



CUF Links

The Monthly Newsletter of the Carbondale Unitarian Fellowship
A Welcoming Congregation
- a member congregation of the Unitarian Universalist association -

August 2009

SUNDAY SERVICES

held in the Fellowship Hall at 10:30 a.m.

8/2 Bill Sasso "The Odyssey and Ennobling Suffering"

In response to Bill's Easter Sunday exploration "ennobling suffering," many of you suggested earlier "western" examples of suffering that might be considered ennobling. One of those suggestions dealt with Homer's *Odyssey*, a story filled with adventure, creativity, suffering, generosity (though not necessarily all at the same time!). Bill will share his perspective on the characters in the *Odyssey* and the lessons of their suffering for us today.

8/9 Ken Starbuck: "Understanding Religion In The 21st Century"

Ken will take a look at the religious elements that will shape our century, using five word concepts – voices, historicism, absolutes, solitude, and religionless. Words from Heracitus *Fragments* (6th Century B.C.) will introduce each concept. The dialogue between Mustapha Cherif and Jacques Derrida (*Islam & The West* – 2003) will be referenced.

8/16 "Weaving Global Partnerships to Enrich Women's Lives"

Last March, Deb Czarnopys-White, Carla Feldhamer, and Cathy Kline attend the First International UU Women's Convocation in Houston, Texas. They will share their diverse insights of this event regarding the strength of an individual and the power of community.

8/23 "Why I Became UU"

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.

8/30 Bill Sasso: "Unitarian Universalism: A Religion That Breaks the Rules"

In a world where religion seems to be about following the right rules, Unitarian Universalism sometimes seems to be a movement about breaking religious rules. Join Bill as he explains what this means in terms of how we understand ourselves, and the special gift that we offer the world!

and coming up . . .

9/6 (Labor Day Weekend) "The Sharing of the Waters"

OPEN MINDS

meets at 8:45 AM in the Commons each Sunday

August 2 - "Discover Your Passion" - Debbie Czarnopys-White, presenter

August 9 - Brainstorm Session for Future Programs - share ideas, volunteer to present a program, invite a speaker.

THE MINISTER'S MESSAGE

When to Call the Minister

Every so often, someone will approach me after the Sunday service with a look of uncertainty on his or her face. After hesitating for a moment, the person will ask if he or she can meet with me. Maybe there's a question in your mind about whether you should "call the minister." From my perspective, the answer is pretty simple: if you're wondering whether you should talk with me, it's probably a good idea to do so! There are many different situations in which the question may come up, so let me offer you a few examples!



First, I invite you to call me when you are having a tough time and you'd like to have someone with you in heart and soul. Maybe there's a difficult aspect of your life, and you would appreciate the opportunity to talk it over with someone. Perhaps you're having trouble making sense of something, or a feeling you can't quite come to peace with. Perhaps someone is in the hospital or scheduled for a medical procedure; perhaps you have lost a family member or a friend. Perhaps you have a significant career decision to make. I do want to know what is going on, so that the Fellowship and I can be with you as you face these challenges of life.

Second, I invite you to call me when something good happens and you want to celebrate! Perhaps a new child has entered your family, and you wish to schedule a dedication ceremony to introduce him or her to the entire Fellowship! Perhaps you have received a promotion, or have met someone who touches your heart in a way that means very, very much to you. In these and other times of joy,

the Fellowship and I want to celebrate with you, but that can only happen when we hear your good news!

Third, call me if you have a question or an idea for our Fellowship, especially if you aren't sure where to go with it. There are still some questions that I may not know the answer to immediately, but I have been around here long enough to know where to find most of them! Feel free to call if you have a question about theology, religion, or religious history. Again, while I am not a walking encyclopedia, I am interested in learning with you. The same principle applies: I can serve the Fellowship better if I know what is on your minds!

Fourth, call me if you would like to learn about becoming a member, and you would like to have a quiet discussion about what membership means and how it works within the Fellowship. I'm always happy to have that kind of a conversation!

Please know that you are not bothering me with your call. Each one of you – every member of the Fellowship and its larger community – is important to me! Only through dialogue can I know what is going on in your head and your heart. We are all part of the Fellowship's network of caring, but that network can only support us when we share the needs that we feel and the gifts that we possess with each other.

The best ways to reach me is to call me or email me. In an emergency, please call me at my home phone number (618-529-7808) at any time. If I am not home, or if the question is not urgent, please leave a message, and then call the Fellowship office (619-259-2439). Again, if I'm not there, please leave another voicemail message. You can also email me at bsasso@juno.com. In the

meantime, whether you call or not, I hope you enjoy the beauty of summer!

Yours in the spirit, Bill Sasso

FROM THE RELIGIOUS EDUCATION DIRECTOR

As I watched the havoc taking place all around, I kept thinking, is this thing ever going to stop? Which was followed shortly by the thought, “Things don’t always go according to plan.”



