



# The Flame

SHARING THE LIGHT THAT CONNECTS US...

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

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## Upcoming Sunday Services

We meet in the Sanctuary of the synagogue located at 100 Meadowlark Drive in Sedona on Sundays at 10:00 a.m.

- 10/01/23** - **"Pluralism and Universalism in America and in our Lives"** with Paul Friedman. "Pluralism and Universalism are aligned in that both philosophies ask that diverse peoples, cultures, and worldviews within a community be fundamentally respected and protected. Recently, however, polarized, populist partisanship has deeply strained American diversity. Learn how we can strengthen pluralism and universalism in our community and in our personal lives.
- 10/08/23** - **"What is Our Inheritance?"** with Rev. Anthony Mtuaswa Johnson
- 10/15/23** - **"Future Humans"** with Rev. Anthony Mtuaswa Johnson, plus a New Member Ceremony
- 10/22/23** - **"SUUF and Me"** Special sharing of stories with Susannah Martin & Gini Kyle
- 10/29/23** - **"Honoring the Ancestors"** with Rev. Anthony Mtuaswa Johnson

# Minister's Message

Autumn is upon us, the red rocks glimmer as beautiful as ever, as the summer temperatures give way to the cooler breezes of the fall. October 21<sup>st</sup> will mark a day of celebration, as I am installed as the Settled Minister at SUUF, I am both honored and excited. Our upcoming SUUF October sermons will include the titles "What is Our Inheritance, and "Honoring Our Ancestors."

During this month we will experience the journey of two more fellowship members and friends at a Sunday "SUUF and Me" worship service and we will also examine the moral issues raised by AI, artificial intelligence, where reason and intelligence may become machine driven, in a sermon entitled "Future Humans." And speaking of Honoring those Ancestors, I offer this...

## **Ancestor Logic**

Ancestor Logic is not logical, Ancestor Logic is not biological.

Ancestor Logic is not psychological, Ancestor Logic is not logical at all.

Ancestor Logic is not concerned about the person.

Neither the Son of Per, nor the daughter of Her.

Ancestor Logic is before the self, Ancestor Logic places the ego on the shelf.

Bringing you here from Kingdom's Come, Ancestor Logic is where we all come from.

It may have started with the sway of a hip, or the wink of an eye.

The magic of a smile, or maybe the sound of a sweet sigh.

Attraction, then acceptance, a hug, a kiss and then, a natural body click.

About nine months later, you get a belly kick.

That's Ancestor Logic, 'tis, the intellectual antiseptic.

That's Ancestor Logic.

Ancestor Logic is prelogical

That's Ancestor Logic.

You see, the beginning of life is a hip-sway, or a smile and nothing can stop it.

True life is non-toxic, true life is Ancestor Logic.

---Rev. Anthony Mtuaswa Johnson



# President's Message

**SUUF ENTERS ITS 4<sup>TH</sup> DECADE!** UU is an evolving faith, and we at SUUF share and model that dynamism. Our congregation embraced much change during our first 30 years (see *newsletter attachment, "A Brief History of SUUF"*) and we anticipate great changes as we continue to become the beloved community we have long envisioned.

Here are some more recent changes...

- Our Settled Ministry with Reverend Anthony Mtuaswa Johnson became official in May with the installation happening on October 21<sup>st</sup> at 3:00
- June was added to our Sunday services
- Breeze online church management system was added
- The Board of Trustees was increased from 5 to 6 members
- New Member Orientation and Brunches now occurs 2 to 3 times a year
- SUUF Membership has increased by 34 new people since May of 2022, with over 10 additional new members anticipated this month
- Financial Support of SUUF has risen accordingly
- Fellowship attendance is up 34% from Sept. '22 to Sept. '23
- Seven SUUF Teams formed in the past 2 years to enhance SUUF's effectiveness
- Three midweek home discussion groups are thriving
- Summer programs have been held in homes for the past 2 years.

And some upcoming possibilities for change...

- A task force will be formed to review and look at updating SUUF's mission, vision, and covenant. It's been over 11 years since they've been reviewed. (If you'd enjoy helping with this, let me know.)
- Plans for summer programming. We will continue Sunday services through June of '24. Do you have ideas for keeping SUUFers in touch in July and August? Let's talk!

