



# the UNIGRAM

## What Do You Need?

*Rev. Seth Carrier-Ladd, Minister*

We are in the midst of a crisis, and the world is turned upside down. For some of us, we may be faced with lost jobs and lost income and major stress about how our lives will move forward, now, in this moment, with bills still coming in and rent or mortgage payments still due and groceries that still need to be purchased. Let alone what will life look like once shelter-at-home recedes, whenever that may be, in some near or possibly distant future. If you're in this boat, don't forget that the church has an emergency fund administered by your ministers that can help at least a little bit. Others of us are fearing for our health and perhaps even survival, whether because we fall on the older side of things, or maybe we're immunocompromised. Or we fear for a loved one who is older or has pre-existing health conditions. There are so many things to worry about – very real, very impactful, very immediate things.

And, in the middle of all these big stresses, the world is turned upside down in the day to day. Things that would have been simple two weeks ago are no longer simple. As but one example, take haircuts. Two weeks ago, I could have walked into my local drop-in shop that I frequent and

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## Thoughts on Waiting “Alone Together”

*Rev. Julia Corbett-Hemeyer, Community Minister*

We wait for whatever will come—which we do not yet know— “alone together,” as one recent columnist put it.

While we are waiting, we absolutely must distance ourselves *physically* in order to flatten the curve and help lessen the likelihood our health care system will be overwhelmed. Doing so also helps protect each of us, especially those among us who are most vulnerable. Equally, we must *not* distance ourselves *emotionally* and *spiritually* from each other. While we must assume that anyone (ourselves included) may either be infected or a carrier of the virus, in our hearts, let's not

regard one another as just potential sources of infection. We are all still co-travelers together on life's journey, held in the infinite web of all that is.

In talking and in thinking about the pandemic, we can use people-first language: “people with Covid-19” and not “Covid-19 cases.” We can avoid blaming by using language like “people becoming infected” rather than “people spreading the disease.” And it isn't the “Chinese virus”!

I've found it helps me to be mindful of the language I use in self-talk, too. Simply thinking “I am staying home” is much better for me than “I have to stay home” or “I can't go...” “Self-isolating” sounds, well, isolating. On the other hand, “sheltering in

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## Sunday Mornings at Our Church in the Woods

Service at 10:45 am      April Theme :: Liberation

Our theme for the month of April is technically Liberation. While liberation may find its way into one or more services, our focus this month will be responding to the worldwide pandemic and how we, our country, and our culture are adapting – or not adapting, as the case may be. Easter is on Sunday, April 12<sup>th</sup>, of course, and keep an eye out for an announcement about whether we will try to hold our Bridging Ceremony for our graduating high school seniors on April 26<sup>th</sup> – we’re still in discernment about whether to try to do that virtually, or postpone. Zoom links will be in the weekly eBlast and on Facebook.

April 5 – Michael Doyle

April 12, 19, 26 – Rev. Seth Carrier-Ladd

## Religious Education for Children & Youth

Classes at 10:00 am & 1:00 pm (see schedule below)

Please join us as we continue our religious exploration online via Zoom each Sunday morning! RE Chapel will be held at 10am on 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays. RE classes for PreK-2<sup>nd</sup> and 3<sup>rd</sup>-5<sup>th</sup> will be held at 10am on 2<sup>nd</sup> and 4<sup>th</sup> Sundays. MSHS class will be held at 1pm on 2<sup>nd</sup> and 4<sup>th</sup> Sundays. Zoom links for all RE activities will be sent by email to all RE families, and can also be found in the weekly eBlast. *Please note that we will not have RE classes on Easter Sunday, April 12.*

April 5 – RE Chapel at 10:00 am

April 12 – Easter Multi-Gen service at 10:45 am

April 19 – RE Chapel at 10:00 am

April 26 – PreK-2<sup>nd</sup> & 3<sup>rd</sup>-5<sup>th</sup> RE classes at 10:00 am / MSHS class at 1:00 pm

## 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.

**Adult Discussion Group**  
Every Sunday, 9:30 am  
Via Zoom

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 and a Zoom link listed in the eBlast each Friday.



