



The Flame

SHARING THE LIGHT THAT CONNECTS US...

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

January, 2025

Upcoming Sunday Services

1/5/25 - "Who Was Michael Servetus?"

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

We explore the legacy of Michael Servetus, a radical thinker whose courage and commitment to truth left an indelible mark on Unitarian history. He argued that each person could connect directly with the sacred. In a time of religious persecution, Servetus stood for freedom of thought and questioned accepted dogmas at great personal cost. He's a figure often overlooked in history, yet profoundly relevant today.

1/12/25 - "What is Soul?"

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

What is soul? Is it a spark of divinity, the core of our humanity, or something we share as a collective essence? Drawing inspiration from music, art, and the wisdom of diverse spiritual traditions, we will delve into what it means to live a soulful life. Together, we'll reflect on how we nurture and express our soul's deepest yearnings, connecting with one another in a celebration of our shared journey.

1/19/25 - "Music and Deep Listening"

Guest Speakers and Musicians: Four Shillings Short-Aodh Og O'Tuama and Christy Martin

Even before we are born into the World of Light and Form we are comforted by our mother's heartbeat. The ancient resonance of that human drum beat soothes and comforts, bringing us into a musical unity with another person. As we emerge into the World, our senses awaken, listening and drinking in the Creation around us. We begin to see the distinction between hearing and being heard. We'll explore this connection.

1/26/25 - "Democracy: A Dream Deferred?"

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

Is democracy an enduring ideal or a fragile promise? We'll examine the state of democracy, drawing from historical and contemporary struggles for justice and equity. Inspired by Langston Hughes' poignant question, "What happens to a dream deferred?" we will reflect on the challenges and hopes of building a truly inclusive democracy. Together, we will envision how we might embody the values of fairness, freedom, and equality in our own lives and communities.



MINISTER'S MESSAGE

The Meaning of January: A Unitarian Universalist Reflection



January, named after Janus, the Roman god of beginnings, transitions, and dualities, symbolizes the threshold between what was and what will be. With one face looking back to the past and the other gazing toward the future, Janus invites us to reflect on where we have been and where we are heading.

For Unitarian Universalists, January is more than the start of a new year—it is an opportunity to engage deeply with our principles and renew our commitment to spiritual and personal growth. In the spirit of reflection, January prompts us to ask: What lessons have we learned in the past year? What actions align with our values in the year ahead? As we consider these questions, we honor our covenantal commitment to seek truth and meaning, to care for one another, and to work toward a world of greater justice and compassion.

January also embodies the power of possibility. As the days slowly grow longer, we are reminded that even in the coldest and darkest of times, light always returns. This cyclical promise resonates with our UU affirmation of hope—the belief that transformation is always possible, whether in our individual lives, our communities, or the wider world.

This month, let us embrace the gifts of January. May we take time to reflect on our past with gratitude and honesty, and to envision our future with courage and purpose. As we step into the new year, let us remember Janus's wisdom: it is not only about where we have been or where we are going, but about how we stand in the present.

May we carry forward a spirit of renewal, curiosity, and love, as we continue our shared journey of faith and action. May January inspire you to embrace both reflection and possibility.

Happy New Year!



PRESIDENT'S MESSAGE

My January message shares two processes that are underway in the new year that will involve our members: 1) revisiting or recreating a SUUF Covenant and 2) revising our bylaws to include a board succession process.



1. Toward a SUUF Covenant for our Times

A quotation from Victoria Stafford, UU minister in 2013

“A covenant is a living, breathing aspiration, made new every day. It can’t be enforced by consequences, but it may be reinforced by forgiveness and by grace, when we stumble, when we forget, when we mess up...we will walk together with each other toward the lives we mean to lead, toward the world we mean to have a hand in shaping, the world of compassion, equity, freedom, joy, and gratitude. Covenant is the work of intimate justice.”

“Covenant is the work of intimate justice.” I love that! Let’s see how we might recreate our SUUF covenant to be a shining example of “intimate justice” and interpersonal safety in our relationships with one another.

Please join in the conversation after services in the Social Hall on January 5 to begin creating or revising



our covenant, the document *saying what we agree to do*, especially in times of tension, which have happened, and will again, happen. Let’s see how we might best write LOVE into our SUUF covenant. Paul Friedman will facilitate the discussion to kick off the process. Copies of SUUF’s covenant from over a decade ago and two other UU covenants are on pages 12-13 of this newsletter for your review.

