



The Flame

SHARING THE LIGHT THAT CONNECTS US . . .

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

October 2024

Upcoming Sunday Services

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

10/6/24 - *Gatekeepers: Wisdom from Malidoma Somé*

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

Drawing on the profound teachings of Malidoma Somé, a West African spiritual teacher and author, we will explore the concept of Gatekeepers—those who stand at the threshold between the visible and invisible worlds, guiding and protecting the community. According to Dr. Somé, not all Gatekeepers are same gender loving people, but all same gender loving people are potential Gatekeepers.

10/13/24 - *Deep Listening: Indigenous Peoples Day*

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

In honor of Indigenous Peoples Day, this service invites us to practice the art of deep listening—to truly hear the voices, stories, and wisdom of Indigenous peoples. As Unitarian Universalists, we affirm the importance of respecting the inherent worth and dignity of every person and the interconnected web of all existence. This day challenges us to acknowledge the histories, cultures, and ongoing struggles of Indigenous communities while also celebrating their resilience, strength, and contributions to our shared world.

10/20/24 - *L.O.V.E.: Living Our Vision Every Day*

Rev. Anthony Mtuaswa Johnson with Musician, Dan Vega

In this service, we will explore the power of L.O.V.E.—Living Our Vision Every Day—as a guiding principle in our lives. Unitarian Universalism calls us to live out our values of compassion, justice, and community in everything we do. Whether it's through small acts of kindness or bold efforts for social change, Living Our Vision Every Day challenges us to align our actions with our deepest values.

10/27/24 - *Animal Kind: Extending Our Compassion to the Least of Them*

Chris Seeholzer with Musician, Susannah Martin

This talk will explore why it is hard for most of us to speak up when we see or hear something that's harmful to animals, and give examples of easy ways to do our part in stopping the suffering of animals. We will share stories of famous people who did just that and how they were able to close the circle of compassion. We will be introduced to the UU Animal Ministry Interdependence Value and Covenant statement, recently passed in Article II at the UU General Assembly. We will learn how to listen less to our insecurities and more to our powerful hearts.

Minister's Message

Dear Beloved Community,

As we enter October, we are invited to explore the theme of Deep Listening—a practice that asks us to slow down, be present, and open ourselves fully to the voices around us, within us, and beyond us. This is also the theme of this month's Soul Matters Sharing Circles.



In a world filled with noise, constant movement, and distraction, deep listening can be a radical act. It requires not only our ears but our hearts. It asks us to quiet our inner dialogue and truly hear what others are saying—not just their words but their emotions, their silences, and their truths. When we listen deeply, we open ourselves to empathy and understanding, cultivating compassion for the struggles and joys that others carry.

But deep listening also calls us inward. It beckons us to listen to our own inner voice—the still, small voice of our conscience, our intuition, or even our soul. What do we hear when we stop and listen to the quiet spaces within us? What truths are waiting to be acknowledged, and how might they guide our actions in the world?

In this time of autumn's changes, nature itself offers us a model for deep listening. The rustle of leaves, the whisper of wind, the quietness of a slowing season—all remind us that there is wisdom to be found in the stillness.

This month, as we gather in community, I invite us all to practice the art of deep listening—with one another, with ourselves, and with the world around us. It is through this kind of listening that we build deeper connections, find healing, and create space for transformation.

May this month be a time of quiet reflection, deep connection, and profound listening.

Blessings,

Rev. Anthony

p.s. Please contact me directly if you can help with our Sunday Audio Visual team.

Minister@sedonauu.org

Please note: Rev. Anthony now has office hours on Thursdays from 9-5 at Church of the Red Rocks, 54 Bowstring Drive. Contact Priyanka at priyankadsuuf@gmail.com to make an appointment to visit.



President's Message

Community is built one invitation at a time.

It's been so gratifying to welcome and get to know new people over the past few months, many of whom were especially invited by their SUUF friends. I wonder what they say in their invitations that brings their friends to SUUF. Do they say that...



