



The Flame

SHARING THE LIGHT THAT CONNECTS US . . .

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

February, 2024

Upcoming Sunday Services

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

2/04/24 - **"Of Bone and Sinew"**

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

*After services this Sunday, we encourage everyone to go directly to Social Hall for coffee and to join one of six discussion groups in which we'll share ideas about the mission and vision of our community. **We want to hear from everyone in this democratic process!** The task force team will consider all input in forming our new mission and vision statements. The Mission/Vision flyer is attached to the email that includes the newsletter. It explains the process and contains the questions to be discussed. Please bring your completed answer sheet to the discussion.*

2/11/24 - **"Listening with My Eyes" (Rev. Anthony's Story – Part 1)**

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

2/18/24 - **"Listening with My Eyes" (Rev. Anthony's Story – Part 2)**

Rev. Anthony Mtuaswa Johnson with Musician, Robin Miller

2/25/24 - **"A Beautiful Heart, an Open Mind and a Humble Spirit"**

Speaker Dr. Steven Ross* with Musician, Patrick Ki

*Steven A. Ross, Ph.D. has had a wide variety of professional experiences. His interests and many contributions have largely been in the health industry, doing wide-ranging research and consulting in healing and medicine, including medical alternatives. He's appeared on radio, television and internet programs in the U.S. and Europe and has written six books.

Interesting facts are that he and Rev. Anthony, who have become friends, have the same exact birthdate, both write poetry...and more synchronicities.



Minister's Message

Ancestor Logic



Ancestor Logic is not logical,
Ancestor Logic is not bio-logical,
Ancestor Logic is not psycho-logical,
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 puts the Ego on the shelf.
Bringing you here from Kingdom's Come
Ancestor Logic is where we all come from.
It may all start 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 a natural body click.
About nine months later,
You get a belly kick.
Ancestor Logic is not logical,
What's logical about the sway of a hip
Or the wink of an eye...
The magic of a smile or
The sound of a sigh?
Attraction, acceptance,
A hug, a kiss and a natural body click.
Then, nine months later,
You get a belly kick.
Ancestor Logic:
'Tis, the Knowledge Antiseptic.
That's Ancestor Logic.
Ancestor Logic is pre-logical
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.



President's Message

Valentine Messages



Love is a great beautifier.
Louisa May Alcott

**Whatever the question,
Love is the Answer.**
Wayne Dyer

**When we find someone whose
weirdness is compatible with ours,
we join up with them and fall into
mutually satisfying weirdness
and call it love –true love.**
Robert Fulghum

**The supreme happiness
of life consists in the
conviction that one is
loved.**
Victor Hugo

**What we have once
enjoyed we can never lose.
All that we love deeply
becomes a part of us.**
Hellen Keller

**There is no remedy
for love but to love
more.**
Henry David Thoreau



SUUF Connections



Welcome to our 3 new SUUF members: Patty Delp, Pat Langan and Tom Helgesen!



SUUF Outdoors! *NEW!* Let's form a small SUUF group to plan and run outdoor events for SUUF members and friends. The first event might be a weekday potluck picnic at one of the sheltered pavilions at Dead Horse Park. Depending on weather, we could plan on something mid or late March. If it's enjoyed, we could plan having another, and also experiment with extra activities in the park.

Other activities that we might plan could include easy hikes, suitable for those of us who like shorter hikes in flat areas, etc. **Interested in joining a planning group for SUUF Outdoor Activities?** Please contact Mark Watson at markw@markwatson.com.

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

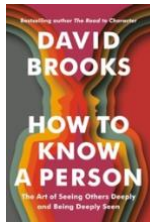
February 9: Topic: A question came up in a recent EE gathering: **How do you assess your life as a whole?** Does it feel like a success? A failure? A reaching for? An achieving? A continuation?

February 23: Topic: **Of what accomplishments are you the most proud**, or which were very fulfilling to have done and done well? Are there still some you're looking yet to complete?

Social Justice 3rd Friday Film features the Netflix comedy, "**Trevor Noah – Where Was I?**" Where Noah shines is looking deeper into the psychological and emotional impacts on us as a society... Noah can get us to stop and think in a profound way using his soothing tone, and then find the perfect joke within that.

Watch at home, then join the discussion with Rev. Anthony Friday, February 16, at 10:30 at 30 Bronco Dr. or email president@sedonauu.org and Zoom will be set up: <https://us02web.zoom.us/j/4526141760>.

