

OCTOBER 2023 ISSUE

# UUCCI NEWSLETTER

FACING OUR MONSTERS



**FACING OUR MONSTERS**  
*Sermon Series*

*Learning  
Our Songs*

By Louise Hillery

**THE PROBLEMS WITH  
BOTTLED WATER**

BY DONNA STANLEY

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# PROGRAM CALENDAR



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## October

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### **10/1 Sunday Service - 10 am**

10/1 Raising Unitarian Universalists (RUUs) - 11:30 am

10/1 Interfaith Sukkot & Simchat Torah Celebration for All Ages at 12 pm

10/1 Group Meditation & Dharma Talk (Open Mind Zen) - 2pm

10/4 Pastoral Care Team Meeting - 2 pm

10/5 Circle of Song - 7 pm

10/6 Sunday Services Meeting - 10:30 am

### **10/8 Sunday Service - 10 am**

10/9 Spiritual Living Circle - 12:30 pm

10/11 Columbus Interfaith Meeting - 6 pm

10/11 Interfaith Campus Meeting - 7pm

10/11 Choir Practice - 7 pm

10/14 Red tent Women's Circle (Tree of Knowledge) - 5 pm

### **10/15 Sunday Service - 10 am**

10/15 Group Meditation & Dharma Talk (Open Mind Zen) - 2pm

10/18 Choir Practice - 7 pm

10/19 Board Meeting - 6:30 pm

10/21 Courageous Action Forum! Transphobia: A Look at the Past, Discussion of the Present, and Hope for the Future - 9:30 am to 6 pm

### **10/22 Sunday Service - 10 am**

10/22 After Sermon Discussion with Rev. Nic Cable

10/25 Building & Grounds Meeting - 5 pm

10/27 Monster Mash + Trick or Treat Nature Trail (All Ages) -6pm

### **10/29 Sunday Service - 10 am**

10/29 Group Meditation & Dharma Talk (Open Mind Zen) - 2pm

# FACING OUR MONSTERS

Sermon Series

OCTOBER 8



## Are We Living through a Zombie Apocalypse?

Tools for Surviving the End of the World

We begin a six-week series of Facing Our Monsters by exploring the metaphor and meaning of Zombies. Since 1968, when *The Night of the Living Dead* released in theaters, zombies have been depicted in many art forms and become a central figure in the pantheon of monsters in popular culture. From Haitian Folklore to Thriller to preparing for the zombie apocalypse, what is it about zombies that is so frightening and yet fascinating? Rev. Nic Cable will explore the twin realities we face in the post-pandemic world: 1) our fear of the other and 2) the rise of white nationalism in the United States.

OCTOBER 15



## Dracula in Drag:

Recognizing Our Humanity through a Vampiric Lens

*Dracula specifically and vampires generally symbolize many aspects of society's discomfort with topics related to sex and gender. From the hypersexualization of gay men, to the projection of predatory behavior on members of the LGBTQ+ community, to the linking of disease and sexual deviance especially during the AIDS epidemic, vampires represent both a distortion of our humanity and a gateway to understanding our humanity in a more sacred and holistic light. Rev. Nic Cable will consider what is possible if we break free from the limitations society and we put on our expressions of sex and gender.*

OCTOBER 22



## It's Alive!!!

Dr. Frankenstein, His Monster, and Our Not So Secret God Complex

*There is irony and yet import in our often confusing Dr. Frankenstein and his Monster. Both have monstrous tendencies and both are aching for human connection and happiness. Yet, it is Frankenstein who seeks to be The New Prometheus and play God with the power of technology. Rev. Nic Cable will explore the very human longing to play God, avoid loneliness, and find happiness in the world.*

OCTOBER 29

# FACING OUR MONSTERS

Sermon Series



## The Elephant in the Room is a Ghost:

A Memorial Service for All Souls Past and Present

*Remembering and talking about our loved ones who have died can be very painful, even decades after a death. Many struggle to process or transform one's relationship with the dead, preferring instead to not acknowledge what may feel like the elephant in the room. Rev. Nic Cable will guide our annual memorial service that aims to assist our community in acknowledging "those who have died have never, never left." In their transformation, we may come to see them in new ways and from there continue on our journey in life.*

