



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.

12/03/23 - "Love is a Verb" Janine Gelsing, Guest Speaker

12/10/23 - "Ubuntu - I am Because You Are" Rev. Anthony Mtuaswa Johnson

12/17/23 - "The Great Mystery" Rev. Anthony Mtuaswa Johnson

12/24/23 - "Celebrating the Winter Holidays" Rev. Anthony Mtuaswa Johnson

12/31/23 - "New Beginnings" Rev. Anthony Mtuaswa Johnson

December Birthdays

1 Dawn Griffin

Pat Langan

2 Dieter Knecht

10 Carolyn Kavanaugh

29 Diane Nadeau

Anne Crosman

Minister's Message

“When Will The Who Replace The What ?”

Now is The Time to replace; “What law?” was broken.

Now is Time to make “Who was Harmed?”

More than words Spoken.

Time to Realign

The laws of the state.

Time to make human healing

The center of the debate.

Restorative Justice, some may call it;

Justice with eyes open, I call it.

Eyes that see crime as broken lives

Regardless of the cause.

Eye Open Justice makes human healing

As important as man-made laws.

“We are a nation of laws”,

I hear the familiar chant.

No, we are a nation of people,

‘lest our constitution we shall recant.

You ever heard of a planet called Crime?

A place in space where criminals come from?

Me neither, these are our sisters and brothers
and then some.

I’ve been in the circles

and witnessed the healing,

Stark reminders of the power of human feeling.

The “Perp” and the “Vic”

Face to face in a circle of truth.

Led by loving folks who simply believe in love.



Sometimes face water flows in and out
Like the ocean tide,
Tears, which allow Ancestors to cross
To the Other Side.
Rev. Chris knows,
Makes you feel all warm inside.
So, how long do we keep harming people,
who harm people,
to show that harm is no good?
How's it working so far?
Somebody better knock on wood.
Wood knocking too superstitious?
Is neuroscience good?
Brain studies show true caring is measurable
and never misunderstood.
Let us melt that frozen sea within,
In..., In..., Inmate to Classmate,
Felon to Fellow.
Let us listen to the sweet strings
Of our Spirit cello.
Listening to our inner gut.
Today let us allow,
“The Who?”
To Replace “The What?”

--Rev. Anthony Mtuswa Johnson

from his book of poetry entitled “What If God Is A Woman?”

Available on Amazon.

President's Message

You are the gift!

You are each a precious and wonderful gift to me, to one another, to our community and world, both individually and together as our SUUF congregation.



Let me count the ways:

You create a genuinely caring, friendly and welcoming atmosphere in which to meet.

You welcome and try to understand individual and cultural differences, diversity.

You create a safe place for all to land, supportive and loving, whatever the circumstance.

You are broad-minded, rising above pettiness.

You support this growing congregation with your heart, your time, talent, and treasures.

You encourage and show appreciation for your minister and board.

You are willing to be vulnerable, to share who you are, and to better see, know, and love others, not only on Sunday mornings, but through Friendly Feasts, Evolving Elders, Classes, Social Justice 3rd Friday Film Discussions, and our Book Discussions.

You are willing to embrace change...to try new things.

You value growth within yourselves and among our Fellowship members and friends.

You support one another in times of transition, of crisis, and of joy.

You're introspective, and you own your story, your opinion, your perspective, as just that...yours.

You are genuinely generous with your affirmations, your smiles, your friendship.

You see the sacred in your relationships with people, with animals, with the environment.

And, you see SUUF as a beloved community.

Yes, YOU are the gift of the season...and beyond!



Tanya Mayer

SUUF Connections



Social Justice 3rd Friday Film features the Netflix film, “**CIVIL: Ben Crump.**” One critic wrote, “Director Nadia Hallgren takes a balanced approach to establishing all Crump’s personae: media-savvy attorney, savior, counselor, extended family member, spokesman, activist.” The film covers a year in his life which includes the trial around the killing of George Floyd.

Watch at home and join the discussion December 15, at 10:30 at 30 Bronco Dr.

Or join on Zoom: <https://us02web.zoom.us/j/4526141760>

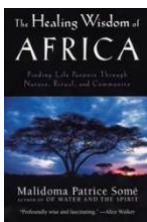
Evolving Elders, a discussion group where friends share feelings and ideas, laugh together, and grow closer. All are welcome. Meetings are on the 2nd and 4th Fridays of the month at 10:30. The December meetings are at 30 Bronco Drive. **Or on Zoom:** <https://us02web.zoom.us/j/4526141760>



December 8: Topic: Community - What is it? What needs does it fill? When have you lacked community? Why? What was the result? How did you cope with it or solve it?