## Theme Exploration – Liberation

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 Rev. Seth.

### Sacred Text

*Our sacred text this month is titled “I Know Why the Caged Bird Sings” by Maya Angelou. She wrote:*

The free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wings  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with fearful trill  
of the things unknown  
but longed for still  
and his tune is heard  
on the distant hill for the caged bird  
sings of freedom

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn-bright lawn  
and he names the sky his own.

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

### Questions for Reflection

Do you need to liberate yourself from the ordinary?

Is the strategy you once used to survive now leaving you with no room to breathe?

Are you imprisoned by what might happen?

Who needs let out of the box you’ve put them in? Do you need to let yourself out of the box you’ve put yourself in?

### Resources for Going Deeper

**Article:** “Breaking Silence as Our Mightiest Weapon Against Oppression” by Maria Popova  
<https://bit.ly/2R3pApd>

**Video:** “On laughter and liberation,” by Anthony McCarten <https://bit.ly/3dL4CVH>

### Spiritual Practice:

#### The Mess that Sets You Free

Alanis Morissette's song, *Thank U*, functions like a gratitude prayer to the many unexpected sources of liberation in her life:

*“Thank you India  
Thank you terror  
Thank you disillusionment  
Thank you frailty  
Thank you consequence  
Thank you silence!”*

It’s a testament to the way liberation comes from the most unlikely of sources, such as struggle, pain and mess. And, wow, are we in a mess right now.

So how about you? When was the last time you thanked the challenges and messes in your life for surprisingly setting you free? When has the thing you resisted ended up showing you the way to new life? Saying thanks for those moments starts with remembering.

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## Religious Education Corner

*Nadine Tringali*

*Director of Religious Education*

**This month our theme is *Liberation*.** We have purchased a year-long ***Soulful Home*** subscription for our families to enjoy! Families will receive a packet at the beginning of each month that is organized around eight distinct family “spaces” with ideas and resources to fill those spaces with UU-theme based exploration. It is about creating memorable and amazing moments!

**Please join us as we continue our religious exploration online via Zoom each Sunday morning!**

- RE Chapel at 10am with Nadine on 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays.
- PreK-2<sup>nd</sup> grade class and 3<sup>rd</sup>-5<sup>th</sup> grade class at 10am on 2<sup>nd</sup> and 4<sup>th</sup> Sundays They will begin together and then break out into two separate classes following the chalice lighting.
- MSHS class at 1pm on 2<sup>nd</sup> and 4<sup>th</sup> Sundays.

**Please note, that on Easter Sunday, we will not be holding our 10am or 1pm RE Classes.**

Please join us for **Story Time!** Nadine and Elizabeth will be online via Zoom from 11:30am-noon on Mondays, Wednesdays, and Fridays.

Also, please check out our **UUCM Facebook** page for events for children and families. I have posted several fun events: “Lunch Doodles” with Mo Williams, “Home Safari” live at the Cincinnati Zoo, “Bring the Zoo to you Facebook Live Chats” at the Brookfield Zoo, museum tours, and stories read by actors and astronauts!

The RE Committee and I wish to thank all our RE teachers who have led our children and youth on their journey this year at UUCM. **Our annual Teacher Appreciation Luncheon has been postponed** until such time as we can return to in-person gatherings at our church. Our wonderful group of teachers are: **John Bartlett, Maggie**

## Youth Programs

*Rev. Elizabeth Carrier-Ladd*

*Coordinator of Youth Programming*

### Youth Group Moves Online!

We now meet in UUCM Zoom Room #1 on Tuesdays and Thursdays, 11:30 am - 12:30 pm. On Tuesdays we focus mostly on checking in and connecting. On Thursdays we play games. We are adapting several beloved games to be zoom compatible. We are in conversation about other activities including watch parties and ways to help others cope in these times.