- our minister touches our hearts and minds with relevant, stimulating topics and an enthusiastic delivery
- our music director has the voice of an angel and inspires us with a great variety of fantastic music...and we get to sing too!
- we're pretty much a congregation of "Nones," meaning that in a multiple-choice question about whether we're Muslim, Christian, Buddhist, Jewish etc., many of us would select "None of the Above"
- we have no creed to be beholden to, no book we're all supposed to believe in
- we center around social justice issues...justice for all races, genders, economic groups
- we encourage people to develop their beliefs in their own way, rather than according to any religion
- we don't worship any person, living or dead, but revere the wisdom of many leaders
- we're a friendly, vibrant group who greatly enjoy each other's company
- we have many small group meeting options beyond Sunday services to choose from...great ways to get acquainted
- they're excited about this or that service or group or program (excitement is invitational!).

What will you tell your friends?

Blessings,
Tanya

*P.S. Please note the invitation to a New Members Orientation and Brunch further in the newsletter!
There is room for YOU!*



Events – this is not to be missed - Fantastic!

WOMEN OF COURAGE

Featuring: Prescott Interfaith Choir

Presented by:

Sedona Unitarian Universalist Fellowship
& Church of the Red Rocks

**SONGS AND
STORYTELLING
INSPIRED BY 11
EXTRAORDINARY
WOMEN**

11 Extraordinary women encountered seemingly insurmountable difficulties, and each used her unique talents to transform the world into which she was born.

Saturday October 19, 2024
@ 2:00 PM
Church of the Red Rocks
54 Bowstring Dr,
Sedona, AZ 86336

For more information, please
contact Priyanka at
priyankadsuuf@gmail.com

Free of Cost - Donations Welcome!
All Concert Proceeds to support
Women Services in the Sedona area



Eleanor Roosevelt at the United Nations



SUUF Connections

New Members Orientation and Brunch



October 12 from 9:00-12:00 at 30 Bronco Drive

Are you interested in what is involved in becoming a SUUF member? Yes? Then join Rev. Anthony and Tanya Mayer at a Saturday morning Orientation and Brunch on October 12. We'll get to know one another, learn more about Sedona Unitarian Universalist Fellowship, and a bit more about UU in general. Brunch and more conversation will follow the orientation.

This is always a fun, fellowship time, in addition to being an informative morning. Attending does not mean commitment...come if you're curious! Contact Tanya at president@sedonauu.org or Rev. Anthony with questions, and please let Tanya know you if you plan to attend.

If you attend the orientation and decide to join SUUF, we invite you to participate in a brief New Members' Ceremony at Fellowship on October 20 during the Sunday Service.

Friendly Feasts

NEW FORMAT FOR 2024-2025

There are *four homes* offerings our feasts this month, each at a different time—*something for everyone*—whether carnivorous or herbivorous, daytime or nighttime driver--- very inclusive! Sign up at Fellowship or let Suzanne know your preference, sfburkey47@gmail.com.

The goal is to have more SUUFers involved and to allow for more creativity with respect to times and menus.

- Feasts will be the third Saturday of the month.
- **Anyone can sign up to host; anyone can attend.**
- **Hosts decide the time: breakfast, lunch or dinner AND how many they can host.**
- **Hosts provide and list their main dish on their signup sheet** (can be meat, vegetarian, vegan, etc.) Guests contribute the side dishes.
- **Hosts will receive a signup sheet with their name, address, contact information and spaces for the number they can host to sign up.** We'll need 3-4 hosts each month, so don't be shy...let Suzanne know which month(s) is available for you to host!
- **The signup sheet will be taken by the host (or designee) to church and displayed so that those who wish to attend can sign up at church. They may also contact the host by phone or email to sign up.**

Let's give this a try!

Contact Suzanne Burkey: sfburkey47@gmail.com if you already know that you would like to host certain month(s). Feasts are the 3rd Saturdays (except in November): October 19, November 23, January 18, February 15, March 15, April 19, and May 17.

Social Justice 2nd Wednesday Film

features the YouTube documentary, “**Broken Treaties** (Full Documentary) | Oregon Experience | OPB”
[Click Here to View Documentary](#) 59 minutes

Though focused on Oregon, the experiences shared in the film happened all over the US. Watch at home, then join friends to discuss the film Wednesday, October 9, at 10:30, at Church of the Red Rocks Community Hall.



We commemorate Indigenous Peoples Day on October 14, so let’s find out what really happened after Columbus came to America in 1492! “For thousands of years, more than 60 Native American tribes lived in Oregon’s diverse environmental regions. At least 18 languages were spoken across hundreds of villages. This civilizational fabric became unraveled in just a few short decades upon contact with white settlers in the 19th century. In this “Oregon Experience” documentary, Native Oregonians reflect on what has been lost since and what’s next for their tribes.”