December 22: Topic: Community - What communities are you now a part of? What needs are fulfilled by each of them? How might your spiritual community be enhanced to meet your needs or the needs of others?

SUUF Book Group The November-December Book Selection is **The Healing Wisdom of Africa** by Malidoma Somé. Rev. Anthony is the facilitator.



From Rev. Anthony: “The Healing Wisdom of Africa is arguably the most complete study of the role ritual plays in the lives of African and indigenous people and the role it can play for seekers in the West. I consider the twenty-plus years that I knew and studied with Malidoma to be the most enlightening and fulfilling of my life.” Pulitzer Prize winning author **Alice Walker** stated, “his journey is a shimmering 'missing piece' in the story of the earth.”

Somé, born in West Africa, is initiated in the ancestral traditions of his tribe, and is a medicine man and diviner in the Dagra culture. He holds three masters degrees and two doctorates from Sorbonne and Brandeis University.

Dec. 4: Part 2 (20 Sandstone Dr)

Dec. 11: Part 3 (3115 Thunder Mountain Dr)

Dec. 21: Part 4 (on a Thursday, due to Christmas, at 20 Sandstone Dr)

SUUF January/February book selection is **Social Justice for the Sensitive Soul: How to Change the World in Quiet Ways** by Dorcas Cheng-Tozun. Meetings will be at 30 Bronco Dr **Jan 8 and 22, Feb. 12 and 26**, at 10:30. **Or on Zoom:** <https://us02web.zoom.us/j/4526141760>
 Sign up on Sundays or contact president@sedonauu.com.

From the Introduction: Being a sensitive soul in social justice work requires, to a large extent, the courage to be countercultural. It requires a deep self-awareness of what you can and cannot do. It requires focus and limits. It requires a careful consideration of people, situations, and environments. It requires an understanding that you cannot change all things or be all things to all people—but you can certainly make a meaningful difference.



SUUF Connections plus *Food*

Men's Breakfast

The monthly SUUF men's breakfast is held on the **second Wednesday** each month (Dec. 13), at 8:30 AM, at the Sedona Golf Resort in the VOC. Please RSVP to Ben Shor at benshor7@gmail.com or 928-451-4370.



Women's Lunch

Watch for your Evite invitation for the January Ladies Lunch. **We'll not meet in December.** The dates and times are always on the website calendar at sedonauu.org (Thank you, Pat).

Friendly Feasts

Friendly Feasts will resume January 20.

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 to provide a good description of each item.



3 Sprouting Containers



Rice Cooker



Crockpot



Instant Pot



Food Processor

Who wants to cook? *Not me!* Each of these is yours for your best offer--money goes to SUUF. Tanya at 928-282-1541 or veryblessed1@gmail.com

Do you have something to SELL FOR SUUF? Take a picture and email it with a description to editor@sedonauu.org.

Events

Back by Popular Demand!

SUUF Rockin' Holiday Party

Dec. 10, 5:30-8:30, at the HUB



SUUF Presents

Rockin' Holiday Party!

Sun. December 10, 2023

LIVE SHOW WITH 3MKI

At THE HUB - 525 posse grounds rd., sedona
TIX: \$40 Adv./ \$45 Door
Appetizer & Dessert Buffet! \$Bar avail.

ROCK * BLUES * LATIN * CLASSICAL
Groovy Classic Rock & Holiday Hits by
One of Sedona's Favorite Bands!!

5:30PM: DOORS Open/Buffet Social
\$7 Wine/Beer (or 4/\$25)
7:00-8:30PM: CONCERT

BUY Adv. Tix & Drink Tix
ONLINE at
SusannahMartinMusic.com



Get your tickets at SUUF Sundays, Dec 3 or 10, or online at susannahmartinmusic.com



Mardi Gras Auction Campaign and YOU!!



