



CUF Links

The Monthly Newsletter of the Carbondale Unitarian Fellowship
A Welcoming Congregation

- a member congregation of the Unitarian Universalist association -

September, 2010

SUNDAY SERVICES

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

9/5 The Sharing of the Waters

Our children will join us in this intergenerational service that celebrates our connections throughout the world, sharing waters, rocks, and possibly other items that symbolize our travels. And after the service, plan to attend our annual CEDAR LAKE beach picnic!

9/12 “Why I Became Unitarian Universalist”

This service is always an annual favorite! Two members of our congregation – this year, Cathy Kline, our Fellowship’s new president and Paul Kent Oakley, our incoming student minister – will share the stories of how they became Unitarian Universalist. Bill Sasso will coordinate this service.

9/19 “John Wallace as John Muir”

John Muir, sometimes known as the “Father of Yosemite,” called people to “come to the woods” as a means of experiencing both the beauty and the renewing powers of nature and wilderness. A correspondent of Emerson, Muir played a key role in the formation of the national park system. John Wallace, a local environmental educator and activist, has presented John Muir to different groups for nearly a decade. Bill Sasso will coordinate this service.

9/26 Bill Sasso: “Creating Peace: a Unitarian Universalist Perspective”

At the June, 2010, General Assembly of the Unitarian Universalist Association, delegates endorsed a Statement of Conscience entitled “Creating Peace” as the result of a five-year deliberative and interactive process. How does Unitarian Universalism help “create peace?” How can it make the creation of peace more difficult? Please note: This will be the first Sunday when we will have the children of the Fellowship (pre-K and up!) with us for the first part of the service, and then they will move to their RE programs.

And coming up . . .

10/3 - Deb Czarnopys-White will share from personal experiences of “Global Diversity Awareness”.

OPEN MINDS

This presentation/discussion program meets at 8:45 a.m. each Sunday in the Commons Area. Topics “To Be Announced” in weekly bulletins. Contact Terry Elliot at elliott1@wildblue.net if you would like to lead one of these Sunday discussions, or for more information.

THE MINISTER'S MESSAGE

Building a Stronger Community!



If you have been paying attention over the course of the summer, you may have noticed that several different conversations have taken place about having our children with us in the Fellowship Hall for the initial part of our Sunday services.

These open discussions have included members of the Religious Education (RE) program, the Sunday Services and Music Committees, as well as Board members and other interested members of the congregation. To some of us, it may be obvious how that's a good idea, while others may wonder why we would ever even want to think about it. As the saying goes, "if it ain't broke, why should we fix it?"

As we talked the concept through, some pretty good reasons emerged. For instance, we think it could help our children and youth develop a stronger sense of belonging to the Fellowship community and an identity within Unitarian Universalism. We think that it could nurture a religious sense within them, as they participate in our own forms and understandings of worship and ritual. We hope it will connect our adult community more closely with our children, and enable our RE teachers to maintain and strengthen their sense of relationship with the other (non-teacher) adults. Over the longer run, we think that specific services will connect the high school and middle school students with issues and values and will help our youth "bridge" into our adult community (and more generally, into the adult experience of Unitarian Universalism).

I hope that you will agree that these are good reasons, and that taken collectively they form a powerful motivation to change, but even so, those present didn't jump to any conclusions. We discussed the feasibility of changing the structure of the service, and what would happen if we lengthened it by 10 minutes or so. We wondered if we have enough seating for everyone, and whether there would appear to be "room" for newcomers. We hypothesized about how it might feel to have large blocks of seats empty after the children and teachers moved to RE. And it gradually dawned on us that in order to answer these questions, we need some experience. We need to try this concept out to see what it feels like. So the Sunday Services Committee has scheduled three Sundays – September 26th, October 24th, and December 5th – when we will have the children of the Fellowship (those pre-K and up in age) with us in the Fellowship Hall for the first part of the service. We'll be working hard to make sure that this part of the service engages not only the children, but all of us, and we invite your suggestions and help! If you have some ideas, or want to help with this "experiment," I invite you to contact me!