SUUF Book Group **Social Justice for the Sensitive Soul: How to Change the World in Quiet Ways** by Dorcas Cheng-Tozun is the January-February Book Selection. Meetings will be held at 30 Bronco Dr, at 10:30. **Feb 12** Part III: pp. 117-156 **Feb 26** Part III pp. 157-203



March/April Book Selection: **How to Know a Person** by David Brooks, 2nd and 4th Mondays in W. Sedona. It was **suggested by a VOC resident that we start a book group in the Village using the same book selections. Nice idea! Contact Cynthia Tierra at cynthiatierra@hotmail.com by Feb 12** if you'd like to be a part of forming and/or joining the book group. We could attend whichever group and time worked for our schedule. **How to Know a Person**, by David Brooks is SUUF's March and April, 2024 selection. Given enough interest, the VOC book group will start in March at a time and place of people's choosing.

Soul Matters Sharing Circles

The three groups have filled with 8 participants in each. Facilitators Linda Brefeld, Lydia, Rev. Anthony, and Suzanne Burkey are in contact with their group members which begin their explorations this month. We appreciate all the love and time our facilitators have poured into planning and training, giving 22 SUUFers the opportunity to meet and grow at soul levels. This UU originated program has great potential for spawning additional Soul Matters groups in the future.



SUUF Connections plus *Food*

Men's Breakfast

The monthly SUUF men's breakfast is held on the **second Wednesday** each month (Feb. 14), at 8:30 AM, at the Sedona Golf Resort in the VOC. Please RSVP to Ben at benshor7@gmail.com or 928-451-4370.

Women's Lunch

The women's lunch will return to Juniper Bar & Grille at Sedona Golf Resort on February 21 at noon. This is a wonderful opportunity to visit with old friends and meet new friends.



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.



Weber grill—Slightly used has enclosed propane tank, temp. control
On Amazon new one is \$829! Sell for best offer for SUUF. 928-862-8222.

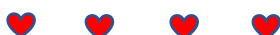


Umbrella Stand. \$40-60 on Amazon. Best offer for SUUF.
Contact Tanya at veryblessed1@gmail.com or 928-862-8222



47" LG Hi Def with Roku available. Can assist with installation and set up locally. Non-glare screen. \$77.93, OBO.
Get it for the Super Bowl!
marjhaas2@gmail.com

Do you have something to SELL FOR SUUF? Take a picture and email it with a description to our editor at livelihood@msn.com.



C'mon . . .Get Your "Groove-On" at our New Orleans Style



Celebration & Auction

Saturday • FEBRUARY 17, 2024

– Doors Open at 5pm for Buffet & Silent Auction –

This Exciting Evening Features:

**Silent and Live
AUCTION**

**Live!!
MUSICAL CONCERT**

**N'Orleans-Inspired
BUFFET**

Unique & Exciting Items up for bid:

*Original Ceramic Piece by Neil Kennedy
Sculptures • Vacations • Massages
Dinners at Local Restaurants
Themed Baskets of Goodies
Group Activities
Many other unique surprises*

View Items from
5pm to 6pm

Auction goes LIVE
at 6:15pm!

Join us at the
Sedona HUB
for a Jazzy Time!

525 POSSE GROUNDS RD.
Purchase Tickets
Online at:
susannahmartinmusic.com

**\$40 in Advance
\$45 at Door**



"Sedona Globe Trottin' Jazz"

A Saucy Mix of Latin, Cajun & Sassy Jazz

by Flor de Bee

FEATURING:

Susannah Martin and Vincent Z

CONCERT SHOWTIME LIVE!

7pm to 8:30pm

WITH INTERMISSION
(for last minute updates
on Silent Bids and a Drink!)

A wide variety of
Hearty Hors d'Oeuvres
& Yummy Desserts
Plenty of GF & VG options.

•
Buffet begins
at 5pm

•
Serving Beer, Wine & Punch
(Complimentary Punch and First Drink;
\$7 tickets for additional Wine or Beer)

Join us for the FUN
and bring
your Friends!

This Concert and Fundraiser is hosted
by the Sedona Unitarian Universalist
Fellowship (SUUF) which promotes
progressive religious thought
and practice to create a more
loving, just and sustainable world.
SUUF meets Sundays at 10am
at 100 Meadowlark Drive.

