



The Flame

SHARING THE LIGHT THAT CONNECTS US . . .

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

November, 2024

Upcoming Sunday Services

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

11/3/24 - *What is Soul*

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

What does it mean to have a soul? Is it something we all possess, or is it a metaphor for the deeper essence of our being? In this service, we will explore the concept of soul from a Unitarian Universalist perspective, incorporating spiritual, philosophical, and humanistic viewpoints. We'll reflect on how the idea of soul influences our lives, our relationships, and our connection to the universe. Join us as we ask the profound question: What is soul, and how does it shape our journey?

11/10/24 - *Navigating Life as a Transgender and Non-binary Person*

Speakers: JJ O'Brien and Becky Shipman with Musicians, Susannah Martin & Becky Shipman

JJ and Becky will address some of the most perplexing and vexing questions that trans people face. Additionally, JJ will read two original poems written by them, "New Friends" and "To Thy Self be True," and Becky will sing two original songs, written for this Sunday service

11/17/24 - *Future Humans, Human Futures, Artificial Intelligence and You*

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

The rise of artificial intelligence is changing how we live, work, and think about the future. What does it mean to be human in an age where machines can think, create, and make decisions? In this service, we'll explore the ethical, spiritual, and philosophical questions that arise as we move toward a future shaped by AI. From a Unitarian Universalist perspective, we will consider how our values, sense of purpose, and vision of humanity might evolve in response to these technological advances. What role will we play in shaping a future where humans and AI coexist?

11/24/24 - *Thanksgiving and Thanksgrieving*

Rev. Anthony Mtuaswa Johnson with Musician, Dan Vega

As we gather for Thanksgiving, it's important to hold space for both gratitude and grief. For many, this holiday is a time of joy and reflection, but for others—especially Indigenous peoples—it is a reminder of loss, colonization, and historical trauma. In this service, we will honor both Thanksgiving and "Thanksgrieving," acknowledging the complexity of this holiday. From a Unitarian Universalist lens, we will practice gratitude while also facing the difficult truths of our shared history. Let us find a path toward healing, justice, and reconciliation.



Minister's Message

Honoring National Native American Month

A Unitarian Universalist Call to Awareness and Respect



November is National Native American Heritage Month, a time to honor and reflect on the histories, cultures, and contributions of Indigenous peoples across what is now called North America. For Unitarian Universalists, this month is an invitation to deepen our commitment to justice, respect, and appreciation for Native communities who have endured and resisted centuries of displacement, erasure, and marginalization. As we honor Indigenous history, we also have the opportunity to seek right relationship, broaden our understanding, and ask what true solidarity can mean.

Unitarian Universalism calls us to "seek truth in love" and to grapple with historical truths that have often gone unspoken or overlooked. Colonial histories have traditionally celebrated narratives of "discovery" and "settlement" that omit the violent impacts of colonialism on Indigenous nations and people. National Native American Heritage Month calls us to confront these histories with courage, acknowledging the pain and resilience of Native peoples and considering the ethical implications for us as inheritors of these lands. In learning these truths, we open ourselves to a deeper understanding of the enduring legacy of colonization and our role in creating a more just and inclusive society.

For Indigenous peoples, culture is not only a heritage to be celebrated but also a lived, evolving reality. This month is an opportunity to learn about and support Indigenous cultural practices and rights, including the preservation of language, ceremony, and land stewardship. Unitarian Universalists have long held the principle of "respect for the interdependent web of all existence," which aligns with Indigenous worldviews that honor all beings, human and non-human, as interconnected. We can show respect by advocating for policies that uphold Indigenous rights to cultural sovereignty and support Indigenous-led conservation efforts to protect their ancestral lands.

As Unitarian Universalists, we celebrate National Native American Heritage Month as a time to reflect, honor, and to take action. May we deepen our awareness, strengthen our commitment to justice, and stand in solidarity with Native communities not only in November but all year round. We honor the enduring resilience and contributions of Indigenous peoples and commit ourselves to working toward a future of respect, equity, and shared humanity.

