



the UNIGRAM

From Brokenness to Wholeness

Joel Tishken, Sabbatical Minister

I trust everyone is familiar with the nursery rhyme of Humpty Dumpty from 17th-century England. It is among the most common nursery rhymes in the English-speaking world. Like Humpty Dumpty, we too sometimes feel shattered. Thankfully, however, we're not eggpeople with a fragile exoskeleton. Once an egg is broken it cannot go back together again. While sometimes it may feel as though all our interior essence has run out, and we'll never get back together again, unlike Humpty Dumpty, we can get put together again. We don't need to assume the exact same shape after the break as before. Our structure can be changed into countless new shapes.

For Humpty Dumpty, a crack is the beginning of the end. But for us, a crack can be a beginning. Mark Nepo, author of *The One Life We're Given*, encourages us to think of a crack as an opening. Part of the human condition is that we will face some kind of harm in our lives that may have us feeling broken. But we need not remain broken. Wallowing in our suffering, even when our grievances are entirely justified, keeps us stuck in that broken place. If we instead see our cracks as an opening we can move out of the brokenness to a new place and form. That journey from a

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The Quest for Wholeness—Maybe Not!

Rev. Julia Corbett-Hemeyer, Community Minister

Oftentimes, we tend to assume that wholeness is a good thing. It seems pretty intuitive that wholeness should be something we strive for, and that it's better than whatever alternatives we might propose. Fragmentation? Brokenness? But wait—let's ask a Buddhist what they can contribute to this discussion.

The Four Noble Truths that are often used to summarize the Buddha's teachings leave much unexplained, but nonetheless are a good starting point for our investigation. The First Noble Truth simply points out that suffering exists. Life is dukkha, suffering. Buddhists aren't pessimists—far from it. But

Buddhists are realists. If we are alive, sooner or later, we will come across the truth of suffering.

The second truth identifies the cause of our suffering as tanha, or desire. The word, however, connotes a specific kind of desire, the desire for private fulfillment. It consists, as Huston Smith puts it so well, "not of all inclinations, but of those that pull against life and a whole." Suffering occurs when we seek our own fulfillment without regard for the whole.

Traditionally, Buddhists have identified three such desires: craving pleasure, material goods, and immortality, all of which by their very nature cannot be satisfied. Most UUs, I think, don't fall into those three traps, at least not in their more blatant

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Sunday Mornings at Our Church in the Woods

Service at 10:45 am

April Theme :: Wholeness

Our April theme of Wholeness invites us to consider, among other questions: What was your proudest moment of maintaining and standing up for your wholeness? What part of yourself hasn't been let out in a while? Was it ever easier for you to live through someone else than to become complete yourself?

Rev. Julia Corbett-Hemeyer will be in the pulpit on the first and last weeks of the month. April's second Sunday, April 14th, will feature a multigenerational service, "The Story of Jumping Mouse." That week is also Membership Sunday. And finally, **Sabbatical Minister Joel** will be in the pulpit on the third week of the month for Easter/Ostara.

April 7 – Rev. Julia Corbett-Hemeyer

April 14 – Multigenerational Service: "The Story of Jumping Mouse"

April 21 – Easter & Ostara Joel Tishken, Sabbatical Minister

April 28 – Rev. Julia Corbett-Hemeyer

Religious Education for Children & Youth

Classes at 10:45 am

April 7 – Curriculum Sunday

Join us as we continue our religious exploration!

April 14 – Multigenerational Service

Please join us this morning for a special multigenerational service! On Multi-Gen Sundays, the services are for all ages. Childcare will be available in the Blue Room for preschool & kindergarten youth.

April 21 – Easter Sunday, Curriculum Sunday

We will be holding *Easter Egg Hunts* for Nursery through 5th grade and *Treasure Hunts* for the MS and HS youth, during the service.

April 28 – Curriculum Sunday

Join us as we continue our religious exploration!

Adult Religious Exploration Offerings

Our mission statement begins by calling us to a continuing exploration of our faith. In pursuit and support of that goal, we offer our Adult RE on Sunday mornings.

Every Sunday, 9:30 am
Red Room
Adult Discussion Group

This group is a chance for people with various personal beliefs to get together and openly discuss a variety of topics. You'll find weekly topics listed on [page 9](#).