We are continuing to rapidly evolve our program to meet the changing needs of our youth while schools are closed and our building is closed. Updates are communicated by email. If you are not on the email list and would like to be, please reach out to [elizabeth@uuchurchmuncie.org](mailto:elizabeth@uuchurchmuncie.org).

*Elizabeth*



**Bartlett, Jamie Butterbaugh, Rev. Elizabeth Carrier-Ladd, Ric Dwenger, Zach Enos, Denise Ewing, Ben Ewing, Elsbeth Fritz, Adrienne Gruver, Kent Hanser, Melanie Hanser, Eleanor Johnson, Nicole Kaplan, Joseph Kaplan, Shonet Martin, Jerry McKean, Amy Shaw, Steve Robert, Ben Strack, Aryn Sweeney, John Taylor, Susan Taylor, Tracy Whelan, and Andrea Wolfe.** Thank you so much for all you do!

*Nadine*

## Splinters from the Board

*Exploring faith. Practicing inclusivity. Living justice.*

Last week an author, who had just published a book about a pandemic, was interviewed on NPR. The host of the program asked if she would write another book about this subject now that there is a pandemic and she answered “how do you write about what everyone has experienced?” We are all inundated with advice, information on what or what not to do and statistics that make our heads spin and our hearts ache. As president of the board writing a monthly column, I will not tell you how to take care of yourself, how to protect yourself, how to protect friends and neighbors, or how to occupy your time, you have heard this a thousand times over.

I can tell you, however, that UUCM is here for you. We are going about the day to day church business, the priority being the safety and well-being of our beloved congregation. How many of you had heard of ZOOM three weeks ago? We are now holding meetings, church services, religious education, youth group, story times, choir, and connection groups on ZOOM. Worship Associates, the board of trustees and the Sunday morning discussion groups are some upcoming ZOOM meetings. Possibilities are endless. We are learning new skills while staying connected.

Finding an interim is another activity that is ongoing. The interim committee—**Jamie Butterbaugh, Diane Hill, Jerry McKean, Brandon Mundell**, and myself—have met on ZOOM, held a church chat on ZOOM, and are working on an extensive application for UUA. Almost 25 people attended the church chat but we are figuring out a way to hear from more of you (and thanks to Christie, that has been done). The process for hiring an interim (transitional) minister does not involve a visit by candidates so we are going ahead with the schedule set by UUA.

The stewardship committee is completing its drive and the finance committee has met (actually on Webex, a ZOOM lookalike). Thanks to your generosity, we could have a budget that will almost be balanced. Yes, a few cuts, a few transfers from designated funds, but the staff will get a salary

increase and we will offer a respectable salary for the interim minister. The board is meeting April 16<sup>th</sup> to approve this budget - look for a notice in the weekly eBlast and join us with your comments, on ZOOM of course.

Our UUCM staff is surpassing all expectations. **Christie** is working at the church right now as much of what she needs is in the office. Other staff are working from home. **Rev. Seth** has set up the ZOOM accounts with help from **John Bartlett** and **Ben Strack** (the chalice lighter last Sunday), and has held two church services, the first just half a day after the announcement was made that the church had closed. **Nadine** and **Rev. Elizabeth** are helping our younger folks and youth stay connected and involved. **Jim** is planning weekly choir meetings and playing for Sunday services. **Trudy Seese**, our custodian, is coming into the church just to check on things.

There are definite challenges as we face this pandemic. For UUCM, one of our chief goals is to stay in community. Come to a ZOOM meeting, call or email a friend, drop a note to someone you may not know so well, or check on members of groups to which you belong. We will get through this time, we are strong and we are resilient. If you would like to talk with someone or just have a question, the Board of Trustees and the Pastoral Associates would welcome phone calls. You can find phone numbers in the directory or contact the church office at 765-288-9561 or [uucm@uuchurchmuncie.org](mailto:uucm@uuchurchmuncie.org).

