



# *The Flame*

**SHARING THE LIGHT THAT CONNECTS US . . .**

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

**March, 2024**

## **Upcoming Sunday Services**

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

### **3/3/24 - "Wisdom in Today's World"**

Rev. Anthony Mtuaswa Johnson with Musician, Robin Miller

What is wisdom? How does it differ from knowledge? Is the difference worth discerning? This sermon will explore the landscape of the difference between knowledge and wisdom and how the difference plays out in our modern world.

*True wisdom comes in understanding that sometimes,  
you are both the prison and the key.*

*- Johnathan Jena*

### **3/10/24 – "Spring - A Time to Blossom"**

Chris and George Bein with Musician, Susannah Martin

Every Spring, seeds bring forth buds which then bloom into beautiful flowers. This happens naturally as a result of millions of years of evolution. For us, it takes a little more effort.

Metaphorically, Spring can also be our time to blossom. We must do some "Spring cleaning" to help us all achieve a happy, fulfilled life.

### **3/17/24 - "Future Masculine"**

Rev. Anthony Mtuaswa Johnson with Musician, Robin Miller

We will speak of transformation as it applies to the human soul, often referred to as Spiritual Transformation. How does one align oneself with higher spiritual truths, values, and a sense of interconnectedness with the cosmos or a divine source? As Unitarian Universalists we believe this can be attained in many ways and by all. It is an individual and subjective experience that varies widely among individuals based on their beliefs, cultural backgrounds, and personal experiences

### **3/24/24 - "Why We Need Each Other"**

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

We will reflect upon the words and wisdom of Ralph Waldo Emerson. Emerson remains a radical, maybe not in terms of social values or even in literary taste, but Emerson calls us to look at our perception of our very nature. Emerson wrote; "what is a man born for but to be a Reformer, a Re-maker of what man has made; a renouncer of lies, a restorer of truth and good..."



# Minister's Message



## Seeking Understanding and Compassion

Dear SUUF community,

In these challenging times, our hearts are heavy with concern as we witness the ongoing conflict between Israel and Hamas. As Unitarians, our commitment to justice, compassion, and understanding encourages us to delve deeper into the complexities of the situation, recognizing and honoring the human stories behind the headlines.

It is essential for us, as individuals and as a community, to approach this issue with an open heart and a desire for peace. Our Unitarian principles call us to seek the inherent worth and dignity of every person and to promote justice, equity, and compassion in human relations.

In understanding the Israeli-Hamas war, it is crucial to acknowledge the suffering on both sides. Civilians caught in the crossfire bear the brunt of the violence, facing fear and uncertainty every day. Our hearts go out to all those affected, and we must stand in solidarity with those who strive for peace and justice.

Unitarianism encourages us to engage in dialogue and bridge-building. As we reflect on this conflict, let us actively seek out different perspectives, embracing the idea that understanding does not necessitate agreement. Our commitment to the free and responsible search for truth and meaning challenges us to be informed and to encourage informed discussions within our community.

We can advocate for peace, justice, and human rights while at the same time, acknowledging the complexities of the Israeli-Palestinian conflict. It is crucial to recognize the historical context, the aspirations of both peoples, and the need for a just and lasting solution that respects the rights and dignity of all involved.

Our faith encourages us to be agents of change and reconciliation. Let us not be silent but speak out against violence and injustice. Support organizations working towards peace and humanitarian relief in the region. Let us engage in conversations that foster understanding and be beacons of hope for a future where all people can coexist in harmony.

Blessings,

Rev. Anthony



# President's Message

The momentum and enthusiasm we experience in SUUF has inspired the SUUF board to transition SUUF into a year-round fellowship! We know that SUUF services fill spiritual, emotional, and social needs which do not stop because it's summer, and that *providing community is a huge part of our mission*. The expansion of Sunday services will bring SUUF to the level of service of all other churches in Sedona and of all other UU churches in the UU Southwest Region which includes CO, AZ, and NM.



With 79 members, we're big enough and strong enough (also creative enough) to serve our people year-round. We are blessed to be a Fellowship with a minister who says, "Yes, we can!" to new ideas, and with a board and congregants who also echo, "Yes, we can!" We've tried and succeeded with many new endeavors in the past few years and have become more vibrant and connected because of all of our "Yesses"! We have embraced novelty...and ideas...and trying things...*all with good planning and without fear!*

**A quote from our Joe Wine:** *Actually, my high each week is the association with friends and fellow seekers at our SUUF meetings. This group represents family for me. I am blessed by their love and respect, and usually come away with a new angle on truth and understanding.* Joe is not an outlier with those sentiments. SUUF is important to our people.