Other Monthly Events

There are a variety of regular events on Sunday mornings at UUCM. Be sure to check the calendar for Boston Bound fundraisers, Chalice Marketplace, Sack Lunches for the Soup Kitchen of Muncie, and much, much more... so many opportunities to connect with each other in our beautiful church in the woods!

Theme Exploration – Wholeness

Selecting a theme for our worship services each month allows us to explore specific important theological topics in greater breadth, while also challenging us to go deeper. If you have a reading, poem or personal story to share that relates to our current or upcoming theme, please email them to **Joel**.

Wise Words

Happiness is just one part of our existence, wholeness is to embrace all that is within us. It's to embrace our shadow qualities, to embrace our self-doubt, fear, anxiety, as well as the brightness, joy, and curiosity. It is all welcome.

~Dan Putt

As a Unitarian Universalist, I have come to see that universal salvation is not just for all of us but for all of me. There is no crevice inside of me that love cannot touch.

~Paula Goldade, UU and Wellspring participant

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.

~The Gospel of Thomas

Questions for Reflection

When was the last time you felt “most me”? Did you promise yourself anything in that moment? Did you tell yourself something to never forget?

When were you first invited into a circle that helped you feel whole? How does that story still direct you today?

What if it's about belonging not becoming? What if wholeness is a matter of noticing we've already arrived?

Who taught you that wholeness does not mean perfection? Who helped you with the work of embracing brokenness, rather than trying to fix or hide it? How have you passed on that lesson? Does someone in your life need that lesson now?

Resources for Going Deeper

Music: *32 Flavors* <http://bit.ly/2UWLZ7u>

Alana Davis' cover of Ani DiFranco's beloved original.

Video: *The Wild Inside* <http://bit.ly/2TzPAXK>

The story of Arizona state prison inmates who train wild horses and discover that the work (and the horses) help make them whole.

Article: “On the Art of Finding Yourself,” Melli O'Brien, <http://bit.ly/2TDjJFt>

“Your task then, is not to ‘find yourself’ but to find out whenever you leave yourself...and get lost in those stories. Notice them, then let them go...”

Spiritual Practice

Israeli poet, Zelda, speaks powerfully to this month's theme with her poem, “Each of Us Has A Name.” With it, she reminds us that our wholeness is not so much a matter of holding tight to your one true name, but embracing the many names given to us by the experiences of our lives. Here is an excerpt of the poem:

Each of us has a name,
given to us by the mountains,
and given to us by our walls.
Each of us has a name,
given to us by the planets,
and given to us by our neighbors.
Each of us has a name,
given to us by our enemies,
and given to us by our love.
Each of us has a name,
given to us by the sea,
and given to us by our death.

Find the full poem online at <http://bit.ly/2UZCy7o>.

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Religious Education Corner

Nadine Tringali
 Director of Religious Education

We are offering a new congregational resource, *Soulful Home*, to all our RE families through the month of June. This new resource will provide ways for families to weave spiritual exploration into the routine spaces of the day. *Soulful Home* is about creating memorable and amazing moments with your family!

Multigenerational Service, Sunday, April 14

Please join us this morning for a special multigenerational service! On Multi-Gen Sundays, the services are for all ages. Childcare will be available in the Blue Room for preschool & kindergarten youth.

Easter Sunday, April 21

We will be holding *Easter Egg Hunts* for our Nursery through Fifth Grade children and *Treasure Hunts* for our MS and HS youth, during the service. Donations for the eggs and baskets are appreciated. A basket for donations will be on the RE cart in the fellowship hall, beginning on April 7.

Boston Bound Fundraisers

- Please pick up our “**Handy Helper**” brochure, which will be available on the Welcome Table in the foyer. Our youth are offering a variety of jobs, such as babysitting, baking, dog walking, house cleaning, and shoveling snow. Please contact Christie if you would like a brochure emailed to you.
- We will be holding a **Bake Sale** on Sunday, **April 7**. Please stop by our booth for a delicious baked good to go with your coffee or to take home and enjoy later. Our bakers are awesome!
- On Sunday, **April 14**, we will be holding a **very special Pizza Luncheon** fundraiser, with **Chef Kirk Robey**. Come with an appetite! The youth will be serving a variety of delicious pizzas!