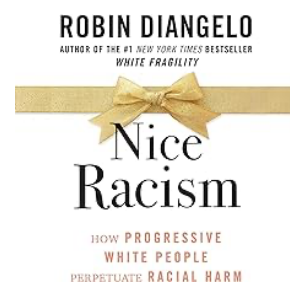
Book Group

Nice Racism: How Progressive White People Perpetuate Racial Harm

by Dr. Robin DiAngelo is the book group’s **October** selection and will be facilitated by Rev. Anthony. In this New York Times bestseller, DiAngelo explores how a culture of niceness inadvertently promotes racism.

Oct. 14 - Chapters 6-9 pp 111-145 Oct. 28 - Chapters 10-12 pp 146-181

Email priyankadsuuf@gmail.com, our administrative assistant, with questions. Discussions will be held at the Loomis home, 40 Pinon Shadows Circle at 10:30 a.m.



November/December Book Selection: A Case for Compassion: What Happens When We Prioritize People and the Planet by Sara J. Schairer. The author, a leader in the compassion field—examines five of our most influential systems: education, health care, corrections, law enforcement, and the workplace. Using personal narratives, research, thought-leader interviews, and examples of compassionate institutions, Schairer shows us that compassion can solve many of our society’s most pressing problems. You’ll read inspiring stories about examples of compassion, including:

- A neurosurgeon who bucks the system to take as much time as necessary with each patient.
- A correctional system with a goal of creating good neighbors.
- A police chief who encourages self-compassion, compassion, and mindfulness among his officers.
- A bakery that bakes brownies in order to hire people, not the other way around.

In times of despair, Sara Schairer’s A Case for Compassion offers a compass pointing toward hope and, most importantly, maps out the route to get there.

Get your book now and join the book group 2nd and 4th Mondays in November and December. Place TBD.

Evolving Elders is a discussion group where friends share feelings and ideas, laugh and cry 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> .



We’re in the midst of a series of discussions about the decades of our lives. You needn’t have attended any past discussions to join in our October explorations.

Jump right into the following topics:

October 11 Topic: “Your Fifth Decade” What were you up to in your forties? How have those years affected who you are now? **October 25 Topic:** “The Sixth Decade” What did experiences in your fifties offer you? What do you still carry from those years?

Rise and Shine Discussion Group - A lively, thoughtful, authentic SUUF pre-service discussion program **resumes on Sunday, October 6, from 9:00 a.m. to 10:00 a.m.** in the Synagogue Social Hall. Conversations will be based on the UUA program: *What We Choose: Ethics for Unitarian Universalists* and facilitated by Paul Friedman.



We are regularly faced with moral choices, big and small. How should we respond to a tricky family, work, or relationship situation? What is the most ethical course for a community, state, or nation to follow? How do we decide on a course of action when a situation is complex and the moral course is unclear? Where do we turn for guidance? We will focus attention on the moral questions that arise in our lives, and explore the ethical frameworks that can help in sorting through them. Our discussions will be based on real ethical dilemmas from our own personal lives and stories of people, congregations, and organizations at moments of decision. Join us as often as you wish, and everyone is welcome!

Soul Matters

Join Our Soul Matters Sharing Circles!

Are you looking to deepen your connection with others and explore the deeper questions of life in a supportive, small group setting? Our **Soul Matters Sharing Circles** are an opportunity to do just that.

These monthly gatherings offer a space to reflect on the themes that touch our lives, to share our experiences, and to listen deeply to one another. Grounded in Unitarian Universalist principles, Soul Matters invites us to explore what it means to live a life of meaning, purpose, and connection.

Whether you're new to the community or have been part of it for years, everyone is welcome. Contact Lydia Munoz Johnson at Lydiadelaluz@aol.com or call 805-895-9319 for meeting times and dates and more information.



“How to Talk About Race” - An Encore *Interfaith* Class!!

This class was so enlightening and so popular, we're bringing it back!

Invite your Verde Valley friends. All are welcome.

Join us for 4 consecutive weeks for this series to be held in cooperation with Church of the Red Rocks. Discussions will be held in their Painted Cliff Hall at 54 Bowstring Drive.

The Tuesday dates are Oct. 1, 8, and 15 from 3 to 5 p.m. (September 24th session completed.)

Facilitators Reverend Anthony Mtuaswa Johnson and Penny DeJarnette will lead the class using material from the “The Great Courses.”