2. Revisiting our Bylaws

As the bylaws now stand, it would be possible, though not probable, that there could be a total board turnover at the end of this fiscal year, June 30. The 2024 Leadership Retreat participants and the Board of Trustees both recommend that the SUUF Bylaws be revised, particularly the section related to the Board of Trustees, and how their terms might be staggered to ensure leadership continuity.

Debby Losse, Gary Stewart, and Mary McCaffrey comprise the ad hoc bylaws committee which will present a set of bylaws for **congregational vote at a special congregation gathering in the sanctuary after service on February 9**. Voting on the bylaws will be the primary item on the agenda, so the meeting will be short. A copy of the proposed bylaws will be sent to all members a couple of weeks prior to the meeting date.

Any electoral process changes must be approved by the congregation in order to conduct the election at our Annual Meeting in May.

Sincerely,

Tanya



EVENTS

New Member Orientation and Brunch



From the Greeters/Membership Team: *Have you been enjoying SUUF and have questions about becoming a member? **Yes?***

Terrific! You are invited to a **New Members' Orientation and Brunch on January 11 from 9-12**, at Debby Losse's home, 815 Kachina Drive. We'll get acquainted with one another in a fun activity. Then Rev. Anthony and Donna Fox will orient you to Unitarian Universalism and to SUUF in particular. Following that, we'll enjoy a delicious brunch provided by the Greeters/Membership Team along with more visiting.

This is always a casual, fun, community-building morning. **Please RSVP to Rev. Anthony or Tanya (president@sedonauu.org) by Wednesday, January 8, if you'd like to join us for orientation and brunch.**

If, after the orientation, you decide that you'd like to become a member, please let Tanya or Rev. Anthony know, and you'll be invited to be a part of a short **membership ceremony** during the service on **Sunday, January 19**, and to officially sign the SUUF membership book. If you decide to remain a SUUF friend, rather than a member, we honor and appreciate that choice as well.

Creating a SUUF Covenant

On **January 5th**, after service in the Social Hall, please join us to take the first step to **revise or recreate our SUUF Covenant** (see SUUF's covenant from over a decade ago plus two others at the end of this newsletter). A SUUF congregational covenant will *state what we agree to do* to ensure health and safety in our relationships. SUUF is in a healthy place—the best place to begin this process.



Our discussion will be the first step to put into place a set of mutual understandings and intentions. Over the next few months, we will produce a covenant to be held in our consciousness and used when tension threatens to become conflict.

Paul Friedman will start the process of creating a covenant that represents our community. Come share your thoughts.

Feb. 9 - Special Congregational Meeting after Fellowship

Feb. 27 - Volunteer morning at Manzanita Outreach



Apr. 6 - 3rd Annual SUUF Talent Show. Plenty of time to get your act ready!



SUUF RECYCLES

to create a more sustainable world!

Do you have something to SELL FOR SUUF? 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.

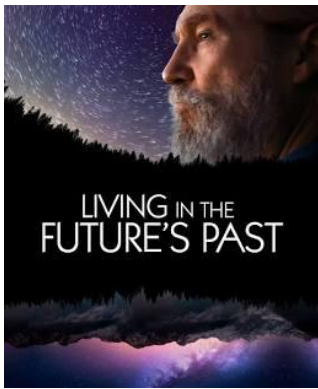


Take a picture and email it with a description and price to our editor at CherylSUUF@gmail.com.



CONNECTIONS

Social Justice Interfaith Film



The SJ Team movie pick for Wednesday, **January 8**, from 10:30-12, at Church of the Red Rocks, 54 Bowstring Drive, is “**Living in the Future’s Past**”. Watch the video at home on YouTube (80 minutes), then join us to share your thoughts and concerns about becoming good ancestors.

Imagine the world your great grandchildren will inherit. What kind of future do you envision for them? Jeff Bridges, in his beautifully vivid documentary, “**Living in the Future's Past,**” challenges us with this very question. This film isn't just a critique of our current time; it's a dialogue with our future selves, pondering how history might remember us, alive today in 2025, amidst our deep dependence on fossil fuels. Skillfully blending insights from earth scientists, anthropologists, psychologists, economists, political figures and journalists, this documentary delves into our complex relationship with oil and its implications for generations to come.

What does our Unitarian Universalist commitment to social justice mean regarding those who will follow us? Can we forge a path of sustainability and hope for future generations, or will we leave our descendants a broken world? Let's talk about it.