NOVEMBER 5



## The Banshees of Columbine:

Responding to the Wailing of the World

*Every year at UUCCI's Annual Meeting, we acknowledge our shared ministry and congregational life together. Beyond approving a budget, electing board members, and acknowledging the achievements of the past year, we are in essence recommitting to upholding our values, embodying our purpose, and moving forward in love for another year. This year, the pain of the world is loud, clear, and constant. Rev. Nic will explore why our ministry and community are so desperately needed by helping us listen, acknowledge, and take guidance from the banshees who walk among us.*

NOVEMBER 12



## Can Hydra Ever Be Slain?

Unleashing Generosity in the Face of Uncertainty, Fear, and Death

*The "work to overcome injustice in all its forms" is like Hercules trying to defeat the many-headed Hydra; as soon as you attack one injustice, three more injustices emerge beside it. It can be demoralizing and leave one feeling hopeless. Rev. Nic ends his six-part sermon series calling upon us to unleash the abundant multitudes within our hearts, so that we can grow the resources of our ministry no matter the number of monsters we face.*

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# LETTER FROM THE MINISTER

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DEAR COMMUNITY,

Growing up in Wisconsin, winter was always my favorite season. I loved the snow (we measured in feet not inches), the beautiful way the light bounced off of it and made the blue sky even more blue; I even didn't mind the wind, in part because when I would get back into the house after venturing out, I would have this lasting reminder of my time outside and feel the contrast between my cold cheeks and the warmth of a loving home. All that changed when I moved to Indiana in 2017. Your winters, I suppose now our winters, are pretty "meh". More grey than white, more rain than snow, and more cool than cold. And that's okay. That's okay!

What's more noticeable than the change in my feelings toward winter has been my growing appreciation for fall in southern Indiana. Y'all do fall! It's beautiful and we are entering into it's beauty right now. What has become my new favorite time of year—I call it Q4+5—encapsulates beautiful weather, my favorite holidays, and three out of four birthdays in my family. There is also a turning that begins in earnest in October, the congregation (UUCI, all of us) turn more toward the important ministry and creative possibilities available to us throughout this congregational year. Schools back, Labor Day has come and gone, and it would be delusional to say there is time for one more day of summer fun. We are right in it: the fall!

Ironically, as fall comes, we rise and greater attention is paid to who we are and who we are becoming. We are rising, like a phoenix from the ashes of the pandemic, and beginning to sense where we are headed as a congregation is something we need to figure out together as a community. All things come to an end and sometimes reengaging in deep conversation, dreaming/scheming, and planning for our future is needed to cast out or find our new guiding stars to follow.

We might ask ourselves: In 2030, what will UUCI be like, feel like, look like; what will we be doing within and beyond the walls of our congregation and the Columbus Interfaith Campus; what will be the critical issues facing our society, our state, our nation, and our world; And will we be equipped to respond to those needs? It's not THAT far away.

This is why I am glad our Board of Trustees is beginning the early stages of developing our collective vision and strategy for the next chapter of our lives together as members and friends of UUCI.

Imagine 2030 will be a radically inclusive, visioning process that will help us to renew where we say we are headed (our Ends) and how we will get there (our Strategic Plan). You will be learning more about Imagine 2030 and the many ways you personally can participate in its unfolding. We began this decade with a pandemic. I believe we will end the 2020s more vital, creative, loving, and courageous than ever.

With Gratitude,



REV. NIC CABLE  
UUCI Minister

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# SPLINTERS

## FROM THE BOARD

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### UUCCI'S BUSIEST TIME OF YEAR

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Coming off a successful auction in August, we turn our attention to the last fundraising event of the year, UUCCI's Holiday Market on December 2. While this event is an important function to support the programs of UUCCI, the Holiday Market is equally important as our opportunity to gather in community, during the holiday season. Our beloved Every Child Emporium allows our children to shop for family and friends in an affordable "store" just for them. Our fabulous Cookie Walk, partner not-for-profits vendors, members and friends will bring many choices for unique gifts. And, of course, breakfast snacks that allow shopping while browsing and the popular lunch soup bar gives shoppers a chance to recharge and visit with friends. We invite your participation in making the market a successful event again this year. More details will be shared in the next few weeks.

The Board has been diligently working on preparing for our Annual Congregational meeting on November 5 (Brittany, please confirm date). Bylaws, policies and procedures are in review by our Policy/Bylaws Committee led, by Patti Wade. Our Treasurer, Scott Rittenhouse, has presented a preliminary budget to the Board, fed by ministry team stakeholder input. Our slate of officers for 2024 has been set and ready for announcing. Members will be asked to vote on matters of business at the meeting.