I had made my final mortgage payment in December.

Arriving at home, finally, I could barely see my mobile home for all the trees blown over. Indeed, my home had been destroyed, and was not habitable. But I was unhurt, and as it turned out, none of my family or friends had been injured in the “da-wrecko,” or as I will always refer to it, “the storm.”

As I climbed around my property, my cell phone rang, and my friend said, you can stay with us as long as you need. Other friends helped me move my belongings to a safe storage location. I got to know my neighbors better, as every time I visited my property they were already there removing trees and debris.

It just so happened that my neighbor to the east had built a cabin on the site to my west, and offered to sell it for what he’d put into it. After we’d struck a deal, he then changed his mind ...and decided to install an air conditioner. He also decided that he wanted to complete the deck in the back, and that the driveway needed some gravel, and that five loads of topsoil

would help, and that his crew would eventually remove the remaining trees covering the back yard, and that they would cut down the damaged trees that were still standing. Wow!

As the change producing storm blew through May 08, it was impossible to imagine all the good that was to follow. I hope you, too, have found yourself richer in ways you couldn’t have planned.

As school starts again, and we return from our travels and time away, I want to welcome you all back. And I have an opportunity, or challenge if you will, for you. Matt Sronkoski and I addressed the Fellowship at the July 12 service, and we extended an invitation for all of you to spend at least one hour with the Religious Education program, within the next year. You talk to us about what you’d like to do, and if you don’t know what to do, we are there to help decide. We need you, we want you, and we all will be richer for the time spent together.

And don’t get too stressed with your plans, because maybe like me, life can be surprisingly rewarding when “things don’t go according to plans.”

Welcome back!

Roy Sumner

CUF MONTHLY MEETINGS and ANNOUNCEMENTS

SUICIDE GRIEF SUPPORT GROUP: *This group meets the second Tuesday of each month at the Fellowship, at 7:30 pm.* Judy Ashby, MS, LCPC, facilitator. This group, serving those who have lost a loved one to suicide, is open to parents, children, spouses, partners, siblings, grandparents, relatives, friends, co-workers, and others. This supportive experience will offer safe and understanding conversation

about loss and healing as participants open their hearts to grief and growth. **Meets next on Tues., Aug. 11th.** For more information, contact Bill Sasso at 529-2439 or bsasso@juno.com.

MINDFULNESS MEDITATION *This group meets every Saturday in the Fellowship Commons from 1:00 to 2:30 p.m.* If there are other activities scheduled in the Commons, we meet in the RE area. For more information, contact Joy Price at joyfully2356@yahoo.com or 618-457-2405.

BUDDHISM STUDY & PRACTICE GROUP *This group meets on the first and third Sundays in the Fellowship Commons at 7:30 PM.* For more information: www.shawnee-dharma.org or Judy Carter at 529-3110.

Aug. 2 - Meditation, Chanting, Study, Discussion in a free flowing format. Everyone welcome.

Aug. 16 - (ditto above)

THE DREAM WORKSHOP. *This group meets the first Sunday of each month in 06 (RE wing) at 12:00.*

Meets next on Aug. 2.

HUMANIST ROUND TABLE. *This group meets on the second and fourth Wednesday of each month in the Fellowship Commons at 2:00 PM.* Meets in August on Aug. 12th and Aug. 26th. Coordinators: Bob Camp and David Christensen

PSI SYMPOSIUM. *This group meets the second Sunday of the Month in Room 06 at Noon.* **Meets next on Aug. 9.** Contact Astrid Mosely at astrid.m@verizon.net for information.

ROUNDTABLE READERS. *This group meets on the fourth Sunday of the month in Room 05 after the Sunday Service at Noon* **Meets next on August 23rd.** This month's selection is On Beauty, by Zadie Smith. This novel won the Orange Prize for Fiction, was short listed for the Man Booker Prize, and was named one of the ten best books of 2005 by the New York Times Book Review. It is available in paperback, and the CUF library and the Southern Illinois Library Network have one copy each. According to the San Francisco Chronicle, "On Beauty is a rollicking satire of the sacred pieties laid bare when a university confronts thorny issues of race, class, and privileges...a tremendously good read." All are welcome! For more information, contact Janet Levie, 618-833-4971.

SCIENCE IN SOCIETY. *This group meets some Fridays of the Month in the Fellowship Commons at 5:00 PM.* Contact Gina Paul at rpaul@siu.edu or 351-1064 if you have questions.

VIDEO CIRCLE *This group meets on the third Friday of each month in the Fellowship Commons at 7:15 PM.*

Meets next on Aug. 21st. Selection to be announced later. Contact Amy Weber at amyweber1@msn.com with questions.