Nadine

Spring Youth Schedule

Rev. Elizabeth Carrier-Ladd
 Coordinator of Youth Programming

Combined Youth Group - Lunch Provided
 Sundays in the Indigo/Violet rooms

April 7, 12:30 - 2 pm
 April 14, 12:30 - 2 pm
 April 21, 12:30 - 2 pm
 April 28, 12:30 - 2 pm

May 12, 12:30 - 2 pm
 May 19, 12:30 - 2 pm

Special Events

Friday, May 3 - Sunday, May 5
 COA Redux Closing Camping Trip

Thursday, June 6 - Friday, June 7
 Creation End of the Year Lock-In

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I'm currently on leave through April 13, in order to travel with my family to Costa Rica as part of my husband's sabbatical. **Nicole Kaplan** is covering my essential duties while I am away. We are also relying on our growing team of youth advisors to help her while I am gone. She is extremely capable and already bringing exciting ideas to this project! It feels good to know that I can relax while I am away, spend precious time with my family, and know that everything here is fully taken care of!

If you need anything during my time away, please reach out to Nicole ([nicole.c.kaplan@gmail.com](mailto:nicole.c.kaplan@gmail.com)) or to Nadine.

*Elizabeth*

## Service Auction :: Sunday, May 5

When the congregation adopted the current budget last May, we kept it balanced by promising ourselves we would hold a major fundraiser this spring. The time has come; plans are underway for a **Service Auction on May 5**. We encourage everyone to think of something they enjoy to offer others in the congregation.

A dinner? An outing? A party? A service like leaf raking, window washing, child/pet care? Appetizers? Desserts? Bread? Soup? Lessons? Tech Support? The list of ideas is endless, so go with your passion! But the time is short: we need your donor sheet ASAP.

Here is the nitty-gritty: Donor sheets are online at <http://bit.ly/2FFrNBX> or available at church. **The deadline to submit items is April 14.** (Look for the Service Auction envelope on the sanctuary bulletin board.) **You can start perusing the catalog of items on April 21. Then plan to come May 5 to bid.** The choir is singing that day and lunch will be served.

A new twist this year: **UU Go Fund Me**. Do you want to donate but cannot volunteer a service? The committee has ideas for goody baskets, but needs cash to fill them. Are you willing/able to help fund outings, like tickets to BSU/Muncie Civic Theatre or Conner Prairie? If so, **contact Katie Williams by April 7.**

The Service Auction is a relatively new UUCM tradition. It is a fun event, often sparked by friendly competitive bidding. The committee is looking forward to this year's array of interesting offerings.

**Caroline Sullivan** [cmsull42@gmail.com](mailto:cmsull42@gmail.com) **Jennifer Park-Strack** [Jennifer.e.parks@gmail.com](mailto:Jennifer.e.parks@gmail.com)

**Bea Sousa** [beals42@gmail.com](mailto:beals42@gmail.com) **Judy Lowe** [tlowe2002@comcast.net](mailto:tlowe2002@comcast.net) **Katie Williams** [kthxwms@gmail.com](mailto:kthxwms@gmail.com)

### Celebrating Membership Sunday, April 14

On Sunday, April 14, we will honor those who have been UUCM members for 40 years or more (listed below) as well as 25-39 year members, and those who have signed the book within the last year. Please come and join us at the Sunday service. Cookies will be served during Social Hour following the service.

#### *UUCM Members of 40+ Years*

|                  |                     |
|------------------|---------------------|
| Richard Bogg     | Colleen Love        |
| Mona Burton      | Wathena Mayfield    |
| Ron Burton       | Bill Morton         |
| Ronald C. Burton | Linda Norris Morton |
| Hal Caldwell     | John Peterson       |
| Marian Cooley    | Elsa Reichle        |
| Ted Cunliffe     | Judith Roepke       |
| Betty Durman     | Howard Schroeder    |
| Sue Errington    | Judy Schroeder      |
| Bob Fritz        | Peggy Shaffer       |
| Julie Fritz      | Carolyn Ulrich      |
| Connie Gregory   | Richard Williams    |
| Linda Gregory    | Caroline Sullivan   |
| Marj Joyner      | Michael Sullivan    |