SUUF's 10th auction and party is **Saturday, February 17**. The **Mardi Gras theme** will feature **live music with the fantastic Flor de Bee duo (Susannah and Vincent Z singing world jazz classics), a Mardi Gras inspired menu, and both a live and a silent auction.**

Elizabeth Herrell leads the charge asking each of us to consider how to be Mardi Gras Auction Donor. *This early planning is essential!*

Here are some categories, and they're not all inclusive—please use your imagination:

- Gift Cards or coupons from local restaurants. These haven't yet been approached:
[The Hideaway](#), [The Hudson](#), [Mesa Grill](#), [Moonies Irish Pub](#), [Coffee Pot](#), [Cress on Oak Creek](#), [Javalina Cantina](#), [Picazzos](#), [Rene's](#), [Vino de Sedona](#), [The Wild](#), [Sedona Pizza Co.](#), [Wildflower Bread Co.](#), [Salt Rock Southwest](#), [Cowboy Club](#), [Creekside](#), [Enchantment](#), [Pisa Lisa](#), [89 Agave Cantina](#), [The Vault](#), [Elote](#), [Tortas De Fuego](#), [Tomaliza](#), [Schechuan](#). *Please let Elizabeth know if you contact a restaurant so she can record it and take it off the board at Fellowship. Thanks!*
elizabethherrell@gmail.com
- Event tickets to local attractions and shows
- Stay-away vacation at an out-of-town condo or B&B
- Theme parties (brunch, luncheon, dinner, hikes, teach a skill) donated by members and friends. **(These are really popular! We do love social activities!)**
- Services-- a coupon from local spas and salons
- Themed gift baskets (non-perishable items) such as wine, chocolate lovers, pet treats, gardening, spa items, healthy living, arts and crafts, etc.
- Handicraft items, ceramics, art
- Home repair services



It's a simple process:

1. Select a restaurant, service, or local tour to solicit (esp. one you frequent).
2. Get a donation form (at SUUF or attached to newsletter) for the owner.
3. Talk to the owner and give them the form describing the Mardi Gras Event which is their tax receipt. **They get free publicity in our Mardi Gras advertising and at the event.*
4. Share with them that this donation supports our ongoing ministry which promotes social justice and equality in our community and beyond.

Participation by all will make this FUNdraising event huge fun and a big success!

**All businesses that donate will appear in the auction brochure and will be highlighted throughout the evening of Mardi Gras celebration. Contributions are tax deductible under Section 501(c)(3) in accordance to AZ state law.*

SUUF and Me

with interviews of Carol Hazelett, Lin Ennis, and Chuck Spence.



Name: Carol Hazelett

Where did you grow up? I am a 2nd generation Phoenician. Both my parents were born in 1915 on their kitchen tables about few blocks from each other. I lived in only 2 homes in Phoenix, only 2 blocks apart until college at N.A.U. in 1972-'74.

What was/is your career? I got a B.A. degree in anthropology but never got to use it much until I moved back to Sedona in 1992 and was a Sedona trolley driver for 7 years. I also started my own tour company, "Nature Hikes for Kids

and Adults," with a forest service (rare) permit. Earlier in the book business with jobs at: Phx. Jr. College Library, for National Bookstore chains, then a top job at a N.Y. publishing company as a top sales rep. in N Calif. I loved traveling to N.Y.C. and living in San Fran. & Marin county for 9 years. 150 were laid off one Christmas. I used my severance pay to come "back to" Sedona in 1981.

When did you come to the Verde Valley and why? I first came to Sedona in 1955 (at 4), camping in a trailer for 2 weeks at Indian Gardens and loving it as "home" and coming back many times.

What are you passionate about? What I am passionate about is "being the best I can be in all situations." I am a "Pollyanna" and can be both very outgoing and shy. Always wanting the good.

What is your religious background? I was a 4th generation Christian Scientist, but at 16, my mother gave me the keys to the car and I went on two trips: 1st to Sedona for the day and 2nd to a Buddhist temple in Phx. I have since studied and/or been a part of: "A Course in Miracles" (30+/- yrs), Unity of Sedona (3 yrs.), and sadly have outlived 3 "Churches of Religious Science" in Sedona, which has been my preference. I was a v.p. on the board of one of those, and sadly am now afraid of joining any "church" for fear of it closing!!! Ha

What brought you to SUUF? About 8 years ago on the last Sunday in May, I walked to the synagogue because of the rainbow streamers on the sign but....Rev. Glenn was introducing Anthony as new intern and they were closing for the summer!!! Who does that!?? At the time I was also caregiving my mom in Phoenix and only coming back to my home in Sedona once a month for a few days. I'm now back to my home full-time 5 years. After losing 3/4 of my vision in 2007 and not being able to drive, but being able to walk 2 blocks from my home, to be with you UU's is a very good thing for me. Thank you for your friendship.



Name: Lin Ennis

Where did you grow up? San Antonio, Texas.

What was your career? I taught in boarding high schools in Tennessee and Moab, managed a computer store in Indiana, had a graphic design and copywriting business in Los Angeles for 12 years, and Internet marketing when I moved to Sedona. Just before retiring, I worked seven years for the owners of several local Snap Fitness gyms.