Evolving Elders is a discussion group where friends share feelings and ideas, laugh and cry together, and grow closer. You're invited to 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> .

January 10th Topic: “*How do you see 2025 evolving?* Is there an area in which you see yourself evolving in 2025?”

January 24th Topic: “*Body, Mind, and Spirit*” What is one thing you are doing in each area? How do you feel about the balance of the three in your life?

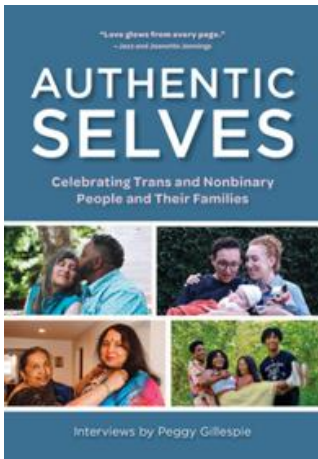


Rise and Shine Conversation This pre-service discussion facilitated by Paul Friedman has ended as he's paring back activities and obligations to allow preparation time for the future move.



The January/February book selection is *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families*. Several SUUFers enjoyed a presentation at St. Andrews Episcopal Church in which one of the featured people in the book, Joey Morelli, spoke about the book and their experiences.

Said of this book: “*Authentic Selves* celebrates trans and nonbinary people and their families in their own words. So often trans and nonbinary people’s stories are told only through the lens of their struggles and challenges...they live rich and fulfilling lives full of joy and community too. This book is a sweeping compilation of life stories of trans and nonbinary people, as well as their partners, parents, children, siblings, and chosen family members.”



The Social Justice Team’s LGBTQ+ focus group will host the 4 book discussions at 30 Bronco Drive in West Sedona at 10:30-12:00 and on Zoom at <https://us02web.zoom.us/j/4526141760>.

Jan. 13 pp. 1-91

Jan. 27 pp. 92-179

Guests: Joey Morelli and JJ O’Brien

Feb. 10 pp. 180-278

Guest: Joey Morelli

Feb. 24 pp. 279-375

Guests: Joey Morelli and JJ O’Brien

Carolyn Kavanagh will lead January discussions and Patty Delp will lead in February. Books are available at UUA.org and on Amazon. You can sign up to participate on a sheet in the foyer.

How Can I Help?

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

- **Gary and/or Nate would like a volunteer to help work with sound equipment on Sunday mornings.** If you have skills and/or interest in this area, Gary and Nate welcome you! Talk to Gary or Rev. Anthony to join the team and serve your community in this way.
- **Thanks, Greeters,** for your gracious service. We now wish to have 3 greeters each Sunday to be welcoming and attentive to all, especially to our newcomers. Our lucky greeters enjoy the blessing of seeing all the smiling faces who enter SUUF!
- **Thanks, Steve Schliebs,** for volunteering to set our SUUF signs out each Sunday. Our greeters are now free of that task.
- The **Marketing Team welcomes a person or two** to help get the word out to SUUFers in the Verde Valley- many just aren't aware that's who they are! Just a bit of time and a few ideas re needed! We'd like to include and embrace them in our community.



SUUF and Me - *An Interview with Audre Gutierrez*

I grew up in a little town called Monaca, outside of Pittsburgh, PA. I worked in the corporate world for years but for the last 25 years I have been a business owner of Wisdom of the Earth Essential Oils. I co-owned it with a business partner until 2019; now a sole owner. We are a global company located in the tiny "burg" of Cornville, near the post office. Website is wisdomoftheearth.com.

My former business partner and I moved here from PA in 2001, just a couple of weeks before 9/11. I had been to Sedona before, and loved the area so we visited over the Christmas holiday in 2000, and he felt called to move here. I felt like there was nothing holding me in PA, and never planned to return to the corporate world, so I took the plunge, and never regretted it. We thought it would be an excellent location for a business built to support health and wellness with exquisite natural products.

My work keeps me very busy so I am more able to donate money than time. Personally, and as a business, I contribute to animal rescue organizations. I love to help rescue donkeys, one of the most abused animals on Earth, and senior dogs and cats, primarily. I love to read, watch films, especially independent films, and am an active member of the Sedona International Film Festival.

I was raised in my mother's religion of Southern Baptist, which terrified me as a child (revivals, public testimonials). My father was a non-practicing Catholic in our very small, predominantly Catholic town. I did not participate in organized religion until I was in my 40s and going through a divorce when I found a beautiful interfaith church in PA, called Pebble Hill. My 3rd husband had studied to be a priest, so I went with him to a little Catholic parish church outside of Santa Fe, NM where I lived for many years. I loved that small, primarily Spanish church, and realized how much I wanted the structure of community worship.