Personally, my hope is that this becomes a regular part of our services, one that enriches the experience we share together each week and one that we come to anticipate eagerly. In the meantime, if you should care to offer a suggestion or share a reaction, I encourage you to do so!

Yours in the growth of community, Bill Sasso

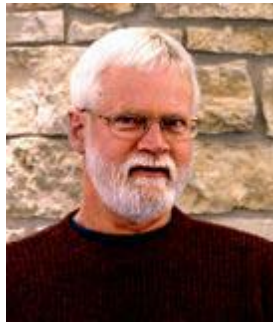
FROM THE RELIGIOUS EDUCATION DIRECTOR

Kids are remarkable. One minute they are crying inconsolably, the next they are dressed in a geisha dress and dancing, or dressed as a pioneer and earnestly churning butter for the

biscuits they are making. For their size, they are incredibly loud, except when asked to sing a song. Without pausing for a breath they can shake-off a fall that would paralyze me. They are literal, and

with the speed of lightening they can see any contradiction or exceptions in what you are telling them.

Yes, kids are great! I picked up a book at General Assembly (1,003 Great Things About Kids) which contains some interesting and funny observations. Here are a few: "They can carry their weight in backpacks. Young children make sure you don't sleep away the whole morning. Someone to install your software. Babies don't fear commitment. They know better than you what's recyclable and what isn't. Kids really make you appreciate a good night's sleep."



"You always forget how small they are at first. They think shoveling snow is fun. Teens with driver's licenses love being asked to run errands. To your child you are an expert on practically everything. For a kid, taking the car through the car wash is almost as good as a movie. Kids provide a good reason to start going to church again. If you have to move to a foreign country, your kids will soon be able to interpret for you."

"When kids are around you tend to go on picnics more. Although children do shout too much, at least it's not because they're going deaf. They won't fight you for the phone until they're six. They

think it's grown up to help carry the groceries. They think it's fun when the electricity goes out. Giving a kid a flashlight will inspire them to read more. It's so sweet the way preschoolers think they are helping, when they're really just getting in the way."

I love kids. They are unpredictable, spontaneous, they learn fast, they are curious about everything, and they can be tenderly caring and nurturing of younger children (except siblings sometimes). If you'd like to spend some time with our kids, you are always welcome to join us. I have offered this invitation many times, but I wanted to remind you that your presence is valued and appreciated. Just let me or one of the teachers know you are available, and we'll find a place for you.

I'll end with a couple important dates: After the service on 05 September, join us at Cedar Lake Beach. It's a fun way to say goodbye to the summer, and reconnect for the coming year. The second date is 12 September, which will be the first Sunday of regular classes. I hope you had a great summer, and I look forward to seeing all of you again.

See you soon,

Roy Sumner

PRESIDENT'S MESSAGE

The board has been busy this summer, holding two regular meetings and one retreat. The purpose of the retreat was for members to get to know each other, to understand the role of the board and to develop a focus for the work to be completed this fall. It was a great evening, and I feel we all left with a new perspective on our role as board members, a new energy regarding our work and a new relationship with our fellow board members.

Yolan Presley, Janet Harris and Melanie Bray have spent many hours reviewing, revising and writing new text for the Building Use Policies and forms. The board has worked with them to help make this document as "user friendly" and comprehensive as possible. Many thanks to Yolan, Janet and Melanie for the time and effort spent on this project.

The board has established two sub-committees. One sub-committee will focus on committee leadership and will be lead by myself. The other

sub-committee will focus on putting together the four committees recommended by the Communications Plan developed last fall. Miriam Link-Mullison will lead this committee.

This month the board will begin to review the 2006-2011 Strategic Plan.

Plans are being made to hold discussions with the congregation in October. Your input on each of the five goals will be important as we strive to summarize

accomplishments and goals not met. This summary will be presented at the December congregational meeting. In 2011 a committee will be put together to develop the next five year plan.