When did you come to the Verde Valley? 2002

Are you involved with any volunteer activities you'd like to share? I founded the Sedona Chapter of Dress a Girl Around the World three years ago. The international organization's goals are to provide every girl in the world a new dress and to prevent trafficking.

What are you passionate about? Teaching.

What is your religious background? Seventh-day Adventist; though, I'm pretty sure I was disfellowshipped 40 years ago.

What brought you to SUUF? Paul Friedman's articles in the Red Rock News made me curious. Then Helen Knoll's jokes about Unitarians and her invitation.

How does SUUF fit into your spiritual journey? I don't know yet.

Other information you'd like to share? I studied for the ministry, but they weren't hiring women in the seventies, let alone lesbians.



Name: Chuck Spence

Where did you grow up? Grew up in Southfield, Michigan, and Kingsville, Ontario. The home I grew up in is now a museum as it was built in 1870. My mother was Canadian so we spent as much time as possible on her home on Lake Erie.

What was/is your career? Was trained as a psychologist but spent 30 years as a college chancellor and president. I also was active as a board member on large education-oriented corporations. Am still active.

When did you come to the Verde Valley? My husband, Neil Kennedy, was told his ceramic work belonged in Sedona. We came in 2018 and agreed and have loved it since then. Neil teaches at the art center and shows there and at Enchantment.

What is your religious background? I have been an active Unitarian for 50 years. I founded a fellowship that still exists after 40 years, and also chaired the board at 4 fellowships and churches (hard work). My most satisfying Unitarian experience was serving on the board and chairing the board for 6 years for UUSC in Boston. This is the human rights organization supported by Unitarian Churches. It helps many organizations thrive in human rights activities around the world. I helped to build an orphanage in Haiti for young women who had been sex slaves.

What brought you to SUUF? I came to SUUF because of the invitation of Paul Friedman whom I respect and watching Reverend Anthony in action! Great invitation.

How does SUUF fit into your spiritual journey? I like being a part of SUUF because of the membership who is open, fun and smart. I feel comforted by their presence and energy.



January
20 Friendly Feasts

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



March
16 Friendly Feasts

April
20 Friendly Feasts
21 **"SUUF's Got Talent!"**



Board, Team, and Committee Reports

Board Meeting Recap

The monthly board meeting was held Friday, November 10, 2023, at 1:00 via Zoom. Present were Anthony, Gary, Lee, Elizabeth, and Barb. Lee Klose presided in Tanya's absence. After check in, Rev. Anthony lit the chalice and dedicated opening words to the family of Tanya and Paul. October minutes were approved.

Minister's Report – Pastoral calls and monthly meetings ongoing. Soul Matters will launch in February. Anthony will resign from UUAJAZ board and will serve in other capacities.

President's Report – read and reviewed

Treasurer's Report – Financial statement reviewed. Quick Books transferred to Breeze. 50% of FY24 pledges are paid. Gary will prepare a draft gift policy for board review. The MPL (D&O) coverage is now in place, Gary will review increasing the policy and report back to the board. Checks can now be issued locally. Finance Team Meeting will be held on Dec. 2nd.

Unfinished Business – Gary will review a draft security plan submitted by Eddie De Jarnette with a few board members, present a proposal to the Board in January, then to JCSVV for approval as stipulated in our contract with them. Preparations for Dec 10th Holiday Party are progressing with chairs and volunteer positions nearly filled, with request that more set-up/ tear-down volunteers come forth. Gary will meet with Mark Watson for help with credit card readers.

New Business – Nate will do a trial run in November of audio recording the Sunday sermon, and, if successful, audios will be put on YouTube. The Board reviewed 4 SUUF policies from about 10 years ago: Proxy Voting, Sunday Socials, Firearms Policy, and Committees, Teams, and Interest Groups. Changes in wording were made to a few of the policies. The Committees, Teams, and Interest Group Policy draft was much revised so as to represent SUUF at the present time. Minor changes were made to the new draft. The possible functioning of a Volunteer Coordinator is mentioned in that policy and Anthony noted that we are open to finding someone to fill that position. Voting on these policies included proxy votes from Tanya on all 4 policies, and from Helen on the Sunday Social policy and the Proxy Voting policy.

Closing – Anthony said closing words and meeting adjourned at 2:42 PM.

Next Board Meeting - Friday, December 15th at 1:00 PM via ZOOM.

Submitted by Lee Klose, SUUF Board Secretary

President's Note:

SUUF Policies which the board has updated, as well as a few recently created, are now available on our website at sedonauu.org. Under the "About" heading on the Home Page, go to "Policies." We're updating a few policies at each board meeting, so more will be added. We're happy that this important information about SUUF is becoming readily and easily available to all.