There was a time, not too long ago, when talking openly about race was considered in poor taste. Even now, many people feel the topic of race is better left alone. What if we say something that's misunderstood? What if we're labeled a racist? Professor Anita Foeman understands those worries. In **How to Talk about Race**, she gives common-sense guidance and step-by-step instructions you can employ to develop safe and productive dialogue about race.

SUUF and Me with interview of Melanie Lansing



Hello, my name is Melanie Lansing. I grew up in Los Angeles and finished high school in Lake Oswego, Oregon. My career path has included work in the following areas: Spanish translation interpretation–CBS News Spanish Simulcast, Education–Corporate Training Design and Development, Non-Profit Management–Hispanic Social Services, Agricultural Management–Coffee and Vineyards and Entrepreneurship–International Business.

I came to the Verde Valley in May 2024. I was drawn to the area because of its unique combination of natural beauty, spiritual and cultural experiences, and outdoor activities, all within a peaceful, small town setting. I am not involved with any volunteer activities currently. As far as my religious background goes, I was baptized in the UU church in Portland, Oregon. I attended UU youth services in Santa Monica, CA and adult services in San Miguel de Allende, Mexico. I was brought to SUUF because I have a desire to connect with others, join community and to be inspired to grow.

Updated SUUF Directory coming the end of October!

The directory with photos, phone numbers, physical and email addresses will be coming out at the end of October. We're now collecting photos (or taking pictures) of our newer people who wish to be included.

Let Tanya know when at SUUF that you're interested in being included, or email Priyanka at priyankadsuuf@gmail.com with your information. Having this directory is such a good way to connect names and faces, as well as to have the info you need to communicate with old and new friends. It's a community-builder!

Hint: *When you receive it via email, please move it to your desktop so you can refer to it with ease!*

SUUF Connections plus Food

Men's Breakfasts are the 2nd Wednesdays of the month at 8:30 at the Sedona Golf Resort in the VOC. Please RSVP to Ben at benshor7@gmail.com or 928-451-4370.

Women's Lunch will take place this October 16th at 11:30 AM at the Golden Goose in West Sedona. You'll receive an email invitation to which you can RSVP. In case you don't get that email, know that whether or not you've made a reservation, you're always welcome to join us! It's fun to see friends and enjoy good conversation over lunch. Please reach out to Barb to sign up at bbmalat@gmail.com. Let her know if you didn't get an invitation. We don't want to leave anyone out!



Nov. 26 Interfaith Thanksgiving Service
Dec. 15 Holiday Party



Dec. 7 Interfaith Forgiveness Workshop



October Birthdays

Pat Witteman – October 4
Steve Schliebs – October 10
Tom Helgesen – October 21
Vanessa Sexson – October 25

Sandy Wade – October 6
Sarah Anne Fread – October 10
Dave Loonsk – October 22
Tanya Mayer – October 29

Nancy Dunst – October 7
Joe Wine – October 12
Robin Heywood – October 22
Judy Cooper – October 29

If your birthday is in October and is not included, please email priyankadsuuf@gmail.com.



Board, Team, and Committee Reports

Board Meeting Recap

Minutes for the Meeting on September 20, 2024 (pending approval)

The monthly meeting of the Board was called to order both in person, via Zoom and was recorded for an absentee member at 2:17 PM by President Tanya Mayer. Those present were Gary Stewart, Ben Shor, Piya Jacob, Mary McCaffrey, Donna Fox (via Zoom) and Reverend Anthony Mtuaswa Johnson. Patty Delp was absent.

Tanya expressed that all reports and minutes will be distributed to board members before each monthly meeting to ensure they can be reviewed ahead of time. There will be time for questions, discussion, and motions at the meetings.

Minister's Report

Highlights include: August and September 2024 sermons, various meetings with Tanya and staff, Book Group facilitation, numerous planning meetings, pastoral calls, and attendance at team meetings.

President's Report

Much time was spent working with the 12-member Summer Services Team planning and executing this very successful effort. Tanya also hosted many discussion groups over the summer, and oriented our new administrative assistant, Priyanka David.

Treasurer's Report

Gary went over our financial statements, financial reporting process, and he explained the UU Org Retirement Plan Restatement.

Questions and discussion on all reports followed. The motion was made to approve all reports. The motion was seconded and passed.