If you are interested in serving on this committee, please contact me.

On a personal note, I will be traveling to "The Mountain" on September second. The Mountain Retreat and Learning Center is a non-profit facility located in the mountains near Highlands, North Carolina, historically associated with Unitarian Universalism. I am going with five members of the governing council of the CMwD Women's Connection; our Debbie Czarnopys-White, Pat Goller and Diana DeWeese of Springfield, and Claire Kartcher of Chicago. I will return home Tuesday, September sixth, with renewed energy, stories to tell and pictures to share.

Warm Regards,

Cathy Kline

ZAMBIAN HOSPICE PARTNERSHIP

Supplies needed for Zambia by September 12th for Carla to pack and take with her:

Children and adult Tylenol and Ibuprofen.
Children's chewable vitamins
Anti fungal and antibiotic creams
Large tooth combs
Men's and women's underwear
Children's underwear
Men's lightweight shorts

Ladies nightgowns
Small bars of soap and small bottles of lotion
Chapstick
Pens and colorful markers
Colored pencils
Pencil sharpeners
Cash donations to purchase items in Zambia

There is an open suitcase on the Zambia information table. Thanks for all!!!

COMMUNITY EVENT TO HELP OUR ZAMBIAN HOSPICE PARTNERSHIP

Dear Members and friends of the Carbondale Unitarian Fellowship and friends,

A portion of the proceeds from the Fall Runway shows by P.Rath Couture will be donated to the Zambian Hospice Partnership. The Fall Shows are scheduled for Saturday, Oct. 2 and Sunday, October 3, in the studio-runway space, 2213 Division Street in Murphysboro. If you are interested, please see the web site P.Rath Couture or prath.net or become a fan on Facebook. To receive an invitation, email your name and address to patti.rath@gmail.com, or telephone P. Rath Couture at 618-203-4574. We will consider it a privilege to donate to the Zambian Hospice effort, and we look forward to seeing you at one of our shows...with an even greater goal than Fashion in our hearts and minds." Thank you... - Patricia Prevedell Rath

FELLOWSHIP ARTIST SERIES

If you know someone or are someone who would like to participate in this series, please contact any member of the Program Committee: Jo Ann Nelson, Nillofur Zobairi, Inge Rader, Karen Gallegly, Pam Jacobini or Janet Harris.

Wednesday, July 28, Lois Lembke was our featured artist. Lois has worked in a variety of mediums, from painting, to pottery, to found items. She shared with us her development as an artist and as a teacher in Illinois, New York City and Indiana. Lois had planned to give an art workshop but her anecdotes were so interesting, the audience demanded more! An exciting surprise awaited Lois. As she was describing some of the methods she used teaching art to high school kids, a woman raised her hand to comment. She attested to Lois' skill as a teacher and said that she felt Lois had had an impact on her life. This woman was a student of Lois' 40 some years ago, who was browsing the internet when she found out about the presentation. She and her sister then drove 6 hours, some 350 miles to attend. What a great way to honor Lois and celebrate her accomplishments!



The CUF Artist's Series for August featured R. Michael Fisher, an independent scholar, author, and a therapeutic counselor. His program included exhibition selections from his recent work, and a presentation followed by discussion and conversation. His art interests include mixed media, drawing, collages and installations. For over a decade, Fisher was a professional wildlife artist. His work ranges in scope from stark realism, to modern abstraction to post-postmodern surrealism. Fisher's work is an approach to art as meditation, an attitude of "let's see what will emerge in my space today". By sharing his art, his intention is meant to inspire the creativity spark that lies within everyone. A few pictures from the program:



The Sept. CUF Artist's Series will feature Darby Ortolano on Wed., Sept. 29, 7:00PM. In 1970, Darby Ortolano began her 40 year love affair with pottery when she took an evening pottery class, and knew she was hooked. She knew she was committed to being a potter from the moment she touched clay. Despite her immediate connection to ceramics, her corporate world and family responsibilities were a priority. However she continued to work in ceramics for the next 20 years before she decided to pursue her art full time. In 1990 she said goodbye to the corporate world and hello to the hard work of becoming a skilled and creative ceramist. Her first stop was getting a BFA at the Kansas City Art Institute, before coming to southern Illinois to study for her MFA at SIUC. Following graduation, she taught for two years at SIUC, then joined John A. Logan College in 2000 as a full time professor. For the past 20 years, she has been in many exhibits, both juried and invitational, ranging from coast to coast. Most recently, in 2008, she was invited to participate in Louisville, Kentucky's annual Dinnerworks show, was selected to exhibit at Evansville Museum's Mid-States Craft Exhibition, and at Quincy Art Center's Biennial Quad State Exhibit. Closer to home, she and Hilary Chandler exhibited together in the show Close To The Bone, at Joni Beth Bailey's gallery in Murphysboro. Several pieces of her pottery will be exhibited at the Fellowship show, illustrating the development of her work over the past twenty years, followed by a presentation and discussion. Following this free program, light refreshments will be served by the program committee.

NEW HUMANIST FORUM

In a highly successful meeting on Sunday, August 22, a number of CUF members met and decided to re-establish the Humanist group! Many potential future topics were brainstormed. At present, this group will be meeting twice monthly at the fellowship, on the 2nd Wednesday of each month at 2:00 PM., and on the 3rd Sunday of each month at noon. With the Sunday noon venue, we hope to attract new participants and CUF community newcomers who are possibly unfamiliar with the philosophy of compassionate, naturalistic Humanism. The Sunday Noon session gives those who can't attend a weekday daytime session because of work schedules other obligations. Light refreshments will be provided by the Program Committee and others who wish to share with the group. A Coordinating Committee which will be composed of six persons, including Jo Ann Nelson(Chair), Bob Camp, and four other volunteers from the group will share in the successful planning and functioning of the group. Our programs will be generated and presented by "New Humanist Forum" participants and invited members of the broader community. All are welcome to attend. If you wish to be added to our mailing list contact joannnelson1928@gmail.com, or terrinya@gmail.com.

PLEASE KINDLY HELP OUT THE EDITOR!

This month, a plethora of articles for CUF Links arrived after the deadline. I am happy to volunteer to be the editor for the monthly CUF Links, but please honor the importance of my time and my hours of service by getting your articles to me on time. The deadline for the October CUF Links is Sunday, Sept. 26, and anything that is not in my email inbox by midnight of the 26th will not get into the October CUF Links. That policy will apply to the monthly deadlines going forward. (Also, please send it to my email address as well as to the office. If you send it to the office only, Melanie and I often have no way of knowing that I do not have it.) So, please send your articles to Cheryl Robinson at cherrob1@msn.com and to Melanie Bray at cufvolunteers@verizon.net on or before September 26. - Thanks for your cooperation! – Cheryl Robinson, Editor

FELLOWSHIP CLEAN UP DAY

We need YOUR help for the CUF Fall Clean-up! Please mark your calendars for Saturday, Oct 2, from 7:00 a.m. – noon. Come for an hour, or stay all morning, but please come if you possibly can!

NONDUALITY VIDEO SATSANG IS STARTING AGAIN!

You are invited to the next Nonduality Video Satsang on Friday, September 10, at 7:00 p.m. We will listen to 45-60 minutes of video or audio of teachings by Adyashanti, whose books include *The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment*, *Emptiness Dancing*, *True Meditation: Discover the Freedom of Pure Awareness*, and *My Secret Is Silence: Poetry and sayings of Adyashanti*. His website is www.adyashanti.org. We will sit/meditate silently for 10-15 minutes preceding and following the video. In lieu of post-video discussion of the teachings, we invite internal reflection as each sees useful. Nonduality Video Satsang takes place at the home of Matt Denis and Christine Schrank, 82 Glopen Road, Carbondale. Email mattdenis@msn.com or call 527-8358 if you need directions, have questions, or just want to check in before joining us. (FYI, we now have three wonderful inside cats - Bisou, Mystic, and Kiara.)