Mark your Calendars! It's time to buy your tickets to SUUF's annual fundraiser event. Buy at Sunday's service (or online at susannahmartinmusic.com). Ticket includes a buffet with a Mardi Gras inspired menu of delicious appetizers, desserts, one drink ticket, and a jazzy concert featuring the dynamic duo, Flor de Bee. Doors open at 5 PM, so come early to enjoy dining and viewing the silent and live auction items. Try your luck at winning terrific raffle items too! Mardi Gras dress is optional. Please invite your friends to join you for this festive event.

Sneak Preview – Mardi Gras Auction Menu

We look forward to providing a full buffet menu for the SUUF Annual Auction Party on February 17 to include many Mardi Gras and New Orleans favorites. Here's a sneak preview, with ideas of dishes we hope to offer for everyone's enjoyment in just a few short weeks.

Appetizers: hush puppies, Cajun deviled eggs, shrimp cocktail, Cajun appetizer meatballs (both meat & meatless versions), veggie platter, fruit platter

Entrees/Side Dishes: jambalaya (2 versions – traditional with meat/seafood & vegan/GF), catfish nuggets, shrimp po' boys, muffuletta sandwiches, Swiss onion tart, Mediterranean bean salad, cornbread

Desserts: king cake, moon pies, bread pudding, cookies (vegan & GF), beignets, paczki

Volunteers needed! Note that all categories will feature vegan and gluten-free options. That's a whole lotta food to purchase and prepare for an expected crowd of 100 or so at this fabulous event. We've received offers of help from a few folks, and **can certainly use more volunteers to prepare (or purchase) food items, help out in the kitchen, or make a cash donation if you're so inclined.** Please sign up for Sunday service during the next couple of weeks, or contact Pat Kopitke (admin@sedonauu.org). **We can provide a recipe for any dish that you might be inspired to try. Thanks!**



SUUF and Me with interviews of Debby Losse and Nancy Martin



Name: Deborah Losse (Debby)

Where did you grow up? I grew up in Winchester, Massachusetts.

What was/is your career? Professor of French Literature at ASU. While continuing to teach, I held positions as department chair and dean of humanities.

When did you come to the Verde Valley and why? Close friends Piya Jacob and Brad Kincaid had owned a second home in Sedona and encouraged my husband John and me to consider buying a home here in view of approaching retirement. In 2006, we bought a home and came on weekends. It took until 2010 for me to finally retire and for us to move here permanently. With only two hours to Phoenix to see old friends and to use the ASU Library, Sedona was a great choice. We were also attracted by the great opportunities for hiking and by the Sedona Westerners Hiking Club.

Are you involved with any volunteer activities you'd like to share? I am a volunteer with the Sedona Community Center for the community lunches and serve on the Board. I am presently secretary (Wrangler) of the Sedona Westerners and lead occasional hikes for them with my husband John. In June, after joining SUUF, I became a member of the Welcome/Membership Team.

What are you passionate about? Before retirement, I was involved working for equity and access in higher education for women and underrepresented groups. Since retirement, my goals involve trying to keep my mind and body active in order to continue to engage in volunteer work. I spend a good deal of time hiking with friends and with the Westerners, as well as hiking in Utah, Colorado, or Montana often with Michael and Mary McCaffrey. I am passionate about traveling and hiking in Europe—especially France and Austria. A great joy is our grandson, Louis (16 months), who lives in London—so we try to visit our family there often. In my spare time I am engaged in academic research and writing.

What is your religious background? My parents were active Episcopalians. I attended church regularly growing up, was engaged in youth activities, and sang in the choir. I stopped going to church when I went off to college. SUUF is my first return to regular attendance at services.

What brought you to SUUF? While in the Peace Corps in Katsina, Nigeria, my husband John and I lived and taught in a city made up primarily of followers of Islam. Language, culture, and religion were intertwined in such a way, that as we learned the Hausa language, we began to learn about Islam. This led to a desire to learn more about the religions of the world. Within SUUF we often explore belief systems in order to bring us to a broader understanding of human interaction.

How does SUUF fit into your spiritual journey? Once retired here, I realized that Sedona is indeed a privileged space. Before coming to SUUF, I missed engaging in some of the big questions that were constantly before me during my working life. SUUF is a place where in working together as a community to ask questions about social issues or about life's milestones, we follow a journey made less perilous by the presence of others asking similar questions. On any given Sunday or other day of the week, we are presented with opportunities for civic engagement suggested by our fellow congregants.