May this month remind us of the shared path toward a just and compassionate world, one in which we walk together in unity and respect.



President's Message

Community is built one invitation at a time.

Have you shared with friends what excites you about SUUF?



JOIN SUUF'S FIRST CONGREGATIONAL LISTENING CIRCLE! Last month SUUF's leaders (our Board and team/committee chairs) held a two-day retreat. We will summarize our discussions with you **on Sunday, November 3rd** after the service in the Social Hall. Then, we want to hear your responses! *A Listening Circle is democracy in action!* Do come! (For a preview, read Donna Fox's retreat recap on page 11 in this issue.)

One goal arising from the retreat was to increase interfaith activities and projects. That is the focus of this month's message.

PROGRESS ON SUUF'S COMMUNITY INTERFAITH ACTIVITIES:

SUUF is reaching out to other congregations to collaborate on various activities! Examples are:

- **Women of Courage Concert** in October brought SUUF and The Church of the Red Rocks congregations together. The \$900+ raised was given to Hope House and Verde Valley Sanctuary.
- **An Interfaith Leadership Council** has formed of clergy and other leaders from:

The Church of the Red Rocks	St. John Vianney Catholic Church
Sedona United Methodist Church	Christ Lutheran Church
St. Andrews Episcopal Church	Bethany Baptist Church of Clarkdale
Jewish Community of Sedona and Verde Valley	Bahai Community
Sedona Unitarian Universalist Fellowship	
- **Interfaith Thanksgiving Service** with participation from these nine groups and the public will be held on Wednesday, November 27, at 7:00 p.m. at The Church of the Red Rocks (see flier p.5).
- **A Monthly Film Group**--meets on the 2nd Wednesdays at 10:30, at the Church of the Red Rocks. All SUUFers and CRR congregants are welcome (November's film description on p.7).
- **An Interfaith Forgiveness Workshop** - will be held on Saturday, December 7, from 9-3:30, at the Sedona United Methodist Church.
- **"Our Whole Lives" Interfaith Workshop** (on sexuality) is planned for January in 2025.
- **An "Aging Well" Interfaith Workshop** with Bonnie Shimko will be held in 2025.

FUTURE INTERFAITH PROJECTS:

SUUF collaborates with Church of the Red Rocks and other faith groups to support the Hope House for homeless families with children in that established project. What else might be ours to do?

A Question to Ponder:

What community needs might we suggest that we and members of these faith communities and their allies in the Verde Valley collaborate to meet? How might we work together to promote justice, serve marginalized people, reduce climate change or...?

A Possibility to Consider:

For example, we believe in "the inherent worth and dignity of every person." This summer, we learned from Laurie Moore of the Sedona Area Housing Alliance (SAHA - more info on p. 14), that most homeless people here lack bathrooms, showers, a place to gather, and a place to sleep when it's cold outside, (unless donors contribute for hotel rooms). Imagine living without these necessities...how degrading! What if a few representatives from each faith community (and perhaps from the city and other organizations) gathered to study this problem and come up with ways we can contribute to meeting such needs? Is an interfaith action project like this worth a try?

SUUF leadership invites your feedback!

Tanya Mayer



Events

From October



We Welcome 10 New SUUF Members!

Wade & Carol Bell, Melanie Lansing, Steve Nelson, Marti McNamee, Binnie Jessee, Chris Appleton, Audre Gutierrez, Marge Youngberg, Donna Chalmers



Congratulations to George Lee and Donna Cavedon who were married in their home on October 12, with Rev. Anthony officiating. They met a year ago in SUUF's Evolving Elders group! We love that!