## **And what do you envision....**

What visions do you have, or changes do you desire, for SUUF during our 4<sup>th</sup> decade? Let's hear all those ideas! Please send them to [president@sedonauu.org](mailto:president@sedonauu.org).

Many Blessings and Much Gratitude to, and for, YOU!

---Tanya Mayer



# SUUF Connections



**Social Justice 3<sup>rd</sup> Friday Film** features the Netflix film, “**The Death and Life of Marsha P. Johnson.**” It has a 97% critics rating on rottentomatoes.com, and one critic says it “offers a unique perspective for gender nonconforming individuals and is an imperative documentary for anyone looking to fully understand the origins and evolution of the LGBTQ movement.”

Watch it at home, then join a discussion led by Carolyn Kavanagh.

**October 20 at 10:30 at 30 Bronco Drive. Or join on Zoom:**

<https://us02web.zoom.us/j/4526141760>.

**Evolving Elders**, a discussion group where friends share feelings and ideas about elderhood, laugh together, and grow closer. All are welcome. Meetings are on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month at 10:30. This month’s meetings are at 30 Bronco Drive.



**October 13** Topic: “**Preparing for Death**” with leader Ben Shor. Which of the following topics have you considered? What have you done regarding them? What do you plan to do?

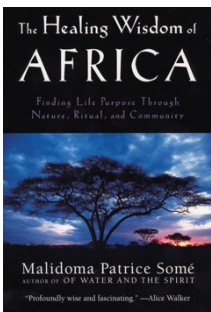
...an obituary...funeral plans...estate planning...how to spend the rest of your life...

**October 27** Topic: “**Transcend and Include**” We’re well beyond the first half of life in which there were rules, order, and boundaries we had to follow in order to fit, to succeed. At points in our lives, we were inspired to evolve by watching, interacting with, and learning from people who showed us what more we could do and be. Who, in your life, have been the people “a bit beyond you,” the “stretchers” in your life and your consciousness, both past and present?

We may now be the “stretchers” for others and need to be patient, inclusive, and understanding of all the previous stages we’ve been through and now see in younger people, knowing that from a person’s level of development, s/he can only stretch just a bit beyond his/her level to comprehend others.

**SUUF Book Group** The **September/October** selection is **The Noticer: Sometimes, all a person needs is a little perspective** by Andy Andrews. Rev. Anthony is our discussion leader. Join us on **October 9 (Chapters 6-7)** and **October 23 (Chapters 8-10)** at 10:30, at Marj's, 20 Sandstone Dr.

**A Heads-Up...so you can acquire the book and begin reading ...**  
**The November-December Book Selection is The Healing Wisdom of Africa by Malidoma Some', Rev. Anthony's beloved mentor and friend. Rev. Anthony will lead discussions.**



“... readers can come to understand that the life of indigenous and traditional people is a paradigm for an intimate relationship with the natural world that both surrounds us and is within us. The book is the most complete study of the role ritual plays in the lives of African people--and the role it can play for seekers in the West.”

Join us on 2<sup>nd</sup> and 4<sup>th</sup> Mondays, 10:30...place to be determined.

**Nov. 13: Part 1**

**Nov 27: Part 2**

**Dec. 11: Part 3**

**Dec. 21 Part 4 (Thurs, due to holiday)**

**Sign up on Sundays in the lobby or contact Rev. Anthony or Tanya.**

**SUUF Class: The Long Strange Trip: A Six-Part Film and discussion with Rev. Anthony begins Wednesday, October 11, from 1:00 -2:30**, in his and Lydia's home, 880 S. Desert, Sunset DR, Cornville. In these 6 weekly Wednesday sessions, we will explore the history of Unitarian and Universalist thought and practice from the early, liberal strands in faith at the beginning of the Christian era to what we know today as Unitarian Universalism. You'll enjoy these interesting, well-made films and gain an appreciation of our deep historical roots...all in the company of SUUF friends! Sign up in the lobby or contact Rev. Anthony.

## SUUF Connections plus *Food*

Contact Tanya at [president@sedonauu.org](mailto:president@sedonauu.org) if you're interested in becoming a SUUF member, and come to a **New Members Orientation and Brunch** held October 7, 9-12.