I was introduced to SUUF through my partner, Chris Appleton, who attended the UU church in Flagstaff, where he lived when I met him. I attended with him a few times and really loved it. It reminded me of Pebble Hill Church which I had attended so many years ago. When we bought a house together in Cornville, we both wanted to explore what the UU church here was like. We agreed that it felt really good to both of us. And, that was that!



January Birthdays

Eleanor Cohen – January 9

Steve Nelson – January 25

Mary Flaisig – January 29

Rev. Anthony – January 29

Bill Golightly – January 29

If you have a January birthday and it isn't listed, please email the date to CherylSUUF@gmail.com



CONNECTIONS & FOOD

Friendly Feasts returns January 18

HIP HIP HOORAY!!! We have three hosts for the January 18th Friendly Feast. This means lots of spots for SUUFers, both old and new, to sign up to attend a feast in January. Friendly Feasts are a great way to get to know other SUUF folks. Look for signup sheets on the table in the lobby starting the first Sunday in January.

Is it time for you to host SUUF friends?

About four homes hosting each month accommodate the folks who love to attend.

It's an easy and fun role as your guests bring the basics - good food and fellowship!

Contact Suzanne Burkey Sfburkey47@gmail.com to let her know you'd like to host and/or to ask questions as a prospective host. Everyone is welcome to sign up for Friendly Feasts.

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



Women's Lunches are the **3rd Wednesdays of each month**. Please join us this month on **January 15** at the Sedona Golf Resort at **12:00 noon**. 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. Do let her know if you didn't get an invitation and she'll take care of you. 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 2:05 PM on December 20, 2024. Those present included Gary Stewart, Piya Jacob, Ben Shor, Donna Fox, Mary McCaffrey, and Reverend Anthony Mtuaswa Johnson.

Written monthly reports had been submitted by the minister, president, and the treasurer along with minutes from November's board meeting. Highlights are as follows:

- Reverend Anthony has received official notice from the Unitarian Universalist Association of his status change to "Full Fellowship." Congratulations!
- The Finance Committee will meet in January and among their discussions will be a focus on legacies and bequests.
- So far, it appears the holiday party/fundraiser was attended by over 100 people with a profit of roughly \$3,600.
- A congregational meeting will take place on February 9th to review and vote on updates to the bylaws. Details to follow.
- Our next New Member Orientation and Brunch will be held on January 11, 2025.

All reports and minutes were reviewed, discussed, and accepted.

Unfinished Business

Discussion continued regarding the success of the holiday party with thanks to Piya and Mary for their ideas and efforts. Also, many thanks go out to all who volunteered their time and made donations of food and drinks. Mary will make note of all that went well and what can be done to improve this and similar events in the future.

Gary reported on the progress of the ad hoc Bylaws Revision Team. The revision will be emailed to congregants in January and voted on in a special congregational meeting on Feb. 9.

New Business

Reverend Anthony informed us of ongoing discussions and relationship building going on between Reverend Dr. Elizabeth LeMaster of the Sedona Methodist Church and himself. Including the possibility of having a single joint service as a part of their interfaith efforts.

Reverend Anthony was then requested to leave as the board discussed employee matters. Then year-end bonuses were reviewed. A motion was made and carried that we give the same amounts to Reverend Anthony and Suzanna as last year. The motion passed unanimously.

The meeting was adjourned at 3:05 PM

Respectfully submitted,

Donna Fox

Social Justice Team

The **Welcoming Renewal** document was sent on December 12, 2024. Next year's renewal starts in January 2025. The requirements for renewal include welcoming worship services, welcoming days of observance, welcoming religious education, and supporting a welcoming project—all related to welcoming and inclusion of our LGBTQ+ community.

On Politics – Google it, then sign up for Jessica Craven's free newsletter, "Chop Wood, Carry Water". She gives concrete info and ways to make your opinions known about political matters that will soon affect us all.

