
This announcement is on behalf of the (name CUF committee or function)
State "we want you to know...." Or "We want you to (do)..."
4. When using the microphone in Fellowship Hall keep your mouth within "kissing distance" and project (PROJECT!) your voice.
5. Announcements should be about the business of the Fellowship, not of community events. Our Sunday service is not, for example, the time to advertise the hiking club's efforts to clear trails...unless our participation is sponsored by a CUF committee.

Here is a sample of an effective announcement:

My name is Joe Smith, a member of the CUF Humanist Group. We want to you to know of a change in the advertised speaker for and invite you to attend our next meeting on Wednesday, May 9, at 2:00 at the Fellowship Building. Jane Doe will be talking about "Growing Poverty in America and the Credit Card Industry." If you have any questions I will be available after the service. (About 25 seconds long!)

Thanks for taking the time to share your announcement as effectively as possible!

Send information for **CUF Links** to carbondaleuu@verizon.net and/or yo@astrosleuth.com
Send information for **Order of Service** to russtrim@verizon.net
Send information for **Weekly Bulletin** to Melanie carbondaleuu@verizon.net

Announcements

Round Table Readers' meeting in August is scheduled for Sunday the 24th, at noon; the monthly book selection is God Is Not Great: "How Religion Poisons Everything," by Christopher Hitchens. He describes his intellectual journey toward a secular view of life based on science and reason. Hitchens writes in a very readable manner, and the book promises to be controversial, at least in some circles, and stimulating of discussion in others. Anyone interested in the topic is invited to attend.

Equal Exchange Fair Trade News: There's good news and bad news from Equal Exchange. The good news is that fair trade coffee and fair trade chocolates are in great demand. That means the small farmers and small farm co-ops that we have been supporting thru the Equal Exchange sales are making enough money to pay basic bills, begin to save, make repairs to homes, and ensure that the land is treated respectfully. The bad news for our pocketbooks is that there will be an increase in the cost of coffee and chocolate. The other products will also cost more...this is due to the increase in oil prices worldwide which affects all levels at Equal Exchange from sending the buyers to the various countries, to transporting the foodstuffs to the states and finally shipping to the customers (we don't pay extra shipping costs as our orders are large enough for free shipping). The increase will go into effect August 1st. Just remember what you buy is not only delicious but your conscious choice is supporting all those wonderful folks around the world!

HOMECOMING WATER CEREMONY! As you travel during the summer, please try to bring home either a small sample of water -- an ounce or two is plenty! If it should prove to be a challenge to bring water (e.g., due to travel regulations), try to bring a small rock or stone. We'll use these in our homecoming water ceremony on Sunday, September 7th. And please note that, as part of our effort to raise environmental consciousness in Green Sanctuary initiative, we will work with a new approach to the ceremony this year! Watch for more details as the date draws nearer!

SOUTHERN ILLINOIS TRANSGENDER SUPPORT GROUP Meetings are the 2nd Monday of every month at the Fellowship 7:30-10:00 pm. Contact krissysummers@hotmail.com

BUDDHISM PRACTICE AND STUDY GROUP: Our next Sunday meeting is at 7:30 pm on August 17, the third Sunday of August, at the Carbondale Fellowship.

Final Yard Sale Thanks...to Nan and Nicholas Sorrel and Al Babbitt and their automobiles for helping haul away the remaining items. It's all done for another year! August 3-31 at the Fellowship: Food Drive for Good

Samaritan Food Pantry. Please bring in non-perishable food items for the pantry. Canned fruits and vegetables are especially helpful!

A "Wider Service" Opportunity: The Campus Unitarian Universalists are now a registered student organization at SIU. However, some of the good folks who helped to make this possible will not be able to take an active role this semester. If you are a student or if reaching out to the campus community sounds like fun, please join us at a planning meeting to be held on Thursday, August 7th, at 7:00 PM at the Fellowship. All are welcome.

Abundant Health Resource Clinic is having its annual fund raiser "Taste of Jackson County" on Friday, August 8th from 6 p.m. until 9 p.m. at the Carbondale Civic Center. AHRC is a free clinic staffed by volunteer physicians and other staff, serving indigent Jackson County residents. Vendors at this year's taste include Bethel AME, Thai Taste, Common Grounds, Alto Vineyards, Venigoni, and Pepsi. Other vendors have been solicited. Musical entertainment will be provided. Ticket books are \$20, and include a \$5 donation to AHRC, and \$15 in tickets to be used to purchase food from vendors. Kathy O'Laughlin (529-7808) and Cheryl Schmit (684-4358) have tickets available. You may also purchase tickets at the door on the night of the benefit.

Caring & Sharing Contact Info: Cheryl Robinson, our Caring & Sharing Coordinator, has a new phone number (618-364-6499) and a new email address: cherrob1@msn.com Please update your records to make sure you can contact her when needed! Thanks!

CARPENTER - BUILDER Kris Summers ~ 30 years exp. phone 351-1626 E-mail krissysummers@hotmail.com

Humanist Group August 13: "Turning Kids On: Using the Spirit of Inquiry to Revive Innate Curiosity". Jim Smith SIUC emeritus, Board of Science Center. Discussion will follow his presentation. Bring a friend, meet new ones.