### Men's Breakfast

The monthly SUUF men's breakfast is held on the **second Wednesday** of the month (Oct. 9) at 8:30 AM at the Sedona Golf Resort in the VOC. Contact Tony Marini at [marinicpa@gmail.com](mailto:marinicpa@gmail.com). or 480-390-2508.



### Women's Lunch

Eighteen SUUF women attended our September lunch at Sedona Golf Resort. October plans are in the works. Please watch for, and respond to, your upcoming Evite.



## Friendly Feasts

**Fantastic Meals! Stimulating Conversations! Charming Dining Companions!** Sound Interesting?? Then SUUF Friendly Feasts are for you! Friendly Feasts are potluck dinners of 6-8 people hosted in the homes of SUUFers.

Friendly Feasts will be on **Friday, October 20<sup>th</sup>** this month, as we'll be attending Rev. Anthony's installation as SUUF's Settled Minister on Saturday, the 21<sup>st</sup>. Hosts will be contacting those who've signed up. Watch your emails for details. Suzanne Burkey [sfburkey47@gmail.com](mailto:sfburkey47@gmail.com) or Pat Loomis [sedona.pat@gmail.com](mailto:sedona.pat@gmail.com) are your contacts.

The *Friendly Feasts newsletter attachment* offers a complete description. Do join us!

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## SUUF Events

**(See Community Outreach Projects on page 9 for volunteer events)**

**Rev. Anthony's Installation, 3:00-6:00, Saturday, October 21<sup>st</sup> at JCSW.**

A UU Installation of a Settled Minister is a very special occasion. It signifies, for us, a long-term commitment between the congregation and Reverend Anthony—a covenant to work together in shared ministry to build our beloved community.

It will be a joyous occasion with music by Susannah, by Rev. Anthony's daughter Karma, a Drummunity Circle, and more. Important clergy in his life will be present. Our congregation and Rev. Anthony will take vows to work together in love to support SUUF's mission.

After the service, we'll adjourn to Social Hall and visit over snacks, deserts, and wine. It is, indeed, an auspicious occasion for SUUF and Rev. Anthony-- one to celebrate in this, SUUF's 30<sup>th</sup> year! Let's all participate in this beautiful union!



*You'll soon get an Evite email invitation designed by Chris Bein and assembled by Pat Kopitke. We are blessed to have such wonderful and talented volunteers making good things happen! RSVP please!*

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## October Birthdays

6 Sandy Wade	22 Robin Heywood Loonsk
7 Nancy Robb Dunst	29 Judy Cooper
10 Sarah Anne Fread	29 Tanya Mayer
12 Joe Wine	

# SUUF and Me

This month's SUUF and Me introduces Mary and Michael McCaffrey, to become SUUF members this month.

**Name:** Mary McCaffrey

**Where did you grow up?**

*Minnesota*

**What was/is your**

**career?** *Corrections and Fitness*

**When did you come to the**

**Verde Valley and why?** *In 2007, we*

*moved to Sedona strongly motivated by the hiking opportunities.*

**What is your religious background?**

*Lutheran (ALC), though attended Catholic Church for over 30 years as Michael was raised Catholic.*

**What brought you to**

**SUUF?** *Encouraged by friend Piya*

*Jacob's experience over the past few*

*years - felt comfortable because we had a friend who was a UU minister.*

**How does SUUF fit into your spiritual**

**journey?** *Like a well-fitting glove.*



**Name:** Michael McCaffrey

**Where did you grow up?**

*I grew up in a small farming community in Maryland, Westminster.*

**What was/is your career?** *I*

*had an 11-year career as a chemist and then switched fields and was a software quality engineer for the remainder of time.*

**Any volunteer work you want to**

**mention?** *I am a volunteer for Hospice Compassus.*

**When did you come to the Verde Valley**

**and why?** *We vacationed here toward the end of my work career and fell in love with the place.*

**What is your religious background?** *I*

*am a Roman Catholic.*

**What brought you to SUUF?** *Pia Jacob*

**How does SUUF fit into your spiritual**

**journey?** *I love the fact that the main emphasis of SUUF is service to others.*

## SUUF Recycling to create a more sustainable world

**In this column you can 1) Trade** items, like jigsaw puzzles, books, tools... **2) Sell** items with all money going to SUUF. You name the price. **3) Give Away** items in really good condition. Be sure and provide a good description of each item.