It's been said that our part-time people affect attendance and their absence in the summer would be a deterrent to holding summer services. Here's this term's attendance data which indicate that return of part-timers had no impact (other than that we *dearly love having them with us!*).

- The Sept 3, 2023 service had **75** people in attendance (no part-timers).
- Monthly Attendance Averages this term: Sept-**67** (no part-timers), Oct-**59**, Nov- **63**, Dec-**69**, Jan-**67**, 1<sup>st</sup> 3 Sundays in Feb-**78** (*BTW, in the fall of 2022, we averaged in the 40s!*)

UU policy is that ministers get a month of vacation and a month of study and provide 10 months of services with a Sunday off each month. *As noted, all UUs in our SW Region continue to hold creative services during those two remaining months.* Rev. Anthony will speak through June, then unique July and August services will be created and offered at the synagogue by a newly forming Summer Team. The services may include panels, talks by Sedona heroes, group discussions, speakers from within our fellowship and from the area. Rest assured, *the Summer Team is excited to start creating interesting services for you.* Stay tuned!

Some will attend SUUF regularly in the summer; some will not. A good thing about UUs is that we practice free choice; we attend services as we wish. We acknowledge the value of SUUF in our lives and the lives of our friends as we commune with others in our beloved community.

We expect:

- Much of our format will remain the same as what we now enjoy.
- We will use music available through UUA and from our talented congregants.
- We plan to use the synagogue TV to project our Order of Service, lyric projection and music videos. Nate says he's on-board with sound and technology! Yay Nate!
- Descriptions of upcoming services will be *within* Paul's (free) articles in the Red Rock News and emailed in SUUF updates.
- Collections will continue to be taken and deposited.

The enthusiasm and vitality of our Sunday morning gatherings are palpable and contagious. All who wish to keep that energy moving through the summer will continue to gather, greet one another and, as Rev. Anthony says, get "inspiration for daily living". May it be so.

Blessings, Tanya



# SUUF Connections



## How to Talk about Race

Each Tuesday in March from 3-5pm, at Church of the Red Rocks, Rev. Anthony and Penny De Jarnette will continue hosting classes using material from *The Great Courses*. Sessions are held in Painted Cliff Hall of CRR at 54 Bowstring Drive. Each class stands alone, so feel free to attend when you can. Participants in the February classes expressed great enthusiasm about what they're learning through the videos and discussions. We appreciate CRR lending us space are happy some of their folks are attending.

**SUUF Outdoors!** With the coming of Spring, there's a new SUUF group forming! Its activities will be coordinated on the website: [meetup.com](https://www.meetup.com). This app makes it easy for interested people to learn about and sign up for this group's outdoor fun activities. Click to see activities and to become a member <https://www.meetup.com/sedona-unitarian-universalist-fellowship-outdoor-adventures/>. Activities will begin around March 10. Examples include joining the Audubon Society birding walks through the Sedona Wetlands, a picnic at Dead Horse State Park in Cottonwood, and easy hikes on local trails. Have questions? Contact group leader, Mark Watson, at [markw@markwatson.com](mailto:markw@markwatson.com) (after March 5).

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

**March 8: Topic:** "Dealing with Difficult Conversations"

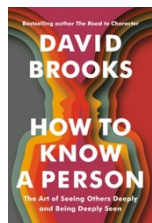
**March 22: Topic:** "What Do You Do for Fun?"

**Social Justice 3<sup>rd</sup> Friday Film** features the Netflix film, *Pray Away*, a documentary that presents a compassionate picture of the damage wrought by so-called conversion therapy -- on its subjects as well as its proponents. Watch at home, then join the discussion Friday, March 15, at 10:30 at 30 Bronco Dr. or email [president@sedonauu.org](mailto:president@sedonauu.org) and Zoom will be set up <https://us02web.zoom.us/j/4526141760>.

## Book Group How to Know a Person-The Art of Seeing Others Deeply and Being Deeply Seen

by David Brooks is the March-April Selection. West Sedona meetings will be held at 30 Bronco Dr, at 10:30, 2<sup>nd</sup> and 4<sup>th</sup> Mondays, facilitated by Chuck Spence and Paul Friedman.