...and into November

Our First Congregational Listening Circle - Sunday, Nov. 3rd, after Service - We want to hear from YOU! The Leadership Retreat comprised of the board and team and committee chairs was held October 4 and 5. Much about SUUF was discussed and envisioned. From the discussions, several themes evolved which will be shared with you and your responses will be welcomed. Rather than this being a gathering to make decisions, its purpose is to listen to one another. The topics will be bylaw changes; ministerial transition processes; recruiting, integrating and retaining new people; building explorations; and increasing community interfaith projects and activities. Please read Secretary, Donna Fox's recap in the Reports section of this newsletter for more information on the retreat.



Sedona Interfaith Thanksgiving Service

Gratitude In Community



*We are collecting food donations for
Cottonwood Old Town Mission
Yavapai-Apache Nation Food Bank
Sedona Community Food Bank*

Especially needed are:

Progresso Soups

Canned Fruit

Shelf-stable milk (esp non-dairy)

Applesauce

Brown and White rice

Boxes of cereal

Tomato juice

Apple or Cranberry juice

Nuts

Canned Chili

Canned Meat

**Join with a variety of faith traditions
Christianity, Judaism, Unitarian Universalist,
Baha'i, Indigenous spiritualities, and more
to celebrate Gratitude in Community**

PRAYERS, READINGS & REFLECTIONS

**MUSIC FROM VARIOUS CULTURES &
FAITHS**

FELLOWSHIP & PUMPKIN PIE!

**COMMUNITY CHOIR: All are welcome!
Rehearsals: Sunday 11/17 and 11/24 @ 4pm,
Church of The Red Rocks.**

All are welcome!

**Tuesday November 26th 7pm
Church of The Red Rocks
54 Bowstring Dr, Sedona, AZ 86336**

**Enjoy fellowship, music, and pumpkin pie
as we come together in gratitude!**

...and a glimpse into December

Forgiveness Workshop: A Spiritual Commitment for Our Time

Saturday, Dec. 7th, 9:00 am - 3:30 pm at Sedona United Methodist Church. 110 Indian Cliffs RD.

Forgiveness can be a generous, constructive, and healthy alternative to bitterness, alienation, and revenge. Many of us have learned about forgiveness within a spiritual tradition. Or we have heard that we "should" forgive those who have harmed us. But what is forgiveness really? Why should we consider it? And if we wanted to forgive, how would we even do it?

This interactive workshop will explore forgiveness as a humanizing and strong response to hurt and wrongdoing.

It's free and donations are welcome. Register early as limited seating is available.

To register, email priyankadsuuf@gmail.com.

SUUF Annual Holiday Party



SAVE THE DATE FOR OUR WONDERFUL SUUF HOLIDAY PARTY!

It's **Wednesday, December 18th, from 5:30 to 9:00 at the HUB**. Our songbird Susannah and the 3MKI band will entertain us. Tell your non-SUUF friends to put it on their calendars now too! Remember this is a fundraiser as well as a party - let's sell out and spread the word about SUUF!

Initial planning has begun. There will be many opportunities to help with advertising, set up and take down, cleaning, decorating, cooking and serving. We'll be asking for volunteers in November. If you would like to put your name in early as some did after services Sunday, please text Mary McCaffrey at 408 209 3958 or Piya Jacob at 480 861 2451. We will have signup sheets starting in mid-November on The Table.

Ticket prices will be \$45 in advance, \$50 at the door, and \$7 for a glass of wine (4 for \$25).

Remember many hands make light work and it is always fun to be together.

Come and enjoy the Holiday Season in style!



SUUF Recycles 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.



Barely used Abdo twister - comes with video instructions. Was \$238, now \$75. It's fun to use! Parts are adjustable to fit you! It must be picked up. Call Carol Hazelett 928-301-4180 or email carolsell@q.com.

Very pretty room divider with wrought iron frame. It's adjustable with a pretty leaf design, and washable, white cotton "curtains". \$100. Must be picked up. Call Carol Hazelett 928-301-4180 or email carolsell@q.com.