If you are uncertain of your eligibility to vote, please contact Board Secretary, Patti Wade (wade.patti@gmail.com?) for details. Friends are welcome to attend the meeting.

At the end of September, board members gathered at a retreat to begin the long-term strategy process around the term we've come to know as Ends. Many members may remember parts of our first Ends setting process, guided by the then current board, in 2018. Congregational input was essential for defining our original Ends and affirmation by congregational vote led to our first set of Ends which will be completed on December 31, 2024. Imagine 2030 will embody our Congregation's next chapter in charting our course for what we see our future to be. Be poised to hear more about how you will be involved in these last months of the year and into 2024.

In Community,  
Linda Iwamuro  
Board President - UUCCI

# *Learning Our Songs*

By Louise Hillery, Lead Pianist and Music Coordinator

In recent weeks, the choir has been busy making video-recordings of some of our favorite hymns. The reason: so we can insert “Hymn Previews” into the Friday Reminder each week. If you want to read or hear each week’s hymns before you come to the Sunday service, just click and listen. What a painless way to learn!



Fortunately (never thought I’d say this) Covid forced us to remotely record several of our hymns in recent years. So we already have a collection of 74 audio recordings and 26 videos.

In recent weeks, we have recorded 18 more hymns, and we will continue to record others as needed. Jeff Jones has been our videographer. He is in the process of adding captions to the newest videos, to make it even easier for listeners to learn new hymns.

Another step we are taking to help people learn our hymns is using one special hymn repeatedly each month that helps us focus on the theme of the month. And sometimes Rev. Nic will teach a hymn in the service if it’s new to most of us.

One special thing about our congregation is that our members come from so many different backgrounds. Many people learn more about their chosen religion from singing its songs than they do from reading or listening. We’re hoping to make this particular on-ramp into UU traditions more accessible.





# THE PROBLEMS WITH BOTTLED WATER



By Donna Stanley



Most city water systems in this country provide water that is perfectly safe to drink. People using wells for drinking water can install water filters that deliver water entirely free of chemical contaminants. Tap water is generally safe and cheap in the United States and yet bottled water is everywhere, perhaps due to heavy marketing by big companies like Coca Cola, Nestle, and Pepsi Cola.

Plastic bottles take 1000 years to decompose and contribute to the plastic waste in the Pacific Ocean that is harming wildlife. But not just wildlife is harmed by plastic. Consumer Reports in 2000 found that 8 out of 10 5 gallon jugs they checked for leaching chemicals had traces of bisphenol A, an endocrine disruptor that is linked to many diseases and disorders of the reproductive and neurological systems. Bottled water is also not monitored as much as city water for bacterial and chemical contamination, and is hundreds of times more expensive than tap water. The next time you grab some water do the right thing for the earth and for yourself...bypass the plastic and pour some tap or filtered water into a re-usable water bottle!



Bottled water is convenient... and we think drinking water is a healthy choice, but when the water come prepacked in a plastic bottle we may be mistaken. The manufacture of plastic bottles generates more than 100 times the toxic emissions that glass bottles do and in the US more than 30 billion plastic bottles end up in the garbage or as litter each year (most are not recycled).



# Children and Youth Ministry at UUCCI

This year at UUCCI we will be offering the following opportunities for children and youth to engage in lifespan learning on Sunday mornings during service:



## Seedling and Sprouts (infants-preschool)

meet every Sunday in the Earth Room with our caregivers to meet new friends, share stories, sing, and play!



## Roots and Wings

Our child centered space provides invitations for child directed exploration that allows both individual and collaborative play. Special guests will visit to teach about special topics or world religions.



Our new studio space will provide kids an opportunity to foster their creativity with different mediums, learn how to use artistic tools, and time to experiment and tinker. Special guests will visit to share their passions and talents with the kids.

**UUth Group (5th grade + on the next page!)**

Volunteers  
needed



LEARN MORE

One of our goals here at UUCCI is to foster intergenerational connections between adults and our children and youth. We invite you to consider how you might deepen your own spiritual journey by serving in our Children and Youth Ministry program. Whether you are able to help regularly, visit to share a special passion, or lend a hand behind the scenes, we value the opportunity to find a way for you to be involved.