Name: Nancy (9c) Martin

Where did you grow up? I was born in Michigan, but my family moved to Amarillo, TX when I was 4.

What was/is your career? I taught special education, then kindergarteners in Madison, WI.

When did you come to the Verde Valley and why? My husband and I moved from Wisconsin (go Packers!) thirteen years ago after we both retired. He worked in museums, and I was a teacher.

Are you involved with any volunteer activities you'd like to share? I volunteer for Manzanita Outreach on Fridays and for First Books (reading to preschoolers) once a month.

What are you passionate about? Quilting (I have two on display at the library quilt show), singing (I sing in a quartet and with Harmony on the Rocks), and gardening.

What is your religious background? Very catholic, after high school I joined the Benedictine Order of Sisters for 6 years, after that, I wasn't involved in any religion till I joined SUUF.

What brought you to SUUF? After the passing of my husband over a year ago, I was looking for something to fill the spiritual vacancy in my life, and Gini Kyle can be very persuasive.

How does SUUF fit into your spiritual journey? I have found a close family of persons who think like me and want to grow more caring of the world around me, and myself, and my new family. Oh, and try to have kind thoughts of tourists who don't understand roundabouts!



Board, Team, and Committee Reports

Finance Team

January is when we receive income tax-related notices. Before January ends, I will have sent emails to members and friends to report their donations to SUUF during calendar 2023. For me personally, the charitable donations I make don't matter on the federal income tax return. But I do get to take a deduction for charitable donations (including donations to SUUF) on the Arizona income tax return. Please contact me if the amount of calendar 2023 SUUF donations in the email doesn't agree with your records.

Gary Stewart, Treasurer

Marketing Team

-Re SUUF Website-

You might have noticed some changes to our SUUF website (sedonauu.org) during recent months, and there are more on the way. Check it out for information about Sunday services, Rev. Anthony's monthly messages, monthly newsletters, our calendar of events, and the UU Blog featuring articles written by Paul Friedman. A Marketing Team meeting is scheduled for Feb. 12 at 1:30. Let Paul know at sedonapaul@gmail.com if you'd like to have input on marketing SUUF. Our main focus at the meeting will be the website.

Hospitality Team

Piya Jacob and some friendly volunteers are blessing us with weekly Sunday Socials. Thank you, Team! Thanks to all who will make coffee, set up and clean up...*and a special thanks to all of you who ask our newcomers to join you for a cup of coffee. We want everyone to feel welcome, to be seen and to become known at SUUF. We ARE a welcoming congregation!*

And please sign up to help occasionally. We want to enjoy and continue this special time!

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



1. Subject: You need to purify your drinking water due to pfas and other contaminants in our drinking water. Is your water safe to drink?

<https://www.webmd.com/a-to-z-guides/what-is-pfas>

<https://news.bloomberglaw.com/environment-and-energy/cdc-sounds-alarm-on-chemical-contamination-in-drinking-water>

2. [More images www.newsweek.com > plastic-rocks-pollution-geology-discovered-map-1851193](https://www.newsweek.com/plastic-rocks-pollution-geology-discovered-map-1851193) Bizarre Plastic Rocks Now Found Across Five Continents - Newsweek Geology Plastic Rock Pollution

3. CLIMATE JUSTICE - UU SEE URL:

<https://sidewithlove.org/ourstories/2024/1/23/ccj?emci=a0b2be50-10b7-ee11-bea1-0022482237da&emdi=531c1fcd-25ba-ee11-bea1-002248223848&ceid=30077288>

Subject: ENVIRONMENT - CLIMATE JUSTICE environment links at <https://www.uua.org/environment>

This initiative builds the UU climate change movement through education, advocacy, and collaboration with other climate change voices at the United Nations in order to promote a viable world with mitigated climate change. [unece.org > climate-change > news > hydrogen-can-be-part-solution-decarbonize-our-economies](https://unece.org/climate-change/news/hydrogen-can-be-part-solution-decarbonize-our-economies)
[news.un.org > en > story > 2023 > 03 > 1134777](https://news.un.org/en/story/2023/03/1134777)