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



SUUF Connections



Social Justice Interfaith Film Group



— A real treat is in for you in watching and discussing this month’s film, *Will and Harper*. A discussion of the film will be held at Church of the Red Rocks, on Wednesday, November 13, led by Carolyn Kavanagh. Watch it on Netflix and come share your thoughts. It has a 99% critics review on rottentomatoes.com.

Will Ferrell was filming a movie when he received a most surprising email: his dear friend of nearly 30 years was coming out to him as a trans woman. That friend was Harper Steele, a writer he met on his first day at Saturday Night Live back in 1995. From that fateful first meeting in the halls of 30 Rock, Will knew he had found a match made in comedy, and their friendship and creative partnership would only continue to grow over the next 3 decades. In this intimate, honest, and heartfelt documentary, Will and Harper hit the open road together to process this new stage of their friendship and reintroduce Harper to the country that she loves -- this time, as herself. Over 16 days, the two drive from New York to LA, visiting stops that are

meaningful to them, to their friendship, and to America. Through laughter, tears, and many cans of Pringles, they push past their comfort zones as they re-examine their relationships to these spaces, and to each other, in this new light.

Book Group

The November/December book group selection is *The Power of Us: Harnessing Our Shared Identities to Improve Performance, Increase Cooperation, and Promote Social Harmony* by Bavel and Packer.

A “fascinating” (Charles Duhigg) and “must-read” (Annie Duke) “page-turning package” (Publishers Weekly starred review) for understanding identity and showing how our groups have a powerful influence on our feelings, beliefs, and behavior—and can inspire both personal change and social movements.

If you're like most people, you probably believe that your identity is stable. But in fact, your identity is constantly changing—often outside your conscious awareness and sometimes even against your wishes—to reflect the interests of the groups you belong to.

We meet at 10:30 on the 2nd and 4th Mondays. Piya Jacob and Mary McCaffrey are the hosts and the meeting place is Piya's home - 375 Roadrunner Drive in West Sedona-very near Tanya and Paul's.

November 11- Ch. 1- 3 November 25 - Ch. 4- 6 December 9 - Ch. 7- 10

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.

November 8 Topic: “Your Seventh Decade” What were you up to in your sixties? How have those years affected who you are now? **November 22 Topic:** “Highlights of your 70’s.”

Rise and Shine Discussion Group –



A lively, thoughtful SUUF pre-service discussion **meets from 9:00 a.m. to 10:00 a.m.** in the Social Hall. Conversations are based on the UUA program: *What We Choose: Ethics for Unitarian Universalists* and are 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? 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!

How Can I Help? **New column!**

Here are a few opportunities to care and share in ways that bring you joy!

- Wear your SUUF nametag and **help at Santa's Workshop at the Hub** Saturday, December 7. Carrie Weber at Sedona Parks and Recreation asked SUUF to help. Being with young people sounds like fun! Contact Carrie at 928 203 5051. Go with a friend for a fun experience.
- Do you enjoy **working with sound equipment**? If you have skills and/or interest in this area, Gary and Nate welcome your help! Talk to Gary or Rev. Anthony to join the team.
- Our dear Lin Ennis has been our Facebook guru and is moving to Flagstaff. **Facebook is one way we reach people.** Might you be interested in helping SUUF in this way? Instagram is another possible avenue we have yet to tap...to say nothing of Twitter (x) or TicToc!! Talk to Tanya or Paul.
- **Hope House needs volunteers** for 1) math tutoring for high schoolers 2) grant writing 3) cooking classes for the families 4) board members. Contact Penny at ptpennh61@gmail.com



SUUF and Me Interview with Steve “SD” Nelson

Hi, my name is Steve “SD” Nelson.

Growing up in a military family, I lived in 15 different places by the time I was 12 years old. After living in Flagstaff, AZ for 48 years, I moved Cottonwood for the warmer weather. I am a children’s book author and illustrator, and am involved in several of children’s literacy programs. My religious background is that I was raised Roman Catholic and attended parochial schools for 8 years. I came to SUUF to embrace the philosophy and spiritual practice of the Unitarian Universalist Fellowship.