Unfinished Business

1. Piya offered to host future board meetings at her home.
2. Mary and Piya volunteered to chair and co-chair the Holiday Party.
3. The motion was made to have a Spring Concert on April 27th. Seconded and passed.

New Business

1. A board succession plan was discussed and will be revisited. Discussion also followed on a ministerial succession process for the future.
2. The motion was made to adopt the 2025 Restatement of the UU Organization's Retirement Plan. The motion was seconded and approved.

A motion was made to adjourn. Motion seconded and the meeting adjourned at 3:59 PM.

Our next meeting will be October 18th at 2 PM at the home of Piya Jacob.

Social Justice Team

We encourage you to watch the following documentaries highlighting indigenous people’s social justice issues. They will complement the October Social Justice Movie.

- **Unspoken:** America’s Native American Boarding Schools [Full Documentary] 56 min. Narrated by Peter Coyote
- **Against the Current:** | A Short Documentary | BYKids 26 min - Filmed by a 17 year old Native American activist, as she attempts to juggle modern society and Native American values and rituals
- **Food Sovereignty in the Desert:** Reclaiming Traditional O’odham Foodways with Dr Jacelle Ramon-Sauberan.

We recommended reading “**One Can Make a Difference**” by Ingrid E. Newkirk which discusses how simple actions can change the world.

Outreach Committee

Volunteers who signed up for the **Manzanita Outreach Packing morning** will meet promptly on **Thursday October 3, 2024** in the parking lot behind the warehouse at 9:30 AM. The Manzanita Outreach warehouse is located at 406 South 6th Street in Cottonwood.

Hope House volunteers are needed. Hope House, located in West Sedona, is a transitional home supporting homeless mothers and children. The families are provided with counseling, learn life skills, and get assistance to find jobs and to save money for independent living in the community. The house is now full with 3 families making great progress towards their goals.

Volunteers are needed in the following areas; fundraising, operations, public relations, food management, IT, community alliance, volunteer coordination, resident services, and board of directors. If you are interested, there will be a sign-up sheet in the lobby during October with more information on each of these volunteer areas. We encourage you to become a volunteer for this wonderful solution to homeless children in Sedona. Please contact Penny DeJarnette, ptpenny61@gmail.com if you have questions.

Focus on Marginalized Communities



Please join us for our monthly meeting, Tuesday, Oct. 8th at 6:30 p.m. on Zoom and in person at the Sedona Public Library (3250 White Bear Road, Sedona). Both the presentation at 6:30 and the support meeting at 7:30 will use the following zoom link:

<https://zoom.us/j/92237972093?pwd=TzJuVzFscK1xQk5vcjcyWDYzMWRzZz09>

Meeting ID: 922 3797 2093 Passcode: AZPFLAG

Our speaker, Breinne Reeder, will be presenting “Honesty and Identity: How Who You Are Shapes Who You Become.” Ms. Reeder holds an MA from the University of Michigan in Diversity and Social Justice.

Her conversation with us will include discussion and personal reflection. We hope you can join us!

Sedona Area Homeless Alliance



Did you know?

That how homeless services are provided often determines the impact for the receiver? Street outreach programs are important to address the immediate needs of people at various times/places in town and are invaluable in connecting the community at large with some who are living homeless. Outreach volunteers are sometimes the first point of contact to SAHAs many resources. Street outreach must be coupled with established homebased services however, to help create significant change. Outreach can often be life saving but programs are life

changing. Such facilities provide prepared meals, groceries, bathrooms, showers, clothing, survival items, access to computers, sitting areas, job opportunities, programs that promote healthier choices and habits, mental health care and other assistance.

Ideally, a one stop shop is the most successful, because when those in need are sent in different directions to various organizations to ask for specialized help they often just give up. SAHA is able to offer only outreach services at this time and are searching for an appropriate building in West Sedona to once again offer our transitional programs. Until then, those in the homeless community have no place to shower, to get a hot meal, cool from the heat, warm from the cold, or any of the other services a transitional service building provides. They must instead walk miles between one service stop to the next to even get to a bathroom they are allowed to use.

Serving the Local Homeless Community since 2015

Sedona Area Homeless Alliance • text/call 928 978 9387 • email sedonahomeless@gmail.com

PO Box 1411 Sedona AZ 86339 • www.SedonaHomeless.org

501(c)3 Nonprofit 82-0607491 • AZ tax credit Qualified Organization QCOcode 22418