Community Outreach Committee

The Outreach Committee has decided not to take on any additional projects in December, as we and our SUUF members will be busy supporting the SUUF Annual Holiday party and have participated in many successful activities in October and November this year.

On 11/11/23, SUUF cosponsored the Women of Courage Concert at the Church of the Red Rocks. The concert love donations are being given to 2 worthy organizations in our community: Hope House and the Verde Valley Sanctuary will each receive about \$900.

We collected individually wrapped snacks and drinks for donation to the Sedona Food Bank After School Program throughout the month of November, and Cora dropped off \$145 and 147 lbs. of food at the Food Bank. From their thank you letter, *“This week we assisted 184 families on Wednesday. The food bank delivers 250 snacks weekly of juice and a granola bar to the children enrolled in the after-school daycare at WSS. Additionally, we deliver 50 emergency weekend food packs weekly to children attending WSS. Once a month, the food bank delivers a box of food and perishables to 33 homebound seniors.”*

We will continue our community outreach activities in the New Year and appreciate everyone's enthusiasm and support.

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

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

Celebrate the Winter Solstice with Unitarian Universalist Ministry for Earth on Wednesday, December 20th at 5 pm MT.

See the whole program and register for the Zoom link below:

https://api.neonemails.com/emails/content/QivIad08hgjiLt3UCTJ-olahirCLfcx_d2U-ZrUQnTM=



We think a lot about trees in December, but did you know that trees do more than look beautiful and give us shade? As noted in her book, **Arboretum America: the Philosophy of the Forest**, Diana Beresford Kroger tells us, “The role of forests in maintaining the health of the natural world is far more extensive and far more critical than is generally appreciated... What is generally overlooked is the role of the chemicals emitted by trees in the maintenance of the biosphere.” Researchers have found that as many as 264 different volatile organic chemical compounds are emitted as aerosols for instance, in tropical tree species. They shower the earth with their essence, assisting in cloud formation, ripening fruits, scrubbing the air of a range of disease-causing organisms, as well as protecting the trees themselves from threats by insects and other competitive plants.

So let's take care of and not lose more trees!

See the environmental attachment to The Flame for more environmental news.

Earth Advocates:

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

Covid Team

Recommendations remain the same - optional mask-wearing and avoiding groups when having symptoms. The next team meeting is December 12.

Welcoming/Membership Team

On December 17, before Sunday services at 9:30, in JCSVV Social Hall, the team is hosting a **Newcomers Gathering for recent visitors who are interested in meeting and visiting with some SUUF members and Rev. Anthony.** It's a time for visitors to get to know some of us, for us to know them, to share about SUUF activities, to answer any questions and enjoy a cookie.

Please share this opportunity with anyone you know who has recently visited SUUF and would like to join us for this informal get-together.

***** **

Welcoming Congregation News



Please join us for our first PFLAG Sedona/Verde Valley Social and Support Meeting on Tuesday, December 12, 2023, at 6:00 p.m. live at the Sedona Public Library (3250 White Bear Road, Sedona). Please note the 6 p.m. start time. The support group will begin at our usual time, 7:30 p.m., and will also be on Zoom. Note Zoom link below.

This gathering will be a potluck. If you've never been to one, the idea is to bring a dish to share! PFLAG will be providing meat and vegetarian lasagnas as well as paper products and utensils. Please RSVP (or confirm your RSVP) and let us know what you'll bring using this link:

<https://www.signupgenius.com/go/60B0444AAA928A5FB6-46355021-pflag>

We look forward to sharing a meal with you!

Carolyn Martin & the Board

PFLAG Sedona/Verde Valley

The support meeting at 7:30 will use the following zoom links:

Join Zoom Meeting

<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>

WHAT IS WORLD AIDS DAY?

Each year, on December 1, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. Each World AIDS Day focuses on a specific theme, which this year will be “Let Communities Lead.” Because change depends not on a moment but on a movement, the message “Let Communities Lead” will not only ring out on one day. It will be at the core of activities that will build up across November, see the release of the World AIDS Day Report – entitled Let Communities Lead – in late November, reach a crescendo on World AIDS Day on December 1, and continue to echo throughout December and beyond.

This year’s theme joins a growing list of challenges that World AIDS Day has alerted people to work globally. Founded in 1988, World AIDS Day was the first ever international day for global health. Every year, United Nations agencies, governments and civil society join together to campaign around specific themes related to HIV.