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* (carbondaleuu@verizon.net and cherrob1@msn.com) and/or the *Sunday Order of Service* and the weekly email *Bulletin* (russtrim@verizon.net). 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!

Update on Ranchod Orphan Program in Kabwe, Zambia...



Gabriel is the new manager of the center and of the hospice. He is a capable and kind man. He recently sent letter to right.

"The children centres are both running smoothly. We are serving a total of 134 children at both Ranchhod and Chililalila centres. Successes have been many because of the interaction between the staff, the children and the care givers, thus a special relationship has developed, resulting in the children receiving medical, nutrition and psychosocial support, referrals to the hospital and clinic to ensure treatment of various conditions of children. Children have been linked to the Kids Post Test Clubs where they receive ongoing counseling, medical assessments, VCT (Voluntary Counseling and Testing) and linkage to ART (AIDS treatment) where necessary. Funding for children remains a challenge, thus we thank you for supporting these vulnerable children in different areas of their lives.

Warm regards,
Gabriel, Ranchhod Hospice."

Fair Trade News and Information...

Our congregation bought \$2,414.94 worth of Equal Exchange Fair Trade products in the past year! This year we will be able to donate \$200.00 to the Social Action Committee with enough money left in the account to fund new purchases.

Many Fellowship members don't know why these products are sold after Sunday services. We are participating in the UUSC's (Unitarian Universalist Service Committee) Equal Exchange Fair Trade Coffee. "For every pound of fair trade products sold through the UUSC Coffee Project, a contribution is made to UUSC's Small Farmer Fund, earning about \$17,000 per year. Through the Small Farmer Fund, you support UUSC's work with small farmer cooperatives that grow, produce, and sell goods for fair trade. Cooperatives are owned and managed by the farmers, themselves! This way, farmers gain more control of their economic future. They also improve their lives as they work with other farmers and producers to develop business skills and economic self-sufficiency — and make investments in their land, education, and local communities. Worker cooperatives are a powerful way to advance human rights and support the environment. One of UUSC's partners is the Southern Alternatives Agricultural Cooperative (SAAC), a pecan cooperative in southwest Georgia that produces shelled pecans and pecan candies for sale through fair trade. SAAC is the only African American-owned pecan shelling facility in the United States – and it is run by women. The women who lead this cooperative are lifelong advocates who are determined to run a pecan-processing plant in a way that creates new business and career opportunities for workers and strengthens local economies in southwest Georgia." [1]

As with pecans, all Equal Exchange products are fair trade products, which means that small farmers and farm co-ops are guaranteed a fair price for their products, no matter how low market prices might fall. Equal Exchange even pays premiums for organic products, which discourages clear cutting, pesticide use and so forth.

Check out the various products which are sold during coffee hour after some services. Remember, although the Buyer's Club orders by the case, splitting the cost with others is always an option! Contact Janet Harris, jelizah1949@yahoo.com, 687-2155 to answer questions and submit orders when needed.

(1) UUSC Coffee Project Handout

A Note From the Hospitality Committee...

We will have a coffee fund basket out on Sundays. This is **entirely** voluntary, there is no suggested amount, as that assumes a donation of some amount. The Hospitality Committee is committed to continuing to serve Fair Trade Coffee at coffee hour. Fair Trade coffee is coffee that is bought at a guaranteed price which helps small farmers and their co-ops. Because Equal Exchange (a worker owned co-op) along with other Fair Trade companies pay a premium price, Fair Trade coffee is also more expensive than regular coffee. We buy the coffee through a program sponsored by the UUSC. See the Equal Exchange Fair Trade article above for more information.

In a desire to continue to work towards a Green Sanctuary, the committee reminds you to hang wet rags, towels, etc. on the drying rack. A wet or damp cloth left out will mildew. We also are in need of a small attractive compost container for the kitchen. Three people are willing to donate a composter, which will be used for the RE garden.

A Thanks from the Carbondale Park District...

The Fellowship received a letter of thanks from the Carbondale Park District for the \$130 contribution made as a result of the Jim Scott performance benefit held in May. In part, they say that "these monies will be earmarked for restoration of the Marberry Arboretum. I applaud the Fellowship's effort to continue the Green Sanctuary program. The Carbondale Park District is also concerned about environmental issues, and works towards assisting the community with environmental education. Good stewardship is an essential part of this effort."

Women, Mark Your Calendars...

August 15 and 16, CMwD (Central Midwest UUA District) will be in Carbondale to provide programming for the women of the congregation and to hold the quarterly meeting. The programming will consist of a workshop covering the "Cakes for the Queen of Heaven" feminist curriculum. It will last about 2 1/2 hours. This is a revised and updated version, so those of you that have already had this experience, plan to attend the re-release of Rev. Shirley Ranck's ground breaking program. The quarterly meeting will last 2 to 4 hours. Specific information will be available soon. Lodging will be required for at least 7 councilors. Please get in touch with Cathy Kline, Debbie Czarnopys-White or Mary Campbell if you wish to host a CMwD member for a night or two. Watch for a sign - up sheet and the latest information on this exciting event!