November Birthdays

Shelley Burke – November 1

Thomas Bruck – November 12

Bill Horn – November 26

Jim Loomis – November 8

Gini Kyle – November 14

Ron Steinke – November 26

Binnie Jessee - November 11

Tara Blackstone – November 23

*If you have a November birthday and it isn't listed, please email the date to priyankadsuuf@gmail.com.
We aim to be inclusive!*

SUUF Connections plus Food

Friendly Feasts

Hi all SUUFers!

We had great October Friendly Feasts with about 36 attendees at 4 tables!

Let's keep the good times rolling – sign up to host the November 16th feast. The signup sheet will be on the table in the foyer at the synagogue OR email me that you are willing to host and how many you can have around your table including yourself. I will create a signup sheet for your group at that point. Remember everyone contributes something; it can be brunch, lunch, dinner or appetizers and dessert.

I look forward to hearing from you!

Suzanne Burkey Sfburkey47@gmail.com

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 November 20th at 11:30 AM at Fiesta Mexicana in Basha's Plaza 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!



Board, Team, and Committee Reports

Board Meeting Recap

The regular monthly meeting of the Board was called to order by President Tanya Mayer at 2:00 P.M., October 18, 2024. Those present included Gary Stewart, Piya Jacob, Ben Shor, Donna Fox, Patty Delp, Mary McCaffrey, and Reverend Anthony Mtuaswa Johnson.

Written monthly reports had been submitted by the minister, president, secretary, and the treasurer. Discussion followed. Gary explained the “Employee Participation Agreement” that states an employee of SUUF may elect to contribute up to 10% of their income to the retirement fund and SUUF may designate a specific match to these contributions. Since no employee is currently contributing to this fund discussion followed that we could amend the document to show a 0% match at this time, and it can be amended again if and when an employee decides to contribute. Gary moved to amend the “Employee Participation Agreement” to reflect a 0% match. Tanya seconded the motion. The motion passed unanimously.

Mary moved to approve all monthly reports including the minutes of our September board meeting. Piya seconded the motion. The motion passed unanimously.

Old Business

Tanya informed us of the success of our summer services. Thanks to Tanya and a dedicated group of congregants, summer services not only brought in additional donations, but resulted in 5 new members (so far) and 55 new visitors to SUUF. Much discussion followed. Tanya moved to make SUUF services year around as the needs of our SUUF community and the greater community do not stop in the summer months. Gary seconded the motion. The motion passed unanimously.

Mary and Piya reminded us that they will oversee the Holiday Party this year. It will take place on Wednesday, December 18, at the HUB. Details to follow.

New Business

A By-law Committee was formed at the Leadership Retreat. The committee is made up of Debbie Losse, Mary McCaffrey and Gary Stewart. They will review SUUF’s By-laws and report back to the board. Discussion followed regarding the creation of an ad hoc committee to investigate the possibility of sharing an existing building with another faith community or the possibility of buying our own. Tanya will inquire about interest within the Council of Chairs for this committee. Board members were also invited to join.

On November 3rd following services we will lead a Listening Circle to share results of the Leadership Retreat with the congregation and to hear responses. The retreat was held at the Church of the Red Rocks on October 4-5.

There was discussion on the potential use of Tiktok and other social media platforms to spread the word about SUUF.

Gary pointed out the need to utilize the Google Drive with consistency. Pat Kopitke, Tanya, and Gary have graciously preformed this in the past, and now it can be passed on to Priyanka David. Tanya and Anthony will get Priyanka up and running with this.

Gary moved to adjourn the meeting. Seconded by Mary. Meeting adjourned at 4:00 P.M.