Books to Read to Further Understanding on Diversity:

Once We Were Home by Jennifer Rosner follows 4 Jewish children given by their parents to others to keep them safe (and alive) during WWII, and how it affected their sense of family and self. This can help speak to children of immigrants if torn from their families now. (2023)

Becoming Nicole is an inspiring story of transgender actor-activist Nicole Maines, who was TV's 1st transgender superhero, *Supergirl*, first shown on CBS, then on The CW network. Her story includes a twin brother and her ordinary American family. (2015)

On the Strength and Tenacity of Immigrants -

Rain of Gold: A classic by Victor Villasenor follows 2 families from very different backgrounds who escape the Mexican Revolution in hopes of finding a better life in the US. (1991)

Becoming Dr. Q by Alfredo Quinones-Hino is an inspiring story of a young undocumented migrant worker who became an internationally renowned neurosurgeon/scientist who leads cutting-edge research to cure brain cancer. (2023)

Outreach Committee

Share the Plate donations for the Sedona Community Center brought in \$400 for November. Thank you to all who donated to this cause.

January's Share the Plate offering goes to Sedona Area Homeless Alliance (SAHA) where compassion meets action to create meaningful change in our community. Their mission is clear: to create projects, programs, and services that protect, advocate for, and empower those in our local homeless community. Since 2015, SAHA has been a beacon of hope, addressing the immediate needs of the homeless while mobilizing the community to create long-term solutions.

SAHA meets individuals "where they are" and works to provide programs designed to meet the needs of each person, from infants to the elderly. One such program is CODE BLUE which relies solely on donations to place the most vulnerable in our community in shared hotel rooms on freezing nights in Sedona. This can cost up to \$40,000 in the winter season.

SAHA is the primary source of services, information, and personal support for the homeless in the Sedona area, filling the void of services and offering dignity, respect, and compassion to all.

Finance Team

Keep your values living—and keep SUUF's chalice burning!

On February 9, at the Special Congregational Meeting after service in the sanctuary, where we'll vote on bylaw changes, our Finance Team will also share a short presentation about leaving a legacy.

Planned or legacy giving allows us to ensure support for *our most cherished values* well into the future. By making a current or future gift to the Sedona Unitarian Universalist Fellowship, you can keep alive your dreams of expanding love, of spreading compassion, and of growing justice in the world.

At the same time, you help keep our chalice burning for future generations, sustaining our free faith in hope, reason, service and love. Legacy gifts and other gifts help the congregation allow for long-term programs and projects that typically cannot be sustained by annual giving. *These funds will help the congregation dream big and plan into the future.*

Who Leaves Legacy Gifts?

Almost anyone can leave a legacy gift. Most legacy gifts are **not** left by people with exceptional wealth. Every gift makes a difference. The fund grows one gift at a time.

What is Chalice Keepers?

Chalice Keepers is the name of our legacy giving society. All who have signed a letter of intent to share their plans to leave a legacy gift are members. Membership in Chalice Keepers allows SUUF to recognize your generosity.

What is a Legacy Gift?

Legacy gifts (sometime called planned gifts) are contributions made through estate planning. The most common ways people leave such gifts are:

- Make Sedona Unitarian Universalist Fellowship the beneficiary of all or part of an insurance policy
- Make Sedona Unitarian Universalist Fellowship the beneficiary of all or part of a retirement plan
- Include a bequest to Sedona Unitarian Universalist Fellowship in your will or estate plan

Before committing to any planned giving, we encourage you to consult with your legal and financial counsel.



FOCUS ON MARGINALIZED COMMUNITIES



Please join us for our monthly PFLAG Sedona/Verde Valley Support Meeting on **Tuesday, January 14th, 2025, 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 first speaker of the New Year will be Jewels Battaglini. Jewels is a lifelong ally in the LGBTQ+ Community, a fierce advocate for her beloved Transgender Child and a proud supporter of anyone that reaches out to her for advice or support. Both the presentation at 6:30 and the support meeting at 7:30 will use the following zoom links:

Join Zoom Meeting <https://zoom.us/j/92237972093?pwd=TzJuVzFsck1xQk5vcjcyWDYzMWRzZz09>

Meeting ID: 922 3797 2093

Passcode: AZPFLAG

Sedona Area Homeless Alliance

Did you know...



that when many pets go missing, they almost immediately go into fight or flight mode and most will choose flight? They are going to run from or avoid anyone. No matter how good your intentions, you can do more harm to the situation or the lost pet by trying to chase after them. You *can* gain the trust of a lost pet over time which can take hours, days, months, even years to accomplish.

“Fight or flight” or survival mode, is also called “Feral”, and that is actually a more descriptive term. At that point, it reverts to its primal instincts and the quest becomes very basic - food/or water, safety, and shelter - all negatively affecting the ability to form human relationships.