4. Leslie Dart: Meet the Woman Who Planted Over 370K Trees in Canada

<https://nicenews.com/environment/leslie-dart-canadian-woman-planted-over-370k-trees/>

See URL: <https://sidewithlove.org/ourstories/2024/1/23/ccj?emci=a0b2be50-10b7-ee11-bea1-0022482237da&emdi=531c1fcd-25ba-ee11-bea1-002248223848&ceid=30077288>

-- Earth Advocates: Sarah Anne Fread, Eleanor Cohen, Tom & Deidre Roen, Chris Seholzer

Community Outreach Committee

SUUF volunteers are scheduled to support the Manzanita Outreach organization with food packing on Thursday 2/22/24 between 9:30 am and Noon. There is a sign-up sheet set up in the lobby and we can take up to 14 volunteers. Additional details about where to meet will be provided to all the volunteers who sign up, closer to that date.

We thank everyone who will be participating with this worthwhile community activity in February.

---The Outreach Committee: Cora Shor and Penny DeJarnette

Board Meeting Recap

Friday, January 19, 2024, 1:00 PM, regular meeting, via ZOOM

Tanya: Presiding officer. Present: Anthony, Tanya, Gary, Lee, Helen, Barb, and Liz and guest Chuck Spence. Anthony gave the Opening Words. Tanya called the meeting to order at 1:15 after check-in by attendees. A quorum was met. December minutes approved.

Chuck Spence spoke to the board about offering his services as a planner for the review of the Vision and Mission Statements with the Fellowship over the next several months. Tanya asked the Board to support this project, Gary made the motion to support, Liz seconded. All in favor, motion passed.

Minister's Report – Anthony provided the highlights of his monthly activities, and also noted a vacation from January 24 – 31.

President's Report – Tanya summarized her monthly activities, noting the upcoming New Member Ceremony and the beginning of the Mission/Vision process.

Treasurer's Report – Gary reviewed financials for December statement and noted the possible date of February for the finance committee meeting. He also noted the ease of working in the Breeze system.

Auction Update – Liz gave an update on the Mardi Gras Auction with decorations being a work-in-progress priority, as well as labeling auction items. Food theme selections were also discussed.

Unfinished Business –

- 1) Security & Emergency Response Plan - Gary presented an outline for the board. Discussions included timeline to present to Fellowship and further details in co-ordination with JCSVV.
- 2) Audio Recordings on YouTube – Anthony noted that Nate has made recordings and also offered to do the Graphics to show during the audio.
- 3) Google Drive Site – Gary updated the board regarding access to the Directory as first step to begin the process.

New Business

- 1) Certification with UUA – Tanya noted that this requirement is completed.
- 2) Council of Chairs development – Anthony presented the concept as utilized by many UU congregations with the sharing of information the primary mission.
- 3) Conflict Resolution Guideline Policy Update – after review by the board, Gary made a motion to adopt the policy. Helen seconded. All in favor. Motion passed.
- 4) New Members - Tanya noted there will be 3 or 4 new members for the ceremony on January 21st.
- 5) Mission/Value Statement – Discussion with Chuck Spence at beginning of meeting (see above).

Closing – Anthony said the closing words.

Adjournment – Meeting adjourned at 2:31 PM.

Next Board Meeting – Friday, February 16th at 1:00 PM, via ZOOM.

Board Secretary – Lee Klose



Birthdays:

Ron Krumm	Feb. 1	Alan Murray	Feb. 3		
Helen Knoll	Feb. 9	Barbara Warren	Feb. 11	Diane Phelps	Feb. 27



March

16 Friendly Feasts

April

20 Friendly Feasts



21 **“SUUF’s Got Talent” A fun, and sometimes surprising display of talent.**



Welcoming Congregation News



Please join us for our monthly PFLAG Sedona/Verde Valley Support Meeting on **Tuesday, February 13, 2024, at 6:30 p.m.**, live at the Sedona Public Library (3250 White Bear Road, Sedona) and on Zoom. The Zoom link is noted below.

This month we will have a panel discussion on “Safety and Sensitivity in Communication.” We hope to have a thought-provoking and safe conversation about how we ask and answer questions posed by allies, micro-aggressions experienced by marginalized communities and how to address them, and more. The intent is to have an open and honest conversation to help each other communicate better to make the world a better place for all. Please come with your questions, concerns, challenges, and victories in communicating with others! 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 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:

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