## From Brokenness to Wholeness

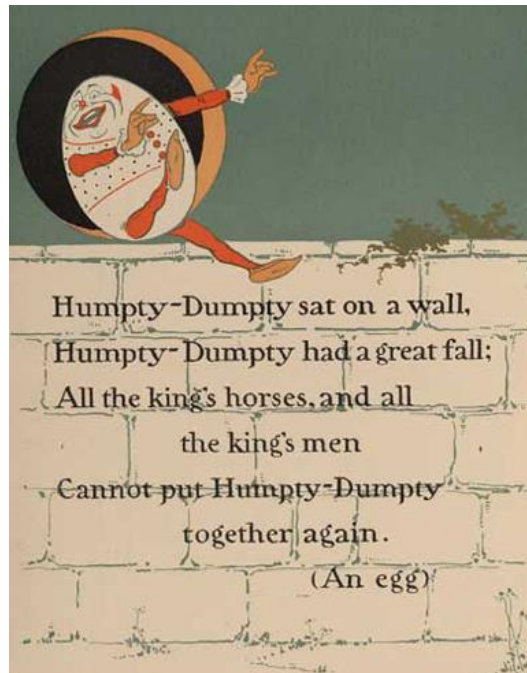
**Minister Joel Tishken** (continued from page 1)

cracked shape into a new reformed one may grant us life wisdom about ourselves.

Many authors (so many there is no need to cite a particular one) remind us to trust in ourselves at times of brokenness. Feeling broken often diminishes our sense of self-worth or confidence in ourselves. We may question our past decision-making or intuition. But we are the only ones who know how we feel now and how we wish to feel in the future. Have faith in our own feelings, intuition, judgments, and will about how we can move from brokenness to wholeness. Our story is uniquely our own. Have faith that our pace and timeline is the one that is right for us. Trust in our own resources on how we can move to a reconstituted self. We all have the resources. We simply need to rediscover them and use them.

While the use of our own resources is a fundamental part of the journey from brokenness to wholeness, we need not do it alone. Others can be helpful in two ways. First, connect, reconnect, and lean on others to share our stories and regain confidence in our resources. The Pastoral Associates, the ministers of this congregation, and your church family are all available to you. Sharing our stories, in a safe and supportive space, helps us process where we are and where we want to go. Second, connecting with others can be a helpful reminder that what we're experiencing at the time is not the totality of life. When we're feeling cracked or broken, it is entirely understandable to often feel consumed by our experiences. Some of those times can make us suffer so badly we might begin to forget feeling any differently. Others can serve as useful reminders that our current experience is not: (1) who we have always been, (2) who they are, and (3) who we need to be moving forward. Being among others can be a helpful reminder that our current plight is not a universal human experience at all times. We can choose to move toward wholeness again as resignation to brokenness is never our only option. And all of your cavalry and all of your infantry can put you together again.

**Minister Joel**



### Theme Reflection – Wholeness

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This month, you are invited to reflect on how these universal experiences have “named you.” Spend some time considering which of the lines speak to you most. Consider how that experience imprinted itself on you and added a dimension to your wholeness, for better or worse. It helps to think of each of these experiences as completing the sentence, “You are...”

So here’s an example of what you might ask yourself as you work with a line:

- What name was I given by the mountains? How has my experience with nature completed the sentence, “You are ...”
- What name was I given by my neighbors? How do my relationships with others complete the sentence, “You are...”

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The material in this article is sourced directly from our Soul Matters theme packets.

The Quest for Wholeness—Maybe Not!

Rev. Julia Corbett-Hemeyer (continued from page 1)

forms. We may, however, as do a lot of people, crave something we identify as “wholeness.”

The third truth draws the logical conclusion from the first two: to end, or at least limit suffering, not only for ourselves but for all beings, we need to rein in our hunger for our isolated, individual fulfillment at other beings’ expense.

(The fourth truth maps out an Eightfold Path for accomplishing this. It’s important in Buddhist teaching but is tangential to my analysis here.)

Our individual quests for wholeness pull against the fabric of life when we do not see that our individual existence itself is an illusion. The Buddhist teaching usually referred to as “no-self” has been the source of a great deal of misunderstanding and hasty dismissal of Buddhist teachings more broadly. Our minds react reflexively to such as assertion: What? Of course I am an individual self! I mean, I’m me and you are you. Sure, I change, but underneath it all, I’m the same person I was when I was born.