How can this happen? How does an animal go from one personality to another so easily and sometimes so quickly? The answer is serotonin which is the hormone responsible for a number of bodily functions, including depression, sleep, sensory perception, and short-term memory in animals, including humans.

When serotonin is suddenly depleted due to stress, short-term memory, among other functions, is compromised. Stress and the resulting short-term memory loss are the perfect storm which cause one to revert back to survival instincts.

We see this time and time again on local social media posts made by local animal rescue groups/ individuals. Any animal once domesticated can “go feral”.

Of course, though they look no different than another, except a certain something in their eyes, we never think that “they don’t really want help.” We instead understand that what is called for is a process that takes love and patience and compassion.

It Is the Very Same in the Homeless Community of People.

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



Three Covenants: from SUUF, Phoenix UU and a Denver UU:

1) “Sedona Unitarian Universalist Fellowship Covenant” (from about 2013)

This covenant binds us together as members of this congregation.

As members and friends of the SUUF congregation we agree to:

- Attend and participate in SUUF Sunday services and other activities with a sense of community and open spirit.
- Volunteer to assist in SUUF operations and activities whenever possible.
- Donate financially to support SUUF services and activities as able.
- Engage in relationships with acceptance, consideration, love and compassion as our guide, assuming the best of one another.
- Be of service to one another and the greater community as we are able.
- Engage in dialogue with curiosity and respect.
- Address differences of opinion and conflict with openness, honesty, respect and direct communication

2) Phoenix UU “Covenant of Commitment to Our Congregation”

Unitarian Universalism is a covenantal religion; we don’t have a creed or dogma that we need to follow. Instead, we mutually commit to shared values, trust, and concern for the welfare of each other. The following covenant of commitment was specifically developed for and by our UUCP congregation:

I am committed to the role our congregation plays in my religious exploration, and respect the shared ministry of each congregant, staff member, and minister, therefore:

- I acknowledge and accept my role as a community member, approaching each encounter with curiosity, generosity, and patience with the process
- I honor differences as opportunities to learn
- I listen to what others say
- I do my best to communicate directly and with humility

I understand disagreement and conflict as an opportunity for growth, therefore:

- I state my views with kindness directly to those involved
- I say of another only what I would say to them
- I am open to be changed by others
- I practice both patience and fortitude
- I remember to show gratitude to others for their contributions.

I affirm our flourishing religious community, therefore:

- I am generous with my talents, efforts, and gifts
- I support those who take leader positions
- I accept leadership when called and guide with love, warmth, and humor
- I encourage positive development within our congregation, individually and collectively

Thus do I covenant.

3) First Universalist Church of Denver “Covenant of Respectful Relations”

Unitarian Universalism is a covenantal religion. This means that each of us covenants with each other that we will strive to be our better selves and that we will treat others within our congregation with respect, kindness, and consideration. How we treat each other expresses who and what we are as a congregation.

To help our congregation and its members and friends draw support and affirmation from each other we, the members and friends of First Universalist Church of Denver enter into this Covenant of Respectful Relations. May it guide us in the relationships we have with each other.

The Promise I Make to Myself:

- Be loving and generous in spirit.
- Cultivate, warmth and joy
- Follow through on my commitments
- Take ownership and responsibility for my actions and their consequences
- Express gratitude to those who are working to help our congregation fulfill its mission
- Be willing to forgive and to seek forgiveness
- Not be judgmental of the actions of others or their motives
- Respect mine and others' boundaries of mind, body and spirit
- Be respectful when expressing disagreement with the opinions of others and church decisions.
- Contribute to our congregation in ways that enliven me and enrich my life.

The Promise I Make to My Congregation:

- Treat others with respect, understanding, kindness and compassion
- Give generously of my time, talents, and resources
- Listen to understand rather than to judge or prove a point
- Support and nurture others
- Be mindful and considerate in my communications and interactions
- Forgive myself and others when we fail to keep our promises and begin anew in love and faith
- Assume good intentions of others and respectfully articulate the impact of behaviors and attitudes on me
- Speak with respect, kindness and understanding, whether in harmony or in conflict.

As a congregation, we affirm our calling to be a Beloved Community. We embrace this Covenant of Respectful Relations which will enrich our relationships with each other and strengthen our congregation as it reaches out to our community and to the wider world.

Approved by Congregation at Spring Congregational Meeting on March 19, 2019