Mar 11 pp 1-70      Mar 25 pp 71-133      Apr 8 pp 134-211      Apr 22 pp 212-271



**VOC Discussions using this book will begin in March. For dates, time and place, contact Cynthia Tierra at [cynthiatierra@hotmail.com](mailto:cynthiatierra@hotmail.com) or [ckava48@gmail.com](mailto:ckava48@gmail.com).** Attend whichever group and time works for you or mix and match!

David Brooks says, *One skill lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood.* Join us to learn, discuss, and apply the practical strategies Brooks recommends for deepening our relationships and fostering meaningful connections with people from all walks of life.

## Soul Matters Sharing Circles

The three groups with facilitators Linda Brefeld, Suzanne Burkey, Lydia and Rev. Anthony, have begun monthly meetings. One participant remarked, "I loved it! The conversation was as warm and deep as any I've had at SUUF, the time flew by, and we all really connected as a group!" What great news!



# SUUF Connections plus *Food*

## Men's Breakfast

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

## Women's Lunch

Watch for your invitation to the March women's lunch in your email. This is a wonderful opportunity to visit with old friends and meet new friends.



## Transitions...



Our dear Tony Marini passed on February 15, 2024. Tony, along with his wife, Jeannie, was an integral part of our congregation, and we will miss him. He hosted the SUUF men's monthly breakfast for many years, and Tony and Jeannie were enthusiastic regulars in SUUF's Evolving Elders group. At 93, Tony still had many clients for whom he did their taxes. He often said he'd never retire, and he was right! A Celebration of Life for Tony will be announced at a later date.



## March Birthdays:

Melissa Murray	Mar 7	Cora Shor	Mar 11	JJ O'Brien	Mar 13
Pat Loomis	Mar 19	Gary Dorer	Mar 22	Alan Gore	Mar 29



## 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, a 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](mailto: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.  
[marjhaas2@gmail.com](mailto: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](mailto:livelihood@msn.com).





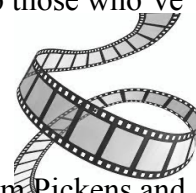
# EVENTS

**INVITATION TO ALL MOVIE FANS.** As a continuation to our fund-raising party on February 17, we are continuing the sign-up for our movie event on **Sunday, May 5 at 12:30.** The sign-up sheet will be available every Sunday through March or email sammygiz@aol.com.

Below is the list of the movies, a brief description, and the starring individuals that will be voted on by all those who have purchased a ticket. The vote determines the movie to be shown. Included with the ticket will be a coupon for one snack item or a drink (including alcoholic beverages) at concessions. Any additional item(s) will need to be purchased. At the end of March, an email will be sent to those who've signed up requesting a vote for their movie choice.

**DATE OF THE MOVIE IS SUNDAY MAY 5, 2024 AT 12:30PM**

**COST IS \$25.00 A TICKET as a SUUF fundraiser**



**Blazing Saddles** – starring Cleavon Little and Gene Wilder as well as Madeline Kahn, Slim Pickens and Harvey Korman and directed by Mel Brooks. A very funny spoof on Westerns

**Tombstone** – starring Kurt Russell and Val Kilmer in an action-packed film about Wyatt Earp, Doc Holiday and the notorious showdown at the OK Corral

**Oppenheimer** – Highly acclaimed film about the physicist who created the first atomic bomb with an all-star cast including Cillian Murphy, Emily Blunt, Robert Downey Jr. and Matt Damon

**Bohemian Rhapsody** – the enthralling celebration of the musical phenom known as Queen and their extraordinary leader, Freddie Mercury, starring Remi Malek

**Close Encounters of the 3<sup>rd</sup> Kind** – Steven Spielberg's masterpiece of science fiction starring Richard Dreyfuss and Teri Garr among others.