Let's create a more "sustainable world," as stated in SUUF's mission statement. Email to [president@sedonauu.org](mailto:president@sedonauu.org) a description of your item, a picture if you wish, your contact information, and whether the item is to Trade, Sell for SUUF, or to Give Away.



**Paleo cookbooks, \$5 each, to benefit SUUF!** Buy 3, get the 4th free. Rarely used! Contact Marj Haas, 928-863-8262.

# Board, Team, and Committee Reports

## Board Meeting Recap

All were present on Zoom 09/21/23 at 1:00: Tanya, Rev. Anthony, Gary, Helen, Elizabeth, Barb, Lee, and Rev. Anthony.

**Minister's Report** – Pastoral calls and meetings are ongoing. Out-of-town Multikulti Workshop 8/18 – 8/20 conducted and will do something similar here in the future. SUUF Covid policy remains the same.

**President's Report** – 18 home meetings occurred over the summer. New Member Orientation Brunch is Oct. 7 and New Member Ceremony, Oct. 15. Membership will be 80+ in Oct. Lee updates membership data.

**Treasurer's Report** – Gary reviewed financial statements. He will seek guidance from UUA on how to proceed with Donate the Plate offerings. A Legacy Training is upcoming.

**Caring Actions Update** – Helen noted the congregation is helpful in sharing needs and concerns for sending caring cards.

### Unfinished Business –

- *30<sup>th</sup> Anniversary party on 9/24* was discussed:
- *\*10/21 Installation: 7 of 8 speakers* come at no cost. The President of Starr King, Rev. Anthony's theological seminary will be a special guest. A photographer is needed. Pat Kopitke will prepare a memory book. Food and wine contributions will be solicited.
- *"Soul Matters"* training is ongoing, with three more trainings to go.
- Eddie De Jarnette and Gary Stewart will develop SUUF's Security plan to be submitted to JCSVV by January.

### New Business

- Board adopted a Covenant of the Board of Trustees.
- SUUF's mission, vision, and covenant will be reviewed, perhaps revised, and a vote passed to do so at the annual May meeting.
- D & O Liability Insurance was discussed. Gary will contact our insurance company for a quote.
- Louisa Jaskulsky's Celebration of Life will be Nov. 5<sup>th</sup> at 11:30 at JCSVV. Friends who wish to share are to contact Anthony.
- Church of Red Rocks and SUUF are working to cooperate in presenting a "Women in Courage" program. Proceeds from a Nov. 11, 3:00 p.m. concert, will go to a charity(s) chosen by the co-sponsors. The board approved. Volunteers will be solicited to help with the event.

**Closing** – Meeting adjourned at 2:45 PM. Next board meeting: 10/19/23.

Lee Klose, SUUF Board Secretary



# Community Outreach Committee

In October, the Outreach Committee will be involved with 3 projects:

**1. Manzanita Outreach** – We will participate on Thursday, 10/12/23 between 9:30 AM and 12 Noon. Penny will follow up with those who signed up. It will be held at Manzanita headquarters at 406 S 6th Street in Cottonwood.

**2. Mitzvah Day** - Participate on Sunday afternoon, 10/29/23, in this day of good deeds led by JCSVV and joined by SUUF and many other churches and civic groups. Volunteers will sign in at the synagogue on Sunday, October 29, from 12:30 to 1:00, pick up food and water, sign liability forms, and get name tags with the Mitzvah Day logo. They then go to their work sites, and perform their good deeds. An alternative meeting spot is the Habitat for Humanity headquarters, at 737 South Main Street in Cottonwood.