CUF AMBASSADOR/HOST OPPORTUNITY

Over the past few months, an ad-hoc committee has been reviewing and revising our Building Use Policy, Agreements and Fees. Throughout this process the committee felt that one of the weakest links in our policy was allowing non-member users' access to our building without supervision. The Board has agreed and future events will now be required to have a CUF member present in the building during the event. Because of the varied times of most events (nights and weekends), the Board felt that we should try to find at least six members willing to serve the Fellowship in this capacity. We anticipate being able to compensate this position on an hourly basis from a surcharge added to our fees. If you are interested in applying to be an Ambassador, please email Yolán Presley (astrosleuth@gmail.com) with your contact information.

WOMEN'S RETREAT

It's that time of year again. Leave are turning, kids are back in school, and it's time to sign up for the 2010 Women's Retreat, NOV 12-14 at Little Grassy Methodist Camp. Retreat brochures are in the mail and email, and hard copies are available at the Fellowship. Every woman is welcome to attend. We always learn, share and have fun, and this year will be no exception. Our theme for 2010 is "Practicing Our Spirituality". This year's retreat is very "interactive", and some preparation is needed beforehand. There is a special information sheet in the brochure explaining more. Nothing too hard, we promise, but guaranteed to peak your interest. Deadline for registration is Oct 22nd. Stipends are available to help with financial hardship and mobility limitations. We invite you to join us for what we feel is going to be a very special retreat. - Vennie Anderson and Deb Czarnopys-White

MINISTER'S OFFICE HOURS WILL CHANGE on Tuesday, September 7th. Over the course of the autumn, Bill Sasso will keep regular office hours from 3:00 to 5:00 p.m. on Tuesdays and Thursdays, and from 9:00 to 11:00 A.M. on Wednesday. As Bill is sometimes called away for meetings or other professional reasons, it's a good idea to call (618-529-2439) before making a special trip to see him!

THE MLK EVENT PLANNING COMMITTEE will meet at 7:30 pm on Tuesday, September 21st to begin planning a Southern Illinois Celebration of the Life and Legacy of Dr. Martin Luther King, Jr., to be held at the Carbondale Civic Center on Sunday afternoon, January 16, 2011. Please call Bill Sasso for more information (including the meeting location, which has not yet been determined).

Exploring the Possibility Within

a workshop facilitated by Bill Sasso: Autumn, 2010

This workshop is based on Parker J. Palmer's book *Let Your Life Speak: Listening for the Voice of Vocation* (Jossey-Bass, 2000). Workshop participants will form a supportive group, assisting each other in the self-exploration Palmer describes in this work. Each week we will read a chapter of the book, per the following schedule:

September 15th: "Listening to Life," encouraging us to deepen our self-understanding, rather than trying to will ourselves to be what we would choose to be; and "Now I Become Myself," offering the insight that vocation in life is not an accomplishment, but rather a gift that we must be open to receive.

September 22nd: "When Way Closes," relating events in Palmer's own life when his sense of purpose in life ran into brick walls, and what he learned from those events.

September 29th: "All the Way Down," describing Palmer's experiences with clinical depression, and the ways in which his 'hitting bottom' may have been part of a larger journey to self-understanding.

October 13th: "Leading from Within," using the sense of direction we have found to focus the energy of our hearts and souls in action; and "There Is a Season," presenting the image of seasons as a model for better understanding the cycles of energy and direction in our own lives.