We have the entire Mary D. Theatre for our use with around 100 seats. **Invite your friends!**

The **Mardi Gras Auction and Party** on February 17 was a gala and colorful evening and a successful fundraiser with great food, wonderful music and raffle and auction items galore. Thanks to Mardi Gras leader, Elizabeth Herrell, and all the fantastic volunteers who created this event. A few pictures to enjoy:



**2nd ANNUAL SUUF TALENT SHOW**  
**Sunday, April 21, 2024 (following Service)**  
**Acts you can join: percussion band, line dance, comedy skit**  
**Talents you can present: sing, play an instrument, poetry/prose, stand-up comedy**  
**Sign up in the lobby or talk with Michael Steele**



## Board, Team, and Committee Reports

### Finance Team

#### Legacy Gifts

Remembering SUUF with a legacy gift will help sustain and strengthen SUUF in years to come. You can make a bequest to SUUF by including language in your will or living trust or by designating SUUF as a beneficiary of your retirement account or life insurance policy. Some of the advantages of creating a bequest include:

- A bequest costs nothing now, yet gives you the satisfaction of knowing you have provided for SUUF in the future
- You retain control of and use of your assets during your lifetime
- You may modify your bequest if your circumstances change
- Gifts to SUUF from your estate are exempt from federal estate taxes.

Those considering a legacy gift or bequest should consult their legal and tax advisors. If you have made a legacy gift to SUUF, please notify Ben Shor or Gary Stewart.

--Gary Stewart, Treasurer

### Marketing Team

Chair Paul Friedman and team: Pat Kopitke, Mark Watson, Lin Ennis, Gini Kyle, and Tanya Mayer met February 5 to discuss SUUF marketing efforts. A few results of our discussion can be seen on our Friday Red Rock News paid ad and on our website at [sedonauu.org](http://sedonauu.org). Have you looked through our website lately? Please do, and give us your feedback.

SUUF is on Facebook (search for, then follow, *Sedona Unitarian Universalist Fellowship* on FB). The more followers and comments that appear, the better advertising for SUUF. To reach more people, Mark will start a Twitter (X) account on which he'll post a short description and link for Paul's essays (in Red Rock News) and for new SUUF events. He'll also occasionally cross-post links to Facebook content that Lin creates.

There are many UU folks all around us who don't realize they are UUs! This team is trying to clue them in! *You can too!*

### Hospitality Team

We appreciate Piya Jacob, Pat Kopitke, Mary McCaffrey, Pat Langan, Barbara Malat, Debby Losse, Carol Hazelet, and Barb Malat, our friendly volunteers who have been blessing us with weekly Sunday Coffee Hour. Thanks to all who 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 love being in community after services!*

## Board Meeting Recap

### **Board Meeting Recap – Friday, February 16, 2024, 1:00 PM, regular meeting, via ZOOM**

Presiding officer: Tanya Mayer. Present: Anthony, Tanya, Gary, Lee, Helen, Barb, and Liz. Anthony gave the Opening Words. Tanya call the meeting to order at 1:14 PM after check-in by attendees. A Quorum was met. January minutes approved as amended.

**Minister's Report** – Anthony provided highlights of his monthly activities and noted that SUUF will use the facilities at Church of the Red Rocks for the “How to Talk About Race” discussions.

**President's Report** – Tanya summarized her monthly activities, noting the enthusiastic response of 45 people at service on Feb. 4<sup>th</sup> for the Mission and Vision statements update.

**Treasurer's Report** – Gary reviewed an in-depth report on several key items with motions made to approve: (1) engagement letter for the Bookkeeping Firm, Red Rock Accounting Group, who acquired Sterling Financial. (2) a Financial Statement Review in accordance to the bylaws. (3) Reinvestment of current CD's. (4) Obtaining and using a PO BOX for SUUF mailing address. All motions were seconded and all in favor.

**Auction Update** – Liz Herrell noted that ticket sales through SUUF, Susannah, and at-the-door should make for a successful event and that the food and decorations are being completed.

### **Unfinished Business –**

1. SUUF Security Plan – Board was presented with and discussed an extensive 12-page plan to present to JCSVV. Gary noted the document is good with minor modifications needed. There was a motion to approve, seconded, and all in favor.
2. Projection of date of Audio Recording of Services on YouTube and Website: it was noted that JCSVV is having some cable issues and a projected date is not yet available.
3. Council of Chairs – Initial meeting March 24<sup>th</sup> after Fellowship – Anthony stated that the leaders of teams and committees shall meet to share their work and ideas. Forming this Council will enable leadership to see the inner workings and the whole picture of SUUF.
4. Mission/Vision Update – Tanya noted that sections of the task force will meet in West Sedona and VOC to read through all responses to the mission/vision questions. The total group of 13 will later meet with Chuck Spence to develop statements to reflect the input. Mission and vision statements will be voted on at the annual meeting in May.