## Choose from one of the following 11 projects:

- Crafting for various organizations- knitting and sewing teddy bears, making gift cards, etc. at the synagogue.
- Trash Pickup for the U.S. Forest Service in Oak Creek Canon (at Manzanita Campground near Oak Creek) and in the Village of Oak Creek (at Bell Rock). (2 projects)
- Help restore the Keep Sedona Beautiful EcoHub grounds at KSB headquarters.
- Clean up and organize old storeroom at KSB headquarters.
- Do yardwork at Hope House.
- Light trail maintenance at Red Rock State Park.
- Stuff envelopes for the Sedona Food Bank at the synagogue.
- Organize supplies and do light cleaning for the Humane Society of Sedona.
- Stuff + label envelopes for Old Town Mission (at JCSVV for now)
- Outdoor work at Habitat for Humanity

**Sign up now to ensure your place with one of these projects by clicking on <https://bit.ly/3ssPTuF> . Or go to [jcsvv.org](http://jcsvv.org) webpage and scroll down to Mitzvah Day publicity or “Get Involved/Social Action”.**

**3. NEW** -The "**Worthy Now**" Project - Paul Friedman will lead a group in offering uplifting correspondence to imprisoned UU's. This meaningful good deed can be done from the comfort of your home, giving a sense of UU community and inspiration to incarcerated UUs. The human connection will be there, yet the project assures your anonymity. *Paul will meet with potential interested people in Social Hall after our service on Sunday, October 15, and answer any questions. Email him at [sedonapaul@gmail.com](mailto:sedonapaul@gmail.com) for more information.*

**See the “Worthy Now Project” newsletter attachment** for more details of the fascinating, worthwhile project.

**---The Outreach Committee: Cora Shor, Penny DeJarnette, Jan Oswald**

**Environmental Justice** embraces our 7<sup>th</sup> Principle: “Respect for the interdependent web of all existence of which we are a part.”



The “Earth has pushed past seven out of eight scientifically established safety limits and into “the danger zone, not just for an overheating planet that’s losing its natural areas but for the well-being of people living on it”, according to a new study published in the journal *Nature*.

Those safety limits include “1) climate, 2) air pollution, 3) phosphorus and 4) nitrogen contamination of water from fertilizer overuse, 5) groundwater supplies, 6) fresh surface water, 7) the unbuilt natural environment and the 8) overall natural and human-built environment. Only air pollution wasn’t quite at the danger point globally.” (AP News May 31, 2023)

**See the *Environmental Justice newsletter attachment* for more information and to see what we as concerned individuals can do.** A list of supporting organizations will be in the JCSVV lobby.