Humanist Round Table August 27: "China: Up Close and Personal " Charles Horeck, (Stan Harris's grandson recently returned from teaching, traveling, and experiencing life in China.) Introductory video, presentation, and discussion. Newcomers of all ages welcome. Bring a friend.

We are planning for 2009 Humanist Group and Round Table programs. We welcome your topical ideas and your willingness to volunteer as presenter. Contact, Bob Camp, Dave Christensen, or Kris Juul.

CUF 2008 MENS RETREAT SEPTEMBER 19-20, 2008
THEME: “*WOUNDS AND BLESSINGS FROM OUR FATHERS*”



CUF will host an overnight men’s retreat at Touch of Nature Environmental Center

Facilitated By:

Charles M. Ruffner & William H. Rose

WHAT TO EXPECT

This retreat will provide a safe place for men (18 and over) to connect with themselves, other men from CUF and nature. Large and small group experiences as well as time alone are planned. There will be opportunities through stories, poetry, drumming, non-verbal activities and casual down time, for men to retreat inward and discover personal treasures while sharing with others.

WHEN

Onsite registration and bunk assignment will begin at 4:00 pm, followed by an opening ritual and large group gathering. You may arrive as early as you wish on Friday, September 19th, to visit the grounds, hike or meditate. However, please arrive no later than 4:30 pm. The retreat will end at 4:30 pm Saturday. We ask that you plan to stay on the grounds for the duration of the retreat.

WHERE

Camp II at the Touch of Nature Environmental Center, south of Carbondale, just off of Giant City Road. In case of emergency, if you need to be reached while at the retreat, the emergency phone number there is: (618-453-1121)

REGISTRATION

Please register by Sunday, September 7th so we can have an accurate account for meals and lodging. You may register by completing the form on the reverse and mailing with payment (see below) to CUF Men’s Retreat, 105 N Parrish Lane, Carbondale, IL 62901. Questions regarding registration can be placed to Bob White at 618-787-2929 or Matt Schlesinger at 618-713-5635.

COST

The cost of the Retreat is (\$60.00), and covers meals and lodging, payable by cash or check upon registration. Partial financial assistance may be available if needed. To request assistance please contact either Bob White or Matt Schlesinger

QUESTIONS?

A confirmation letter with specific details of the retreat will be sent upon receipt of registration. For additional information, call Charles Ruffner at 687-2819, or Bill Rose at 351-1474.

Group/Program/Committee Leaders 2008-2009

Please let the office know if there are any changes to this list carbondaleuu@verizon.net

AIDS/Africa Partnership: Carla Feldhamer
Art/Aesthetics Committee: Barbara Lesar
Building and Grounds Committee: Loren Cocking (bldg) & George Feldhamer (Grounds)
Bulletin Board: Lois Lembcke
Campus Unitarian Universalists: Bridget Shepherd
Caring and Sharing: Cheryl Robinson
Carol's Lunch Bunch (women's lunch group): Mariann Douglass
Chalice Lighters (Fundraisers): open
Chalice Lighters (Sundays): Roy Sumner
Choir: Geri McKee
Committee on Ministry: Joyce Webb, Joe Schmit and Matt Stronkoski
Communications Committee: Yo Presley
Community Forums: Bob Camp
Covenant Group Ministries: Bill Sasso
CUF Links (monthly newsletter): Yo Presley
Denominational Affairs: open
Dreamwork: Janet Harris
Finance Committee: Ed Phillips
Greeters & Coffee Hosts: Joyce Webb
Health Ministry/Congregational Nurse: Vennie Anderson, RN
Hospitality Committee: Janet Harris & Patsy Maxwell
Humanist Group and Roundtable: Bob Camp
Interfaith Council: Ken and Kathy Starbuck
Intergenerational Potluck: Roy Sumner
International Student Coffee Hour: JoAnn Nelson & Nillofur Zobairi
Library Coordinator: Janet Levie
Mailing List Manager: Melanie Bray
Membership Committee: Cathy Kline and Rob Gallegly
Music Committee: Alan Christensen
Nominating Committee: Jean Bernstein, Dave Clark, Alan Christensen, Jan Eisenhard and Janet Harris
Open Minds: Dave Christensen & Bob Lembcke
Order of Service: Russ Trimble
Pastoral Care: Bill Sasso, Coordinator
Personnel Committee: Miriam Link-Mullison
Press Release Coordinator: Melanie Bray
Prison Ministries: Lois Hayward & Karen Swenson
Program Committee: Janet Harris
PSI Symposium: Astrid Mosley & Mary Campbell
Religious Education Committee: Matt Stronkoski
Round Table Readers: Janet Levie
Sisterhood of Stitchers: Elaine Seymour
Social Action Committee: Jesslyn Jobe
Stewardship Committee: Jerry Molumby
Sunday Services Committee: Samir Aouadi
Supper Club: Janet Banerjee
Buddhism Study & Practice Group: Judy Carter
Unitarian Recorder Ensemble: Judy Ayd
Unitarian Universalist Service Committee: Amy Weber
Unitarian Universalist United Nations Office: Dave Christensen
Unitarian Folk Orchestra: Charlie Maxwell
Video Circle: Amy Weber & Bob White
Web Page: Yolana Presley
Weekly Bulletin: Russ Trimble and Melanie Bray
Welcoming Congregation: Judy Groskind
Women's Retreat: Pam Jacobini