Respectfully submitted,

Donna Fox

Board Secretary

Leadership Retreat, Oct 4 - 5, 2024 Recap

The SUUF Leadership Retreat was held at the Church of the Red Rocks on October 4th and 5th 2024. Those in attendance during the two days included Reverend Anthony Mtuawsa Johnson, Tanya Mayer, Paul Friedman, Piya Jacob, Gary Stewart, Mary McCaffrey, Michael McCaffrey, Debby Losse, Donna Fox, Michael Steele, Pat Kopitke, J'net Smith, Cora Shor, Lydia Johnson, Barb Malat, George Lee, and Carolyn Kavanagh.

Friday evening began at 5:30 PM with information on the status of faith communities in the United States. The group then engaged in a Sharing Circle about experiences being introduced to and staying with SUUF. There was a sign up for Saturday's discussion groups. Meeting adjourned at 8:20 PM.

Saturday morning began at 9:00 AM. Tanya reviewed the results of the 2022 Leadership Retreat. The group broke into three discussion groups.

1. Board Succession and Bylaw Changes. Some ideas to consider were adding a Vice President to the board who would serve a three-year term as Vice President, then President, then President Emeritus. The Secretary and Treasurer would serve two-year terms being elected on even years and odd years respectively. Two at-large members would also serve two-year terms. No one would serve more than two consecutive terms. There was discussion on forming a committee to review the entire set of bylaws.
2. Attracting, Integrating and Retaining Visitors. Some suggestions were 1) creating a car magnet that would elicit interest and prompt questions around the community 2) expanding the reach of Paul Friedman's excellent articles in the Red Rock News to other publications in the region 3) capitalizing on the richness within our congregation by offering presentations of interest to the community at the library thereby introducing ourselves to a more diverse age group and 4) having more weekend and evening events that would appeal to younger working people.
3. Future Ministerial Transition. The group recognized that all good things have a beginning and an end. Some day we will have to look at possible solutions like part-time contract ministers, interim ministers and creating a search team to present potential ministers to the board. Reverend Anthony informed the group that UUA has a Congregation Liaison who would help us when that time comes.

A visioning process was completed which included sharing individual visions, then combining visions and indicating which elements were most important to the total group.

More discussion followed on What's Up in SUUF? Possible enlivening actions to continue, increase, change and initiate things in SUUF were discussed. Three main themes were selected from 7 themes found to be common to both the enlivening actions and the visioning activities. The 3 top themes were prioritized as follows: 1) recruit, integrate, and keep new members 2) develop a new building or shared building plan for the future, and 3) expand our interfaith collaboration and community projects. Potential steps with timelines were created. Further results will be shared with the congregation on November 3rd in the social hall after services.

The retreat adjourned at 3:20 PM

Respectfully submitted by Donna Fox

Social Justice Team

November is Native American Heritage and Culture Month. Find some notes on dances and ceremonies important to Native Americans on the table in the JCSVV lobby.

For those of you who would like to join in the Full Moon Gathering on November 14, with the UU Ministry for Earth, go to UUMFE.org, scroll down near the bottom to Gatherings, and click on Full Moon Gatherings for the zoom link.

SUUF's LGBTQ team (George Lee, Patty Delp, Carolyn Kavanagh) invite you to participate in a variety of events that enhance our understanding of issues that LGBTQ people confront daily.

- 2nd Wednesday, Nov. 13, we will discuss the documentary, *Will and Harper*, streamed on Netflix, at the Church of the Red Rocks at 10:30-12:00 pm (see description p.7).
- Nov. 10 SUUF service: JJ O'Brien and Becky Shipman will talk about questions that they are asked as transgender/nonbinary person and will join us for coffee hour afterwards.
- Nov. 20 - *Transgender day of Remembrance* event at Mary Fisher - A four-person panel of transgender women in various stages along the gender spectrum will share their stories. Time TBA.

More Social Justice Team Updates and Announcements

At our recent team meeting, several important updates and opportunities were shared. George has made the difficult decision to step down from his co-leadership role to focus on his healing journey, as he prepared to undergo chemotherapy and radiation treatments. We are all sending George our love and support during this time.