**Earth Advocates:**

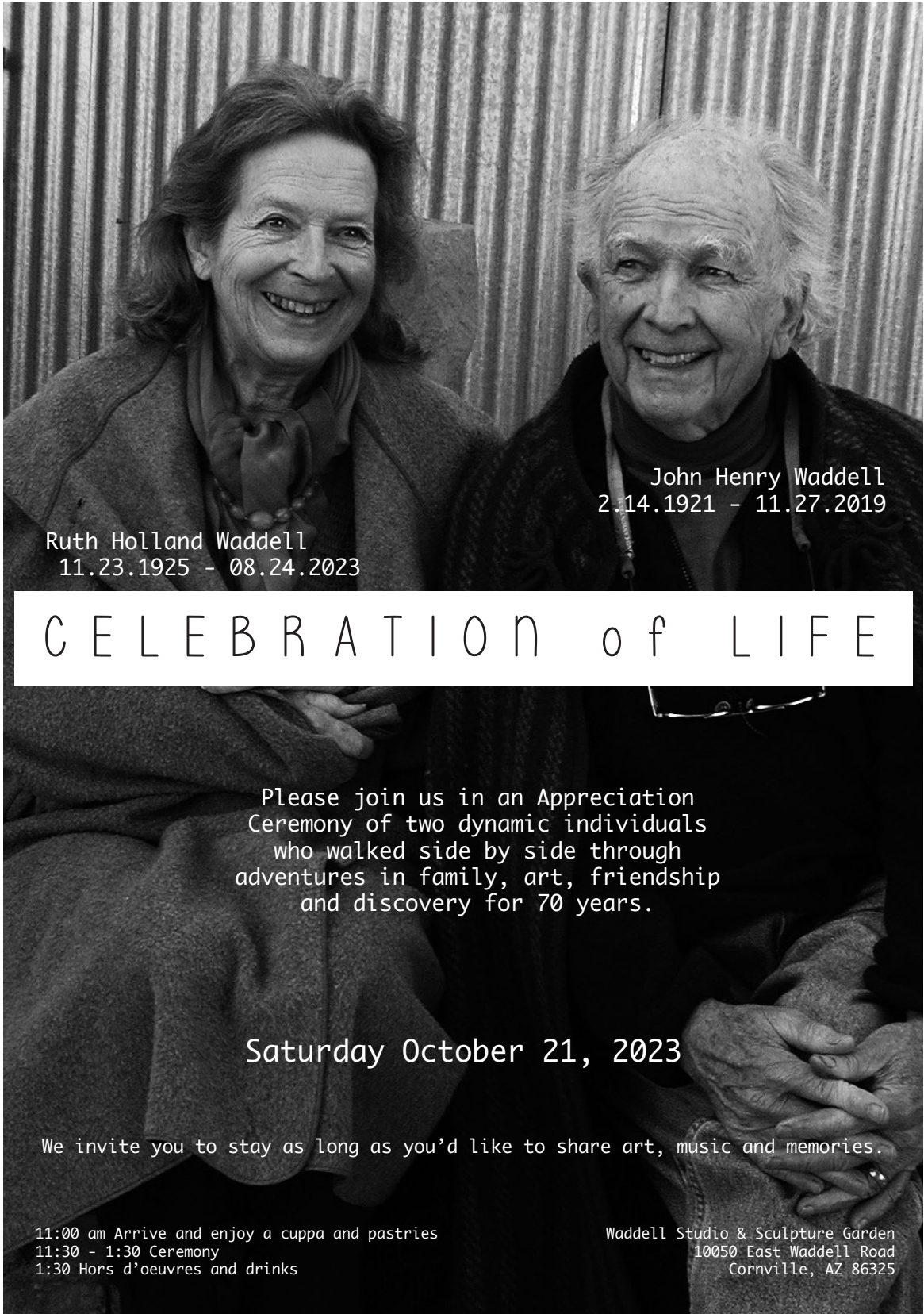
---**Sarah Anne Fread, Eleanor Cohen, Tom & Deidre Roen, Chris Seeholzer**



## Transitions...

**Louisa Jaskulski** passed away days after having heart surgery. She joined SUUF in 2015 and was an active member for several years. Her parents were also longtime SUUF members. Louisa loved her bird and reptile housemates, dancing, and Bruce Springsteen, according to friends. She was a unique, free, and joyous spirit. Her brother, Derek, was with her the last week of her life and left feeling she was on her way to recovery. Rev. Anthony will conduct a **Celebration of Life at the JCSVV on November 5, after services at 11:30.** If you wish to poetry or words at Louisa’s Celebration of Life, please let Rev. Anthony know.





Ruth Holland Waddell  
11.23.1925 - 08.24.2023

John Henry Waddell  
2.14.1921 - 11.27.2019

C E L E B R A T I O N o f L I F E

Please join us in an Appreciation Ceremony of two dynamic individuals who walked side by side through adventures in family, art, friendship and discovery for 70 years.

Saturday October 21, 2023

We invite you to stay as long as you'd like to share art, music and memories.

11:00 am Arrive and enjoy a cuppa and pastries  
11:30 - 1:30 Ceremony  
1:30 Hors d'oeuvres and drinks

Waddell Studio & Sculpture Garden  
10050 East Waddell Road  
Cornville, AZ 86325



# Welcoming Congregation News



Please join us at our upcoming PFLAG Sedona/Verde Valley Support Meeting on **Tuesday, October 10, 2023, at 6:30 p.m. Zoom ONLY.**

We are honored to have **Patty Delp** as our speaker this month. Patty is a teacher and counselor with a BS in Education from Northern Illinois University and an MA in Mental

Health Counseling from NAU. For 28 years she served as a high school teacher, counselor, and coach in Arizona. After she retired she volunteered as a Restorative Justice Facilitator with Prescott Area Restorative Initiatives. Patty believes that all of these experiences were the perfect blend to lead a strength-based, relationship-based, wrap-around program for young probationers. She is now the Program Director of Yavapai County Youth Advocate Programs (YAP). The YAP mission to offer community-based alternatives to out-of-home placements for youth currently has her working with the Yavapai-Apache Nation. Patty is passionate about providing education, support and advocacy to youth and families of the LGBTQ+ community and is a proud LGBTQ+ member herself.