### Questions?

Contact Adrienne Summerlot  
Children's Ministry Coordinator  
[children@uucci.org](mailto:children@uucci.org)





# 5TH GRADE AND UP!

**Questions?**  
**Contact Sunny Currier**  
**Youth Coordinator**  
**youth@uucci.org**

<input type="checkbox"/>	We meet in the UUTH Room after the Wonderbox on these dates!
<input type="checkbox"/>	• September 17
<input type="checkbox"/>	• September 24
<input type="checkbox"/>	• October 22
<input type="checkbox"/>	• October 29
<input type="checkbox"/>	• November 5
<input type="checkbox"/>	• November 12
<input type="checkbox"/>	• December 3
<input type="checkbox"/>	• December 10

Our tweens and teens need their own space together to play games, explore spiritual and religious topics, cultivate fellowship and engage in social justice projects. UUTH meet regularly in their room, aka the library. When UUTH group doesn't meet they are always welcome to join kids in Roots and Wings or Makerspace. We are committed to fostering leadership opportunities for them.



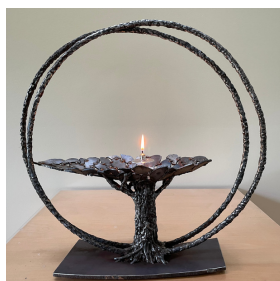
### Hot Meals

Fridays from 4-6pm  
 at First Presbyterian

- October 13th**
- November 10th**
- December 8th**

### Leadership Opportunities

- October 8th- Cooking Leaders
- October 15th- Help in Classrooms
- November 26th- Help w/ Show & Share



## Chalice Lighters- 4th-6th Graders!

Our 4th-6th graders are invited to serve as chalice lighters on Sunday mornings during worship service. Reverend Nic will share about the flaming chalice and its importance as a symbol of our faith on Sunday, September 17th during the Wonderbox and he will commission our kids to be chalice lighters. **Sign up here** to light the chalice!

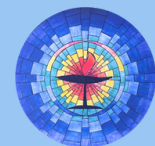
## Sunday Services at 10am

Youth are especially encouraged to attend these Sunday Morning services and/or be involved directly in helping play a part in them!

**October 1st-** attend worship together! Special guest Vachel Hudson will be discussing Mental Health

**November 19th-** All Ages Gratitude Service- UUTH group will lead the Wonderbox!

**December 17th-** All Ages Worship Service- Holiday Sing-A-Long & Ugly Sweater Celebration



The League of Women Voters,  
Brown County/Bartholomew  
County, (LWVBC)



# CANDIDATE MEET & GREET

BECAUSE YOUR  
VOTE MATTERS

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Monday, October  
16th 2023

from 5:30 pm - 7 pm  
UUCI Interfaith Campus  
7850 W Goeller Blvd,  
Columbus, IN 47201

THANK YOU TO OUR  
COMMUNITY PARTNERS:



FIRST  
PRESBYTERIAN  
CHURCH  
COLUMBUS

REGISTER TO VOTE AND CHECK YOUR REGISTRATION AT [VOTE411.ORG](https://vote411.org)

This is a nonpartisan event. We do not support or oppose any candidate or party.  
All Columbus municipal candidates on the Nov.7, 2023 ballot are being invited to attend.

# Transphobia:

A look at the past, discussion of the present, and hope for the future



Join us on  
**Saturday, October 21st**  
for a special edition of the  
Courageous Action Forum  
as we examine transphobia.

*9:30 AM -Light Refreshments and Conversation*

**10:00 AM - 12:00 PM -Video Presentation and Discussion**

*12:00 PM - 1:00 PM Pitch in Lunch and Conversation*

**1:00 PM - 3:00 PM- Interactive Panels and Discussion**

*3:00 PM - 3:30 PM Snack Break and Conversation*

**3:30 PM - 6:00 PM-Video Presentation and Discussion**

Childcare will be provided for children under age 5  
and children's programming for kindergarten and up.

Contact Adrienne Summerlot to RSVP for Children  
and if you have any questions  
**[children@uucci.org](mailto:children@uucci.org)**

ALL AGES ARE INVITED TO A

# monster Mash

HAUNTED TRICK OR TREAT TRAIL  
SNACKS AND GAMES  
DANCE PARTY!  
COSTUMES ENCOURAGED!