### Board

**John Bartlett**  
**Jennifer Hollems**  
**Brandon Mundell**  
**Mary Robey**  
**Emily Wornell**  
**Caroline Sullivan**

### Pastoral Associates

**Rev. Julia Corbett-Hemeyer**  
**Carolyn Cooley**  
**Liz Lowe**  
**Jerry McKean**  
**Ron Burton**

Feel free to text those that are not home numbers as well. We want to know you are doing well and we can tell you how we are doing. Stay safe, stay healthy, and stay in touch.

In love and leadership,  
**Caroline Sullivan**

## What Do You Need?

**Rev. Seth Carrier-Ladd** ([continued from page 1](#))

gotten my haircut. Not so yesterday, when I got fed up with how long my hair was. I had read a couple of posts from people on Facebook who shared that they'd given themselves haircuts at home with their beard trimmers. So I decided to give that a try... let's just say, I wouldn't recommend it. Somewhat surprisingly to me, it also turns out that in addition to things like toilet paper and cleaning products being in high demand and often unavailable – so are hair clippers. Sold out all across town. Sold out at all my usual online shopping destinations. For at least two months. My decision to attempt a home hair cut was beginning to look a bit... impulsive. After much searching and no small bit of anxiety as someone who has to lead things in public every once in a while, I finally found a box store that had two hair clippers left. Cue huge sigh of relief, as I clicked my online purchasing reservation.

For sure in the grand scheme of all of this, haircuts are actually a pretty small thing, I'm not trying to pretend they aren't. And, my haircut challenge is representative of how so much that we used to take for granted isn't available to us anymore. The ability to see and have physical contact with people outside those we live with. Maybe in some cases, if they get sick, the ability to have physical contact with those we do live with. The ability to have childcare. The ability to take vacations. The ability to go to the store and buy toilet paper or cleaning products whenever you need them. The list goes on and on. The world has turned upside down, and so many things, both complicated and simple, that we used to take for granted, we can take for granted no longer, and for an indefinite stretch of time in front of us.

And, everyone is experiencing this differently. Yes, here in Indiana we're all social distancing, and have some commonality in that experience. There are also vast differences. Some of us are bored, and trying to figure out to do with our time. Others of us, especially parents, are trying to figure out how to manage two parents working full time from

home while also taking care of and homeschooling our children. As someone who falls in the latter category, the idea of being bored right now sounds foreign and strange to me, and occasionally makes me want to say, "really? You're bored? I'd take bored any day over the intensity of this craziness." And yet, being bored is a real thing of course, as is isolation, loneliness, and disconnect. Those aren't my challenges, but they are other peoples' challenges, and they're no less real or valid just because my experience is different. Which is where I'm going with this: even as we experience this upside down world similarly in some ways, we are all also experiencing it very differently in others. I crave 15 minutes of quiet time where I'm not supposed to be doing four different things, maybe you crave engagement, connection or something to do, just the opposite. Both are real, just different. So my very simple question for reflection is: in this upside down world, what is it that you need? And what can you do to try and help get those needs met?

It seems like such a basic question, and yet many of us are often not very good at meeting our own needs, especially when our schedules and habits and rhythms of life are thrown off. For me, I didn't realize how much the lack of schedule was stressing me out. We developed a schedule for our kids two weeks ago, but not for the grownups. Fortunately, we finally made a schedule for us grownups a few days ago, and it's amazing to me how much my stress levels have dropped just from that one small thing. It turns out that in addition to a haircut, I needed a schedule. What do you need?

And then, while remaining physically safe, how can we help each other meet our needs? Because that's what people in community do, we help each other out. We're still figuring out what that looks like right now, so if you have ideas, please share them with me, other staff members, or members of the board. In the meantime, if there's something you're urgently struggling with, whether that being safely

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## Thoughts on Waiting “Alone Together”

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

place” has a much different emotional connotation and comes to the same thing.