After the presentation, we will have our usual support group at 7:30 PM. As always, you may attend the first hour, second hour, or both.

Hope to see you *on Zoom* at the meeting!

Carolyn Martin, Secretary  
PFLAG Sedona/Verde Valley

Both the presentation at 6:30 and the support meeting at 7:30 will use the following zoom links: <https://zoom.us/j/92237972093?pwd=TzJuVzFsck1xQk5vcjcyWDYzMWRzZz09>

Meeting ID: 922 3797 2093  
Passcode: AZPFLAG

One tap mobile +13462487799,,92237972093#,,,,,0#,,3720249# US  
(Houston) +16699006833,,92237972093#,,,,,0#,,3720249# US (San Jose) Dial by  
your location

- +1 346 248 7799 US (Houston)
- +1 669 900 6833 US (San Jose)
- +1 253 215 8782 US (Tacoma)
- +1 312 626 6799 US (Chicago)
- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Germantown)

Meeting ID: 922 3797 2093  
Passcode: 3720249

Find your local number: <https://zoom.us/u/aedOSehuqL>



## National Coming Out Day October 11

### Why is National Coming Out Day important?

National Coming Out Day is hugely important to many members of the LGBTQ+ community. Coming out is the act of being open about oneself and one's identity, whether to family, friends, or the entire world.

Coming out can be a wonderful occasion that is met with love and acceptance for many people. For others, however, it can still be a traumatic event that isolates them from family and community. NCOD encourages us to consider all the facets of coming out, and work to make it so that coming out is a joyous occasion for everyone, worldwide.

Many people no longer see the need to come out; it can simply be a case of correcting assumptions or being openly who you want to be without having to explain. However, not everyone has this luxury. For some people coming out brings with it real risks: be it estrangement from family, risks of job loss, abuse or even criminal prosecution in some countries. Until nobody needs to come out, or the day when coming out carries no risk.

## Intersex Awareness Day October 26

On this day, we commemorate Intersex Awareness Day and honor the many in the global struggle for inclusion, equality, and dignity for all. The Department of State is committed to promoting and protecting the human rights of all individuals, including intersex persons, who often face discrimination, harmful medical practices, violence, and social stigma solely based on their sex characteristics.

The Department has made it a priority to include intersex voices and perspectives in U.S. diplomacy and foreign assistance. This spring, the Department established a historic precedent, offering the X gender marker on U.S. passport application forms, which paves the way for intersex, nonbinary, and gender non-conforming persons to mark unspecified or other gender. And today, we are announcing that Kimberly Zieselman, a respected intersex expert and advocate, has joined the office of the U.S. Special Envoy to Advance the Human Rights of LGBTQI+ Persons.



### November

**4** Vegan/Vegetarian Potluck at Cynthia Tierra's in VOC

### **11 "Women of Courage"**

Concert-- benefit for Verde Valley Sanctuary and Hope House at Church of the Red Rocks, and SUUF, cosponsors

**18** Friendly Feasts

### December

**10** Holiday Party at the Hub



### January

**20** Friendly Feasts

### February

**16** Friendly Feasts

**17** SUUF Auction and Mardi Gras Party at the HUB

### March

**16** Friendly Feasts

### April

**20** Friendly Feasts

**21** "SUUF's Got Talent"





# WOMEN OF COURAGE

## Encore Performance!

Songs and storytelling inspired by 11 extraordinary women



Eleanor Roosevelt with Helen Keller and aide Polly Thomson

Music by Mary Lou Prince Words by Patty Christiena Willis

Performed by the Quad City Interfaith Choir, singers from faith traditions including Unitarian  
Universalist, Latter Day Saint, Jewish, Presbyterian and Congregational Church

Co-sponsored by Sedona Unitarian Universalist Fellowship and Church of the Red Rocks

**Saturday November 11, 2:00 PM**

**Church of the Red Rocks**

**54 Bowstring DR, Sedona, AZ 86336**

There is no admission fee. The concert is a gift to our community by the Prescott Quad City Interfaith Choir. All donations will be given to the Verde Valley Sanctuary and Hope House.