### **New Business -**

1. Summer Proposal – Tanya presented an extensive plan and timeline to offer services in July and August of 2024, in addition to the board's March of 2023 approval of SUUF services with Rev. Anthony going through June, making SUUF a Year-Round Church, matching all churches in Sedona and all UU churches in our SW region. After discussion of costs and attendance, the Board approved the proposal, all in favor.
2. “Why I Use the Website” – Tanya noted an awareness campaign in March.
3. Newsletter Article on Legacy – Discussion regarding writing an article for March newsletter.
4. New Interest Group – SUUF Outdoors Activities – Discussion about fast-tracking board approval pending details on waivers and liabilities with insurance company.
5. August Leadership Retreat – Tentative date set for 8/23 and 8/24 for the Board, with Members of Council of Chairs to be included this year.

Closing – Anthony said closing words. Meeting adjourned at 2:45 PM.

Next Board Meeting – Friday, March 15, 2024 at 1:00 PM, via ZOOM.

Submitted by Lee Klose



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

**Sedona Film Festival film** 83 min documentary at Mary D. Fisher Theater, March 2, 7:10 pm. ***We Are Guardians*** follows Indigenous forest guardian Marçal Guajajara and activist Puyr Temb  as they fight to protect their territories from deforestation.



#### **Environmental Learning Opportunities:**

- For the UU Ministry for Earth, go to [uumfe.org](http://uumfe.org)
  - For the 2nd Monday, 10 AM Environmental Justice Learning Group click [zoom link here](#)
  - To join Hazel Chandler's AZ Climate Action Coalition Zoom every Friday at 3 PM, click here: <https://bit.ly/3xDQs5n>
  - Many uses for hemp includes paper, clothes, biofuel, and bioplastics plus 27 other uses: <https://herb.co/learn/30-best-uses-for-hemp-their-benefits>
  - Ethanol use in the United States [https://en.wikipedia.org/wiki/Ethanol\\_fuel\\_in\\_the\\_United\\_States](https://en.wikipedia.org/wiki/Ethanol_fuel_in_the_United_States)
  - Biofuels in the United States <https://www.eia.gov/energyexplained/biofuels/>
  - Uses of hydrogen as fuel reduces pollution: <https://www.nytimes.com/2021/08/12/climate/hydrogen-fuel-natural-gas-pollution.html>
  - Reforestation in America: <https://www.si.edu/newsdesk/releases/tree-species-diversity-increases-likelihood-planting-success>
- Earth Advocates: Sarah Anne Fread, Eleanor Cohen, Tom & Deidre Roen, Chris Seeholzer

## **Community Outreach Committee**

We had a good morning at Manzanita Outreach on February 22<sup>nd</sup>, cleaning, sorting, and packing bags of tomatoes for the food distribution. Thank you to our 11 volunteers who came out to help this amazing organization that supports so many in the Verde Valley who are food insecure.

Donations will be collected together with the Synagogue to support Old Town Mission throughout March. Old Town Mission provides breakfast, clothing, showers, and other support services for the homeless population in the Verde Valley. Sunscreen, flashlights with batteries (reasonable quality, i.e. not dollar store versions), hand/body wipes (packs of 25+) and new or gently used clean sleeping bags will be collected. A donation box is in the lobby all 5 Sundays in March for your donations. You can also give cash or checks to Old Town Mission to either Penny De Jarnette, Cora Shor or Mary McCaffrey before or after services.

SUUF helps with the Backpack program at the Sedona Food Bank on Thursdays in April and May. This requires 2 people each week to spend about an hour and a half packing the bags of food and delivering the bags to West Sedona Elementary School. This program provides food for children to eat over the weekend who have been identified as food insecure. A sign up will be in the lobby from mid-March.

---The Outreach Committee: Cora Shor and Penny De Jarnette



## SUUF and Me interviews of Cynthia “Sam” Kasbohm and Deidre Roen

**Name: “Sam” Kasbohm**



**Where did you grow up?** I was born in San Angelo, Texas, but have no memory of it. My father was in the Air Force and we moved quite frequently. I’ve lived in several states from coast to coast and also in Madrid, Spain when I was a teenager.

**What was/is your career?** I was a nurse in the Air Force stationed in Omaha, Nebraska which is where I met my husband who was also in the AF. After I left the AF I worked part-time at various hospitals until we moved to Arkansas. There I did community outreach and home health for 20 years.