A primary implication of the teaching of no-self is that *each of us exists only as a part of the entire web of life*. Our sense of separateness from the whole of things is illusion—the totality is undivided, has no boundaries and no labels. *Our life by its nature is communal life*. Our wholeness is intimately bound up with the wholeness of the entire web of life and all beings past, present and future that comprise it.

Everything is impermanent and changing. Importantly, this includes what we think of as our self. This, too, is impermanent and constantly changing. It is also, as noted above, communal rather than personal. The only wholeness—or lack of it—that we have is right here, right now, in this moment only. Stop, pay attention, and let it find you.

We had some stormy days while we were on the Florida coast this year, with winds that prompted the posting of beach hazard warnings for rough surf and dangerous rip currents. Those warnings always include the reminder that, if we’re caught in a rip current, to relax, float, and try to swim parallel to the shoreline.

Struggling against a rip current is usually futile. It tires the swimmer out and makes it less likely that they will be able to reach the safety of the shore. Swimming parallel to the shore, on the other hand, can allow someone to swim out of the trough where the current is rushing outward. I’ve not had the opportunity to test this out for myself, for which I’m thankful.

What this analogy suggests to me is that there is a time to “relax and float.” Struggling toward wholeness isn’t always necessary and may indeed be counter-productive. There are times, to be sure, when we need to work actively to claim our wholeness. This psychological and spiritual work can be long, difficult, and painful. But it’s also helpful to know when to stop struggling and let wholeness find us in this very moment.

The second reminder in the beach hazard warning is to swim only where there is a lifeguard and not to swim solo. In order to be and become whole, we need community. We need the safety of others. We need people whose eyes we can gaze into to see our best selves reflected back to us. And we need to be those eyes for others. We need others to pick us up when we need it and we need to pick others up. We need community to celebrate our joys. We weave wholeness, or perpetuate the lack of it, together. We need communities that encourage and support our engagement with fostering the wholeness of the web of life itself.

In Community,

Rev. Julia



Sharing Gratitude

Thank you to all who donated to our 2018 – 2019 Mitten Tree. Because of your generosity, we are able to donate 30 warm winter items to the Muncie Community Schools' Clothing Closet. Many of these colorful items were lovingly hand-crafted. All are appreciated.

~**Julie Fritz, Mitten Tree Chairperson**

UUCM members and friends really stepped up and in just a few days funded our \$615 donation to the Hurley Goodall Statue Maintenance Fund (and hence our acquisition of a Hurley Goodall bust in the foyer). Thank you VERY MUCH for your generosity!! Watch for information about the statue unveiling at Madison and Jackson St. scheduled for May (and be looking for ways that you might make your own life and our congregation's life more relevant to local minority populations and fight racism).

~**Steve Robert and Tania Said**

I want to express my deepest gratitude to everyone who so graciously provided support in so many ways as I've been recuperating from a broken arm. The soup was delicious as was the creamed chicken, cookies, and other goodies. Help getting the trash to the street was greatly appreciated. Each ride to the doctor, meetings I couldn't miss, and the airport to get me off on vacation was an enormous help. I deeply appreciate all the support provided by this beloved community. Thank you so much my friends. ~**Diane Hill**

Many thanks to **Julie Fritz** and **Kirk Robey** for their generous gifts to support our Boston Bound youth on their Heritage

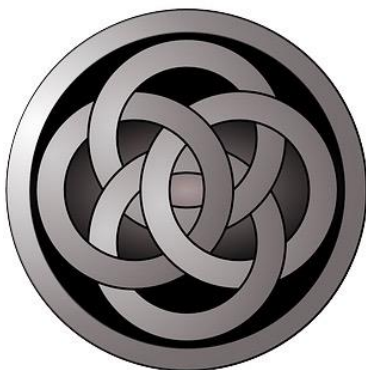


Trip this coming June! Julie donated ten beautiful hand-knit items for our **Boston Bound Raffle** and Kirk will be sharing his culinary talents and expertise with the youth on Sunday, April 14, to create delicious pizzas for their **Boston Bound Pizza Luncheon!**

Thank you, **John Bartlett**, for being our webmaster for more than a year and a half and counting.

Bill Morton, Ric Dwenger, and Woody Statler: thank you for the special music in the March 17th service.

If you have a gratitude you'd like to submit for the next Unigram, please send it to uucm@uuchurchmuncie.org, subject line "Sharing Gratitude."