Penny requested assistance with her team duties, especially during January and April/May, when she will be unavailable due to travel. If anyone is able to help during these months, please reach out to Penny directly.

In community outreach news, Tom has volunteered to be a driver for those needing rides to the polls. He will make an announcement at Oct.27th service to see if any SUUF members would like a ride to vote.

Leadership Retreat Highlights

Anthony provided a summary of key discussions from the Leadership Retreat, focusing on:

1. Attracting, including, and retaining new members remains a priority for our growth.
2. Researching options for our own building or potentially joining forces with another church. This initiative will involve evaluating our space needs moving forward.
3. Exploring increased interfaith collaboration on community projects to strengthen our impact locally.

New Initiatives

Steve introduced an exciting new idea: creating a SUUF climate action plan. He shared that the UUA offers a "Green Sanctuary" certification program, which involves completing environmental projects and criteria. Steve, Anthony, and Penny will investigate the program further and will provide more information at the next meeting.

Social Justice Updates

Sarah Anne reported that the Social Justice movie discussion went well, and she and Penny attended the Sedona Sustainability Alliance's quarterly meeting. There, they learned about Sedona's sustainable tourism plan, which aligns with our broader goals of environmental stewardship.

Anthony also shared that the "Talking about Race" class has concluded, with a small but meaningful turnout. The final book club meeting on *Nice Racism* is October 28. Additionally, the next Social Justice movie discussion, *Will and Harper*, will be led by Carolyn next month.

Don't forget: the next Social Justice meeting is scheduled for November 21st from 2-3:30 p.m. on Zoom. Be sure to mark your calendars!

Thank you to everyone for your ongoing dedication and participation in these important initiatives.

Outreach Committee

Our September Share the Plate collection for Hope House was \$525.00. On the last Sunday of each month, the collection is given to a Verde Valley charity (this excludes checks with “Pledge” in the memo; those are credited toward yearly SUUF pledges). The board established this new “Share the Plate” policy earlier this year. The 501c3 charities for upcoming months and their “champions” are...

- **October** - UU Animal Ministry- Chris Seeholzer
- **November** - Sedona Community Center- Debby Losse, Pia Jacob, Ben Shor, Kathy Kinsella, Carol Hazelett (see description of the SCC work later in this article)
- **December** - Yavapai Humane Trappers- Cora Shor
- **January** - Sedona Area Homeless Alliance -Tanya Mayer
- **February** - Sedona Kind- Lou Ann Bruck
- **March** - Manzanita Outreach- Ben Shor
- **April** - Steps to Recovery- Donna Chalmers
- **May** - Sedona Recycles- Cora Shor
- **June** - The Mother of Earth Restoration Trust- Erica Ohliger

In October, 9 SUUF members helped package fresh pears, plums, tomatoes and power drinks at the Manzanita Outreach in Cottonwood.

During November, the Outreach Team will collect cash or check donations and individually wrapped nutritious snacks and /or drinks for the Sedona Food Bank After School Program. These are distributed to children who benefit from a nutritious snack while they participate in the after-school program. Items can be brought to the synagogue on 11/3, 11/10, and 11/17 and dropped into the labeled box in the lobby prior to services, or dropped off on Penny DeJarnette's porch in VOC. (300 Bell Rock Blvd.) Checks can be made out to the Sedona Food Bank, with "After School Program" on the memo line. Please place any cash or checks in the envelope in the collection box or hand them to one of our team members (Cora, Penny, or Liz). Our total collection will be taken to the Sedona Food Bank by Cora in early December.