**When did you come to the Verde Valley and why?** We first came to Sedona in 2008 on vacation and also looking into places to retire. We bought a house in 2010 and have been here since.

**Are you involved with any volunteer activities you’d like to share?** Shortly after we moved here I joined an organization called P.E.O., Philanthropic Educational Organization, that raises funds to provide very low-interest loans and scholarships to women who are interested in returning to school.

**What is your religious background?** Because of moving around so much growing up, I didn’t have a strong religious connection. I raised my children in the Methodist church so they would have a spiritual foundation on which they could make their own decisions regarding church and faith as they grew up. I never really connected with the church. Then one day several years ago I was hiking with a man from UU and we started talking about church and faith. He asked about my beliefs and told me I was a UU. At the time nature was my church and I wasn’t ready for a physical place of faith. But over time I began to want that fellowship and curiosity and sharing of beliefs. That is when I started coming to SUUF and appreciating the varied values and exploration into all faiths and connections to our individual spirituality.



**Name Deidre Roen**

**Where did you grow up?** I was raised in the semi-rural town of Anoka, MN.

**What is/was your career?** First I catalogued books for a library.

I taught 10<sup>th</sup> grade history. Then I worked for North Central which became Republic and Northwest Airlines which is now Delta Airlines. I held several positions: reservations, fares, scheduling, and CRC. I retired May 2002 after 23 years in the airline business.

**When did you come to the Verde Valley and why?** Sedona is a metaphysical and new age place. We made several trips to Sedona between 1987 to 2000 before moving to Sedona in October 2002. We loved Sedona and the Verde Valley and were semi-retired.

**Are you involved with any volunteer activities you'd like to share?** I have always had an interest in music and theater. I used to sing in several choirs, served in community theater for 9 years, managed a Coffee House in the 1970’s and helped run the In the Living Room Concert Series held at the Center for Positive Living in VOC. I support a couple of music artists in the Verde Valley area.

**What is your religious background?** I have been on a spiritual journey for a long time. I grew up attending the United Methodist Church of Anoka. I have since been involved in several Spiritual Communities, New Thought Theology at the Key to Life, Metaphysics on my own, Celtic Druidism, and the Center for Positive Living in the Village of Oak Creek practicing Science of Mind. Currently, I have established my own Spiritual Path combining Celtic Principles and the Science of Mind.

**What brought you to SUUF?** The Center for Positive Living closed. Tom, my husband, searched the internet for a New Thought church in the Verde Valley. He knew about C.U.U.P.S from the Midwest. We found the SUUF website. The seven principles are our principles. We attended a service led by Rev. Glenn Farley where everyone was welcoming, and it was a community of like-minded people.



**March**

**16** Friendly Feasts

**April**

**20** Friendly Feasts



**21** **"SUUF's Got Talent"** A fun, and sometimes surprising display of talent.

**May 19** SUUF Services and Annual Meeting at the HUB



## Welcoming Congregation News



Each year on March 31, we honor International Transgender Day of Visibility! We celebrate the joy and resilience of trans and non-binary people everywhere by elevating voices and experiences from these communities.

There are over 1.6 million trans youth (age 13+) and adults across the United States. We are parents and family members. We are your coworkers, your neighbors, and your friends. We are a diverse community, representing all racial and ethnic backgrounds as well as all faith traditions.

While we have made significant progress in recent years, with more visibility than ever before, we are still fighting for basic human rights for the community. Today we are experiencing significant political attacks by extremists legislating hate in the states and in Congress. We also face an ongoing epidemic of fatal violence, especially against Black and Brown trans women. Today and every day, we must celebrate all trans and non-binary people everywhere and combat disinformation, discrimination, and hate impacting our community.

**Please join us for our monthly PFLAG Sedona/Verde Valley Support Meeting on Tuesday, March 12, 2024, at 6:30 p.m. live at the Sedona Public Library (3250 White Bear Road, Sedona) and on Zoom:**

**<https://zoom.us/j/92237972093?pwd=TzJuVzFsc1xQk5vcjcyWDYzMWRzZz09>**

Our speaker this month will be our own Jen Emmerich. Jen is a PFLAG Board member, psychotherapist in private practice, and a long-standing ally in the LGBTQ community. She will speak about "The Internet and Mental Health."