The **Caring and Sharing** team provides help for Fellowship members who may need some assistance while going through a difficult time physically or emotionally, such as those recently home from the hospital, recovering from an accident, dealing with a profound loss, or otherwise in need of assistance temporarily. The team has many members willing to help out when they can. In the past two years, the "official" team (ones who signed a sign-up sheet or personally contacted the coordinator) has included the following "UU saints and angels": Samir Aoudi, Kim Asner-Self, Roberta Blankenship, Lilly Brown, Jan Eisenhard, Karen Gallegly, Janet Harris, Lois Hayward, Jess Jobe, Joan Juul, Donna Mann, Laurie McGregor, Frank Nall, Helen Nall, Jo Ann Nelson, Kathy O'Laughlin, Darby Ortolano, Karen Puharich, Jodi Ruffner, Bill Sasso, Cheryl Schmit, Matt Sronkoski, Dawn Taylor, Natalie Trimble, Russ Trimble, Rose Tunks Moroz, Joyce Webb. **Thank you, thank you, thank you!** We provide various "nuts and bolts" services, – meals, running errands to the grocery store or pharmacy, watering yards, walking dogs, transportation to a doctor's appointment, or whatever helpful service is identified by the member family in need. Because the team has quite a few members, we can take turns, and each participating person is asked to help out only when they can. If you would like to be a member of our service "team", or ever find yourself find need of our services, please contact co-ordinator Cheryl Robinson at cherrob1@msn.com or 618-364-6499.

OFFICERS, BOARD MEMBERS & LEADERS

The following are your current leaders of programs and committees within the Fellowship for 2009/2010 fiscal year:

President: George Feldhamer

Vice President: Miriam Link-Mullison

Treasurer: Ed Phillips

Secretary: Jean Bernstein

Trustees: Phil Beck, Janet Harris, Cathy Kline, Chris Lant and Charles Ruffner

Group/Program/Committee Leaders

AIDS/Africa Partnership: Carla Feldhamer
Building and Grounds Committee: Tom Robinson
(Bldg) & Al Babbitt (Grounds)
Bulletin Board: Lois Lembcke
Campus Unitarian Universalists: Herman Peterson
Caring and Sharing: Cheryl Robinson
Carol's Lunch Bunch (women's lunch group):
Mariann Douglass
Chalice Lighters (Fundraisers): Bill Sasso
Chalice Lighters (Sundays): Roy Sumner
Choir: Geri McKee
Committee on Ministry: Joyce Webb, Joe Schmit
& Matt Sronkoski
Communications Committee: Yo Presley
CUF Links (monthly newsletter): Cheryl Robinson
Denominational Affairs: Bill Sasso
Dreamwork: Janet Harris
Endowment Committee: Jerry Molumby
Finance Committee: Ed Phillips
Green Sanctuary: Deb Czarnopys-White
Greeters & Coffee Hosts: Joyce Webb
Health Ministry/Congregational Nurse: Vennie
Anderson, RN
Hospitality Committee: Janet Harris & Patsy
Maxwell
Humanist Roundtable: Bob Camp
Interfaith Council: Ken & 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: Judy Aydt & Deb
Czarnopys-White
Men's Retreat: Bill Rose & Charles Ruffner
Music Committee: Alan Christensen
Nominating Committee: Bill Rose, Jan Eisenhard
Open Minds: 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 Sronkoski
Round Table Readers: Janet Levie
Sisterhood of Stitchers: Elaine Seymour
Social Action Committee: Bob White
Stewardship Committee: Jerry Molumby
Sunday Services Committee: Darren Sherkat
Supper Club: Janet Banerjee
Buddhism Study & Practice Group: Judy Carter
Unitarian Recorder Ensemble: Judy Aydt
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: Yolan Presley
Weekly Bulletin: Melanie Bray
Welcoming Congregation: Jean Bernstein
Women's Retreat: Pam Jacobini

**Coming next issue...a new feature presenting a short bio of
one of our newest members each month!**

CUF LINKS HARD COPIES are available at the Fellowship on the visitor table.

Deadline for September CUFLinks: Sat., August 22

Please send your articles to Cheryl Robinson at cherrob1@msn.com or to Melanie Bray at
cufvolunteers@verizon.net on or before Aug. 22.

Carbondale Unitarian Fellowship, 105 N. Parrish Lane, Carbondale, IL 62901

618-529-2439 www.cuuf.net, carbandleuu@verizon.net

-- Cheryl Robinson, Editor

The Rev. William Sasso, Minister

An inspirational thought: "In all of nature, no storm can last forever." – Dr. Wayne Dyer