For the rest of this column, I will focus on a couple of spiritual practices that sustain me and help me feel connected to others. You can modify them in ways that work for you.

We’re being told to wash our hands frequently. As I do, I like to meditate on the realization that we are all interconnected to one another and to the web of life by the very water we are using. Ultimately, all water comes from the ocean, and all oceans are connected. Buddhist teacher Thich Nhat Hanh has a short meditation verse or gatha for when we turn on the water:

Water flows from high in the mountains.  
Water runs deep in the Earth.  
Miraculously, water comes to us, and sustains  
all life.

I like to add these lines:

As this water flows over my hands  
May I pause to be aware  
Of the way we are interconnected by this  
water.

This is also an excellent time to use the Buddhist Metta Prayer. It isn’t a prayer to a deity, although if you pray, you certainly can understand it that way. As I understand it, it’s the setting of our hearts on a firm intention, expressing a hope with all of our being. There are many versions of it, and you can write your own that speaks specifically to your heart. The general format goes this way:

May I be filled with loving kindness.  
May I be free from suffering.  
May I be well.  
May I be at peace.

You can expand by substituting for the “I” any group you would like to include: our congregation, your family & friends, healthcare workers, specific people by name, anyone. If you like to sing, there is a version

of it in our teal *Singing the Living Tradition* hymnal, # 1031, “Filled with Loving Kindness.”

Remember that Rev. Seth, I, and our Pastoral Associates are available to talk. I’m offering a Zoom-based chat weekly on Thursday afternoons at 3:00. They’re drop-in chats; you may stay for all or part of the time. It’s a safe space to speak your truth in this time and to witness others’ truths, a space where we can hear and be heard. As a church, we continue to develop more opportunities to allow people to connect in ways that are both safe and provide the emotional and spiritual sustenance we all need so deeply in this time.

In Community,

**Rev. Julia**

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## What Do You Need?

**Rev. Seth Carrier-Ladd** (continued from page 6)

procuring food, or something else, please let us know. We’re going to have to get creative during these trying times, and we’re going to need to help each other out. Fortunately, even as we’re stuck home by ourselves, we also still have each other.

I hope to continue to see more and more of you in our online Zoom gatherings – whether that’s our Sunday service, meetings, or activities like the thrice-weekly story time that our R.E. staff is offering for any who are interested. Let’s figure out what we need, and work together to meet those needs. It’s basic, and, in times like this, that’s where we have to start, with the basics, because in crisis, sometimes even the basics are challenging.

See you in virtual church!  
peace, love and blessings,

**Rev. Seth**



## Sharing Gratitude

Many thanks to our *Our Whole Lives Sexuality Education* facilitators: **Denise Ewing, Ben Ewing, Nicole Kaplan, and Rev. Elizabeth Carrier-Ladd.** ~*Nadine Tringali*

The RE Committee and I wish to thank all our RE teachers who have led our children and youth on their journey this year at UUCM. **Our annual *Teacher Appreciation Luncheon* has been postponed** until such time as we can return to in-person gatherings at our church. Our wonderful group of teachers are: **John Bartlett, Maggie Bartlett, Jamie Butterbaugh, Rev. Elizabeth Carrier-Ladd, Ric Dwenger, Zach Enos, Denise Ewing, Ben Ewing, Elsbeth Fritz, Adrienne Gruver, Kent Hanser, Melanie Hanser, Eleanor Johnson, Nicole Kaplan, Joseph Kaplan, Shonet Martin, Jerry McKean, Amy Shaw, Steve Robert, Ben Strack, Aryn Sweeney, John Taylor, Susan Taylor, Tracy Whelan, and Andrea Wolfe.** Thank you so much for all you do!  
~*Nadine Tringali*

Huge thanks to **Ben Strack** for all the behind-the-scenes work he has done to help make our virtual Sunday Services run as smoothly and efficiently as they have – his expertise has been incredibly valuable and much appreciated.  
~*Rev. Seth*

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



*At times our own light goes out  
and is rekindled by a spark from  
another person. Each of us has  
cause to think with deep gratitude  
of those who have lighted the  
flame within us.*  
~**Albert Schweitzer**

### April Dedicated Offering :: Feeding Our Hungry Neighbors

Second Harvest Food Bank of East Central Indiana is devoted to feeding the hungry, advocating for those with food insecurity and providing nutrition education. They fight hunger by working with partner agencies, local schools, corporate partners and a wide network of volunteers to serve hundreds of people each week. Their vision is to see the people of our region free from hunger and self-sufficient.