FRIDAY

OCT  
27TH

6-8  
PM

Questions? Contact Adrienne  
[children@uucci.org](mailto:children@uucci.org)

# UUCCI PROGRAMS

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OCTOBER 2023

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## **Pastoral Care Team Meeting**

**Wednesday, October 4 at 2 pm**

Our Pastoral Care Team helps us to stay connected with the members of our congregation. If you would like to share a special announcement, birthday, a joy, or a sorrow in our Friday Reminder email, please reach out to Marcia Walker at [mwalker@epowerc.net](mailto:mwalker@epowerc.net).

## **Music FUNdamentals Class**

**Wednesday, October 4 from 6-7 pm**

This is a 7-week course in the basics of reading music will teach you to read rhythms, understand musical terms and markings, and make a good guess at how a tune goes when you see it on the page. For more info, contact Louise Hillery [music@uucci.org](mailto:music@uucci.org)

**\* This class is full and is not accepting new guests at this time**

## **Circle of Song**

**Thursday, October 5 at 7 pm**

The purpose of Circle of Song is to get together as friends and sing just for the fun of it.

## **Interfaith Block Party**

**Friday, October 6 at 5 pm**

Enjoy live music and wonderful food while relaxing at the Interfaith Campus. This is a great opportunity to meet new friends and learn about a variety of faiths.

## **Hearts and Hands Craft Circle**

**Saturday, October 8th from 12-1 pm**

Are you a knitter or crocheter? Do you enjoy another (portable) craft? Would you like to learn a new craft? If you answered yes to any of the above questions, we would love to see you at the Hearts & Hands Crafting Circle! This will be a monthly meeting for all of us crafty types to get together and focus on the hobbies we love. Bring a snack to share and your current project or come learn something new. There will also be options for charitable group projects.

## **Spiritual Living Circle**

**Monday, October 9 at 12:30 pm**

Spiritual Living Circle meets the 2nd Monday of each month from 12:30pm until 2:00pm in the library at UUCCI. Join us for a time of meditation, reflection, and discussion. We use the Spiritual Living Magazine and a metaphysical book of group choice as our source materials.

## **Music FUNdamentals Class**

**Wednesday, October 11 from 6-7 pm**

For more info, contact Louise Hillery [music@uucci.org](mailto:music@uucci.org)

**\* This class is full and is not accepting new guests at this time**

## **Choir Practice**

**Wednesday, October 11 at 7 pm**

During choir practice, our singers will rehearse songs for upcoming services.

# UUCCI PROGRAMS

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OCTOBER 2023

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## **Hot Meals**

**Friday, October 13 from 4-6 pm**

All are welcome to lend a hand at First Presbyterian Church with serving hot meals. Please contact Patti Wade for more info at [wade.patti@gmail.com](mailto:wade.patti@gmail.com)

## **Candidate Meet And Greet**

**Monday, October 16 from 5:30 - 7 pm**

We invite you to a "Candidate Meet and Greet". Please join us. The Unitarian Universalist Congregation of Columbus, IN (UUCCI) and The League of Women Voters, Brown County/Bartholomew County, (LWVBC) are co-sponsoring a MEET AND GREET for all Columbus Municipal candidates. This event is an opportunity for conversations and building relationships with voters and constituents.

### Agenda:

5:30-6:00 pm: Welcome and Introductions

6:00-6:50 pm: Meet and Greet

6:50-7:00 pm: Thank yous and closing

This is a nonpartisan event. We do not support or oppose any candidate or party. All Columbus municipal candidates on the Nov.7, 2023 ballot are invited to attend.

## **Music FUNdamentals Class**

**Wednesday, October 18 from 6-7 pm**

For more info, contact Louise Hillery [music@uucci.org](mailto:music@uucci.org)

**\* This class is full and is not accepting new guests at this time**

## **Choir Practice**

**Wednesday, October 18 at 7 pm**

During choir practice, our singers will rehearse songs for upcoming services.

## **Women's Chalice Circle**

**Thursday, October 19 at 10 am**

Chalice Circles are facilitated, small group gatherings, which meet once a month at UUCCI. The gatherings foster conversation on Monthly Themes and build community in a small setting. New for this year is an all woman's Chalice Circle. Please contact Sharon Mangas for more info at [docmangas@comcast.net](mailto:docmangas@comcast.net)

## **Transphobia: A Look at the Past, Discussion of the Present, and Hope for the Future**

**Saturday, October 21 - Multiple Events**

Join us for a special edition of the Courageous Action Forum as we take a closer look at transphobia. We will watch and discuss a video that takes a deep dive into the history of transphobia over the last 50 yrs. We will then have a panel discussion delving into current issues facing the LGBTQ+ community in Southern Indiana. There will be light refreshments in the morning and a pitch-in lunch. Childcare will be provided for children under age 5 and children's programming for kindergarten and up.