Ground rules: Regular attendance is necessary because it is important for us to coalesce as a group. We will close the group after the first meeting (i.e., no new members). The workshop will rely heavily on sharing and group interaction, but no one will be pressured to share beyond his or her readiness to do so. The group will be limited to no more than ten participants. Please note that, in order to create a truly mutually supportive atmosphere, we must refrain from disputing any other participant's insights or self-learning. It is certainly going to happen that we differ with others, but we must agree to respect each other's values, beliefs, and stories. Participants are expected to honor the confidential nature of the group discussions.

Schedule: Exploring the Possibility Within will meet from 7:30 to 9:00 pm on four Wednesday evenings: September 15th, 22nd, 29th, and October 13th.

Contact Bill Sasso (618-529-2439 or bsasso@juno.com) for more information, and/or to register for the program. Copies of the book are available from Bill, or you may acquire a copy in any convenient and appropriate manner.

The registration deadline is noon, Sunday, September 12th.

CUF REGULAR PROGRAMS & MEETINGS

WOMEN'S GATHERING The September Women's Gathering meets on Wed., August 1, at 7:00 p.m. at CUF. Contact Cathy Kline at klinejc@earthlink.net for more information.

SISTERHOOD OF STITCHERS *This group meets weekly on Wednesdays at 11:00 a.m., in the Commons area.* All are welcome, from persons learning knitting or stitching crafts to those well practiced and knowledgeable. Come to work on your projects, learn from others, share your ideas, and enjoy the camaraderie! For more info, contact Pam Jacobini at PJacobini@siumed.edu or Gloria Smiley at smileyspins@yahoo.com.

CUF DRUMMING GROUP *This group meets on the third Saturday of each month at 2:30 p.m. in the Commons.* For more information, contact Debbie Czarnopys-White at bdcw@frontiernet.net, or call 787-2929.

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 457-2405 or joyfully2356@yahoo.com.

BUDDHISM STUDY & PRACTICE GROUP *This group meets on the first and third Sundays in the Fellowship Commons at 7:30 PM.* **Meets this month on September 5 and September 19.** Meditation, chanting, study, and discussion in a free flowing format. Everyone welcome. For more info, visit www.shawnee-dharma.org or contact Judy Carter at 529-3110.

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

Meets this month on September 5. Using Jeremy Taylor's technique, we share and discuss our dreams in a respectful, safe, and comfortable environment. For more information, contact Nillofur at cadfael07@yahoo.com or Janet at jea49@Care2.com.

PSI SYMPOSIUM *This group meets the second Sunday of the Month in Room 06 at Noon.* **Meets next on on September 12.** We start at noon with light refreshments. Please bring a dish to share. For more info, contact Mary Campbell at 521-0851 or mpurple1999@yahoo.com.

ROUNDTABLE READERS *This group meets on the fourth Sunday of the month after the Sunday Service at Noon.* **Meets this month on September 26.** This month we will discuss Sophie's World, by Jostein Gaarder. Subtitled "A Novel About the History of Philosophy," this charming international bestseller delivers a short history of Western philosophical thought from Socrates to Sartre unpretentiously, while entertaining the reader with a fantasy/suspense tale something like a modern-day version of Through the Looking Glass. Sophie Amundsen is a 14-year-old Norwegian schoolgirl, but who is Hide? And why does her mail keep turning up in Sophie's world? To unravel this riddle, Sophie must make use of the philosophy she is learning. But the truth is more complicated than she could have imagined. All are welcome! Please address questions or book suggestions to Janet Levie at jmlevie@frontier.com.

SCIENCE IN SOCIETY *This group meets some Fridays of the Month in the Fellowship Commons at 5:00 PM.* Contact Gina Paul at 351-1064 or rpaul@siumed.edu 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 September 17.** Movie selection to be announced. Free popcorn! Contact person is Amy Weber at amyweber1@msn.com.

UNITARIAN FOLK ORCHESTRA *practices at 10:00 a.m. Saturdays, at the Fellowship.* For info contact Bill Sasso at bsasso@juno.com.