November’s “Share the Plate” Recipient: The Sedona Community Center

The Sedona Community Center brings nutrition and essential physical and mental activities to seniors in the greater Sedona area. Seniors who are mobile go to the Center to enjoy well-balanced and attractively-plated meals. The lively social interaction that they experience dining together is critical to their mental and emotional well-being. Physical activities such as Qi Gong, Flamenco, T'ai Chi Chuan, and Chair Exercise are offered weekly. Seniors improve their skills in water color and Mahjong classes. A Grief Support Group helps deal with the loss of loved ones through mutual support and understanding.

Perhaps the most essential service that the Sedona Community Center provides is to deliver 90 to 100 meals to the homes of individuals from Monday through Friday. This year the Sedona Community Center is on track to deliver 40,000 meals for the Meals on Wheels Program. The recipients may have physical or cognitive disabilities that keep them at home. They come to rely on the friendly faces of the volunteers who deliver their meals. If on any day, the participant does not respond to the knock on the door or seems unwell, the volunteer reports back to the Executive Director of the Center for follow-up.

The Sedona Community Center is in contact with the relatives of the Meals on Wheels participants who may live outside of Sedona. They speak of the peace of mind that the Sedona Community Center staff and the Meals on Wheels Program bring to the families of their loved one. The program makes it possible for the participants to remain in their homes in spite of physical problems. This month marked the fortieth year that Sedona has participated in the Meals on Wheels Program.



Focus on Marginalized Communities

Sedona Area Homeless Alliance



Did you know?

that Sedona Area Homeless Alliance not only meets the general needs of all clients by distributing foods and emergency items but additionally offers transitional programs that address specific needs.

Children's Programs:

- **Project Goodnight**- distributes "Good Night" bags to children new to the local homeless community, each canvas bag is stuffed with pillow, blanket, teddy bear, books, headlamp & journal
- **Baby Love**- Provides clothing, food, diapers, bedding, car seat etc. for children from birth-2,
- **School Bell**- Provides 3 sets school clothes, shoes, backpack of school needs etc.
- **Celebration**- We make sure all children are celebrated on their birthday with a "party in a box"
- **Hush-A-Bye Nursery**- Partnership with Flagstaff-based care for infants born addicted to opioids.

Routine Structure Programs:

- **Showers**- (on pause 😞)
- **Lighten Your Load**- Clients are allowed to drop off their packs etc. for the day to go to appointments, work, play etc.
- **Project Move**- Providing donated bikes for transportation- includes helmet & lock
- **Helping hands**- Connecting clients with locals for work.

Service Designed Programs:

- **Project Salute**- Provided needed items, services & resources
- **Rainbow Streets**- LGBTQ+ support services
- **My Sister's Keeper**- providing personal monthly products to our teen girls, women & transgender clients
- **Street Paws**- Providing pet food, bowls, leash/collars, spay/neuter, pet toys etc.
- **Between a Rock & a Hard Place**- supportive "camp site" cleanup
- **Code Blue**- Emergency cold night shelter places local homeless in warm hotel rooms when temperatures fall to freezing
- **Project Nightingale**- Places local homeless in rooms during times of medical crisis
- **Health safety support Service**- provides over the counter medications, condoms, Covid test, HIV testing, Hep C testing, masks, & more
- **Christmas project**- reminding our homeless community that they are Loved with gifts delivered on Christmas Eve
- **Team HEAT homeless emergency action team**- Community volunteers keep basic needed items in their cars to distribute to anyone they feel comfortable approaching.

SAHA clients generally text (928) 978-9387 to request services

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



PFLAG – Please join us for our monthly PFLAG Sedona/Verde Valley Support Meeting Tuesday, November 12, at 6:30 p.m. live at the Sedona Public Library (3250 White Bear Road, Sedona) in the Quiet Study Room, and on Zoom. Our November speaker is yet to be determined. Both the presentation at 6:30 and the support meeting at 7:30 will use the following zoom links:

PFLAG

<https://zoom.us/j/92237972093?pwd=TzJuVzFscck1xQk5vcjcyWDYzMWRzZz09>

Meeting ID: 922 3797 2093

Passcode: AZPFLA