## **Mental Health Workshop**

**Sunday, October 22 at 11:30 am**

Join us after service in the sanctuary for a workshop to explore mental health. Lunch will be provided.



# UUCCI PROGRAMS

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OCTOBER 2023

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## **Building & Grounds Team Meeting**

**Wednesday, October 25 at 5 pm**

If you're wanting to volunteer, this is a great place to start! If you are interested in joining the Building and Grounds team or lending a hand, please contact Donna Stanley at [dstan52@frontier.com](mailto:dstan52@frontier.com), Jon Fischer at [farmbrewer@gmail.com](mailto:farmbrewer@gmail.com), or Michael Greven at [mgecosourceinc@gmail.com](mailto:mgecosourceinc@gmail.com)

## **Music FUNdamentals Class**

**Wednesday, October 25 from 6-7 pm**

For more info, contact Louise Hillery  
[music@uucci.org](mailto:music@uucci.org)

**\* This class is full and is not accepting new guests at this time**

## **Monster Mash and Haunted Trail**

**Friday, October 27 at 5 pm**

All Ages are invited to join us Friday, October 27th from 6-8pm for a Monster Mash. Costumes are welcome and encouraged. We will have a haunted trail outside- please contact Adrienne [children@uucci.org](mailto:children@uucci.org) if you would like to help decorate and hand out treats. We will have snacks and games in Fellowship Hall and a Monster Mash dance party in the sanctuary!

# COLUMBUS INTERFAITH

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## EVENTS AT UUCI INTERFAITH CAMPUS

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### **Group Meditation & Dharma Talk Sunday, October 1, 15, and 29 at 2 pm Open Mind Zen Indiana**

Open Mind Zen Indiana (OMZI) is a community dedicated to self-discovery through the practice of Zen. Our practice modalities include traditional and contemporary teachings, various styles of meditation, koan study, dharma talks, workshops, retreats, and group discussions. As a lay sangha, we are committed to the flourishing of Zen as realized and expressed in everyday life. Please contact Ann Beattie if you have questions at [anndbeattie@gmail.com](mailto:anndbeattie@gmail.com)

### **Interfaith Block Party! Friday, October 6th from 5-8 PM**

Join us October 6th from 5-8 pm for an evening of fun, food, and friends! Enjoy live music and wonderful food while relaxing at the Interfaith Campus. This is a great opportunity to meet new friends and learn about a variety of faiths. Our block party is hosted by Sri Ganesh Mandir and the Unitarian Universalist Congregation of Coumbus, IN.

### **Hearts and hands Craft Circle Saturday, October 8th from 12-1 pm**

Are you a knitter or crocheter? Do you enjoy another (portable) craft? Would you like to learn a new craft? If you answered yes to any of the above questions, we would love to see you at the Hearts & Hands Crafting Circle! This will be a monthly meeting for all of us crafty types to get together and focus on the hobbies we love. Bring a snack to share and your current project or come learn something new. There will also be options for charitable group projects.

### **Red Tent Women's Circle: Facing Our Shadows**

#### **Friday, October 13th at 5 pm Tree of Knowledge Indiana**

Each month, we gather to heal and celebrate each other. This month, we will celebrate Friday the 13th by taking a deep look at the things in our lives and in ourselves that we try to avoid. We will be getting to know our Shadow! In psychology, the shadow is an unconscious aspect of the personality that does not correspond with the ego ideal, leading the ego to resist and project the shadow. In short, the shadow is the self's emotional blind spot and a representation of our less-than-ideal personality traits. This month, we will bravely face ourselves with love and compassion, especially the parts of ourselves that need more care and attention.

Along with enjoying discussions, food, and connection, we will also be sharing a meditation experience to go within and meet our Shadow-self. Afterwards, we will use art materials to create a representation of our Shadow. Please bring a side dish to share as well as some comfy clothes.

For questions, please contact Brittany Phillips at [admin@gmail.com](mailto:admin@gmail.com)