DISPATCH FROM ARABIA

by **Joe Robbie** (Our CUF member living and working in Saudi Arabia)

My European vacation was very good. I was mostly in Budapest, Hungary, but also visited Vienna and Istanbul. Budapest is a beautiful city, full of culture and history (I've never seen so many statues in my life). The people are friendly, the food is delicious and the beer is real. But the best part of my stay was the friends I got to see again, and the new ones I made there. The highlight was my old friend (30 some years) Balazs, with whom I used to bartend evenings (while teaching in the daytime) in Japan about ten years ago. His mom was assistant Hungarian ambassador to Japan, and we had some pretty fun times back then. (I was married to my Japanese wife at the time.) He came to visit me for a few weeks while I was living in Hawaii (for 9 years) and I guess I took good care of him there, because he said this was his chance to make up for that - and he did!

I joined the local Hash House Harriers (an international running club) for several outings, watched the World Cup in various interesting venues, went out on two dates with local women (I told one that I liked live music - so she took me to the opera!!!), did the obligatory tourist stuff (castles, Hero's Square - they've got a lot of heroes, the Danube River, etc.), saw Rod Stewart (for free), went to a large music festival about three hours out of town, and walked around so much that I now have a knee problem. I stayed in apartments and houses the whole time (no hotels).

Finally, my two weeks were up. I was on the train to the airport, luggage and ticket in hand, when the train got held up at one of the stations along the way due to a technical problem. En route, I had been brooding and agonizing about my return to the hostilities of Saudi Arabia and the miseries of my job, so I took the train stoppage as a sign. I just hopped off and called my friend to announce that I was staying for another week!!! He was delighted; my boss less so. As it turned out, that final week there was the best!

CARBONDALE UNITARIAN FELLOWSHIP ANNUAL CANNED FOOD DRIVE FOR GOOD SAMARITAN FOOD PANTRY

Whoops! Somehow August slipped by before we started to collect canned food to support those in need in our community, but the need remains! In July, 2010, Good Samaritan's Food Pantry provided food supplies to almost 350 hungry families in our area. If you can help, it will be truly appreciated. Please bring your donations to the Fellowship lobby area (near the rocks) anytime during the month of September, and we'll get them over to Good Sam. Here's what is most needed: Rice, Macaroni and Cheese, Pinto Beans (dry), Instant Potatoes, Rice a Roni and other mixes, Pork 'N Beans, Kidney Beans, Tuna Fish, Canned Pastas (e.g., Ravioli), Soup, Crackers, and Cereal! Other helpful items are Kool Aid, Lemonade (powdered), Cooking Oil, Tea, Instant Coffee, Sugar (in small boxes or packets), Laundry Detergent, and Dish Detergent. Some items that are not currently needed (because they are well-supplied by the government) include Peanut Butter, Beef Stew, Spaghetti, Spaghetti Sauce, Canned Vegetables, Canned Fruits, and Dry Milk. Thanks for your compassion and generosity!

Mt. Vernon Unitarian Universalist Fellowship member Adam E. Stone's new work of fiction, Cache Girl Saves the World: A Novel in Visions, is now available on DVD. An event celebrating the release of the work will be held in the main auditorium at the Cedarhurst Center for the Arts (www.cedarhurst.org) in Mt. Vernon at 7 pm on Friday, September 24, 2010. Adam invites all CUF members and attendees to the event, which will feature excerpts from the DVD, as well as Question and Answer sessions with Adam, Grammy Award-winning musician Thirza Defoe (who stars in the project), and Sarah Dalby (who took most of the

photographs for the project). Copies of the DVD will be available for sale at the event, as will be autographed posters. The event is free to the public, and complimentary snacks and beverages will be provided. Additional information about the project, including ordering information, is available at www.adamestone.com.

CUF LINKS HARD COPIES are available at the Fellowship on the [visitor table](#).

Deadline for October CUF Links: Sunday, September 26.

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

618-529-2439 www.cuuf.net, carbandleuu@verizon.net
The Rev. William Sasso, Minister

September's inspirational thought: *"Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can." – John Wesley*