Wheel of Life

Long-time friend of UUCM **Pat Helms** died on March 6.

On March 12, **Dennis Redburn** died. He was the beloved husband of long-time member **Jean Redburn**.

Our UUCM community is diminished by these losses.

If you have a major life event you'd like the church community to be aware of, please submit it to uucm@uuchurchmuncie.org and note "Wheel of Life" in the subject line.

April 2019 UUCM Calendar

Online calendar: <http://www.uuchurchmuncie.org/members/calendar/>



Regular Weekly Events

Worship Service	Sundays	10:45 am
Religious Exploration for Children & Youth	Sundays	10:45 am
Adult Discussion Group	Sundays	9:30 am
Body Life Dinner	Tuesdays	6:00 – 7:30 pm
Finding Spirit :: Transgender Support Group	Tuesdays	7:00 pm
Choir Rehearsal	Tuesdays	7:30 – 9:00 pm
Revival Hour (see online calendar for location)	Wednesdays	5:30 pm
Muncie OUTreach LGBTQ Youth Drop In	Fridays	5:00 – 8:00 pm

April Events & Activities

Worship Associates	Wednesday	April 3	7:00 pm
Visitors Q&A	Sunday	April 7	Noon
Boston Bound Bake Sale	Sunday	April 7	Noon
Combined Youth Group	Sunday	April 7	12:30 pm
OWL 10-12 Closing Session	Sunday	April 7	2:15 pm
FOHN Task Force	Monday	April 8	7:30 pm
Social Justice Committee	Monday	April 8	7:30 pm
Pastoral Associates	Tuesday	April 9	5:15 pm
Board of Trustees	Wednesday	April 10	6:30 pm
Choir Rehearsal	Sunday	April 14	9:45 am
Boston Bound Soup Lunch Fundraiser	Sunday	April 14	Noon
Roots & Wings :: New Member Class	Sunday	April 14	12:15 pm
Combined Youth Group	Sunday	April 14	12:30 pm
Special Board Meeting	Wednesday	April 17	6:30 pm
Committee on Ministries	Thursday	April 18	7:00 pm
New Member Signing Ceremony	Sunday	April 21	10:15 am
Adult Discussion Committee	Sunday	April 21	12:15 pm
Combined Youth Group	Sunday	April 21	12:30 pm
Youth Safety Task Force	Tuesday	April 23	6:00 pm
Unigram Submission Deadline	Wednesday	April 24	9:00 am
"The Reluctant Radical" film screening/discussion	Thursday	April 25	5:30 pm
Membership Committee	Thursday	April 25	5:30 pm
Kitchen Cleaning	Saturday	April 27	10:00 am
Sack Lunches for Soup Kitchen of Muncie	Sunday	April 28	9:30 am
Boston Bound Meeting	Sunday	April 28	12:15 pm
Combined Youth Group	Sunday	April 28	12:30 pm

Adult Discussion Group Sundays, 9:30 am, Red room

April 7: Linda Gregory will lead us in a reflection and discussion of what qualities are most important for a mayoral candidate for Muncie: Knowledge and experience, expertise, and personal qualities.

April 14: William Miller will lead us in a discussion of John Gray's book Seven Types of Atheism. Gray explores the various ways great minds have attempted to understand the question of salvation, purpose, progress, and evil.

April 21: Annemarie Voss will lead us in an exploration of the Easter experience, a time of coming into light and joy from a time of pain and darkness. How did we come into wholeness again? Theme of the month.

April 28: Michael Sullivan will lead us in discussion on reparations for citizens of African ancestry. Elizabeth Warren has just declared her support for some kind of reparation program. What are the pros & cons, political implications & dynamics, and how might our principles guide us to a useful or interesting perspective.

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Office Hours: Monday 1:00 – 4:00 pm | Tuesday 9:00 am – 2:00 pm | Wednesday – Friday 9:00 am – 4:00 pm

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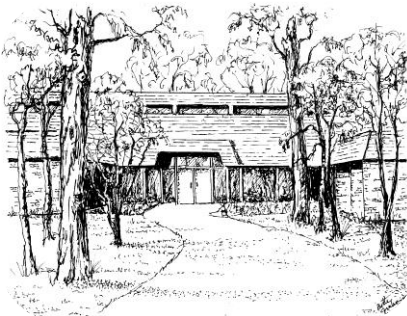
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