The pandemic emergency has left more families than ever in need of assistance in getting enough to eat. At the tailgate distribution at the Muncie Mall on March 26, more than 400 cars lined up. UUCM has long been a supporter of Second Harvest as part of our mission to Feed Our Hungry Neighbors. Now they need volunteers and financial help to cope with this unprecedented crisis.

You may volunteer to help out by contacting Second Harvest via their website <https://curehunger.org/get-involved/volunteer/> or calling Kellie Arrowood at 765-287-8689 ext 105. Financial contributions may be mailed to the church, earmarked *Second Harvest*. You may also give directly to Second Harvest at <https://curehunger.org/get-involved/donate/>



## April 2020 UUCM Calendar

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

### Regular Weekly Zoom Events

Check the eBlast for links to these Zoom meetings and more.

Adult Discussion Group	Sundays	9:30 am
Worship Service	Sundays	10:45 am
Religious Exploration for Children & Youth	Sundays	10:00 am
Choir Gathering	Tuesdays	8:00 pm
RE Story Time	Mon, Wed, Fri	11:30 am
Youth Group	Thursdays	11:30 am
Chat with Rev. Julia	Thursdays	3:00 pm
Isolation Busters with Cindy Turner	Fridays	1:00 pm

### April Meetings

You can view the church calendar (see link at the top of this page) for a list of all UUCM virtual meetings. Items are being added daily during office hours so be sure to check back regularly. The Board of Trustees has its regular monthly 2<sup>nd</sup> Wednesday meeting on April 8, at 6:30 pm. The link will be shared in the eBlast. Please contact a member of the Board, or the office if you have a question about attending the Zoom meeting. There will be a second Board meeting on Thursday, April 16, at 5:30 pm, to discuss the proposed budget for 2020-21, and it will also be linked in the eBlast.

#### Theme Exploration (continued from page 3)

So find a quiet moment this month and make Morissette’s song the centerpiece of your meditation. Set aside at least a half hour and play the song numerous times, long enough for the lyrics to wash over you. Eventually, one of Morissette’s phrases will transport you back to a memory. Once you’ve arrived, spend some time with that memory and, in your own way, say thanks!

Here’s a version of the song that lists the lyrics in case you it helps you focus on the words: <https://bit.ly/2xJPZBq>

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



### Service Auction

Together, we find ourselves in an extraordinary situation with this fast-moving pandemic that is affecting our community, our families, and our way of life. This impact is especially felt in our church community, where many of us rely on these social connections as a big part of our daily life. There are so many unknowns with this world health crisis.

Recommendations for social distancing, to basically stay home if at all possible, will help to “flatten the curve” of this pandemic and hopefully, shorten its presence in our community and our country as a whole. So, because of this ongoing threat we have made the decision to cancel our planned Service Auction that was to be held on May 3. We are hoping to hold an abbreviated version of this fundraiser later this year. We are currently looking mid-September. We will have more details after the committee meets later this summer. Stay safe and stay well.

**Service Auction Committee**

# UUCM Staff & Leadership

## Staff

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**Rev. Elizabeth Carrier-Ladd, Coordinator of Youth Programs**  
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Office Hours: Monday 1:00 – 4:00 pm | Tuesday 9:00 am – 1:00 pm | Wednesday – Friday 9:00 am – 4:00 pm

## Board of Trustees

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## Unitarian Universalist Church of Muncie

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