



The Flame

SHARING THE LIGHT THAT CONNECTS US . . .

THE SEDONA UNITARIAN UNIVERSALIST FELLOWSHIP MONTHLY NEWSLETTER

March, 2025

Upcoming Sunday Services

3/2/25 – “Poetry as a Spiritual Practice”

Rev. Anthony Mtuaswa Johnson with Musician, Dan Vega

Poetry has long been a vessel for expressing the ineffable, reaching toward truth, beauty, and justice. In this service, we explore how poetry can be a deeply spiritual practice—one that invites us into reflection, connection, and transcendence. Through spoken word, classic verses, and personal reflections, we will celebrate the power of poetry to awaken our spirits and deepen our Unitarian Universalist faith.

3/9/25 - “The Power of Story”

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

Stories shape our understanding of the world, our place within it, and the values we hold dear. Whether personal narratives, cultural myths, or sacred texts, stories guide us toward meaning and transformation. This service delves into the power of storytelling as a spiritual practice, inviting us to consider the stories we tell about ourselves and how they shape our shared future.

3/16/25 - “Our Greatest Delusion”

Rev. Anthony Mtuaswa Johnson with Musician, Dan Vega

Albert Einstein once said, “The greatest delusion is the illusion of separateness.” This service explores the profound spiritual and ethical implications of this idea. What does it mean to embrace interconnectedness in a world that often prioritizes individualism? How can we move beyond separation toward a deeper sense of belonging, compassion, and justice?

3/23/25 - “Love at the Center”

Rev. Anthony Mtuaswa Johnson with Musician, Susannah Martin

At the heart of Unitarian Universalism is love—radical, inclusive, transformative love. This service calls us to examine what it means to truly center love in our lives, our communities, and our work for justice. Through song, reflection, and shared wisdom, we reaffirm our commitment to love as the foundation of our faith.

3/30/25 – “Reflections on Indigenous Religious Traditions from Vine Deloria Jr. to Zitkála-Šá to the Verde Valley.”

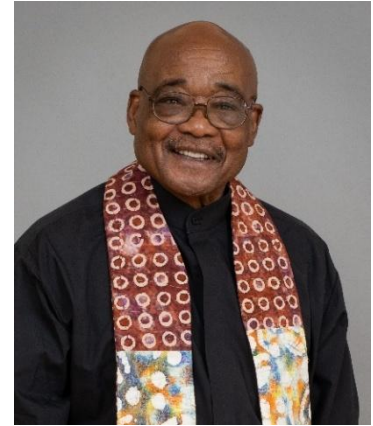
Guest speaker Dr. Maurice Crandall with Musician, Susannah Martin

In a place like Sedona, where Indigenous religious practices are frequently stolen, coopted, or imitated—often for monetary gain—it can be difficult to find meaningful engagement with the voices and perspectives of Indigenous peoples. This talk will present examples of Indigenous approaches to religion and philosophy from the words and texts of Indigenous peoples themselves, some prominent and some less so. It is not an attempt at some overarching Indigenous religious philosophy, but rather a reflection on approaches to the topic that brings religious agency back to Indigenous peoples and communities. It will be wide-ranging, from the continental to the local.

Maurice Crandall is an enrolled member of the Yavapai-Apache Nation of Camp Verde Arizona and an Associate Professor of History at Arizona State University.

MINISTER'S MESSAGE

Embracing Change, Renewal and Interconnection



Dear Beloved Community,

March is a time of transition. Winter loosens its grip, and the first signs of spring emerge, reminding us that renewal is always possible. The earth begins to stir, buds form on trees, and daylight lingers just a little longer. In this season of change, we are invited to reflect on our own spiritual renewal and our commitment to Unitarian Universalist principles.

Our first principle, the inherent worth and dignity of every person, calls us to honor the sacredness of life in all its forms. As the world awakens from winter's stillness, may we awaken to the dignity in ourselves and others, remembering that each person we encounter carries their own unique beauty and struggles.

Our seventh principle, respect for the interdependent web of all existence, is especially meaningful in this season. We see it in the exquisite balance of nature—how the melting snow nourishes the soil, how birds return from migration, how seeds buried in darkness find their way to the light. This reminds us that we, too, are deeply interconnected. Our actions, words, and deeds ripple out in ways seen and unseen creating change as they manifest.

March also brings the call to justice. As Women's History Month unfolds, we reflect on the second principle, justice, equity, and compassion in human relations. We uplift the voices of women—past and present—who have shaped and changed our world and who challenge us to continue dismantling oppression wherever it resides.

This month, I invite us to reflect upon the words of Octavia Butler, "All that you touch you change. All that you change, changes you. The only lasting truth is change..."

May we welcome change as we move forward with open hearts, ready to bloom in the ways our Spirit most needs.

Blessings,

Rev. Anthony



PRESIDENT'S MESSAGE

My comments follow quotations taken from
“Beatitudes for Justice Builders” by Rev. Linda Ramsden



“Blessed are you who lead with enthusiasm and confidence; ...you will inspire curiosity and hope in others.”

I have been so blessed to work with such dedicated, good and enthusiastic leaders at SUUF—a fantastic board, inspired team and committee chairs, and, of course, Rev. Anthony. I encourage you to step into leadership and let them inspire you!

“Blessed are you who ask for help in your role as leaders; you will find teachers at every turn, and your work will remain interesting and alive.”

SUUF team and committee leaders seek partners in their roles and our people step up. Whether it's our Community Outreach Committee collecting for the Navajo Nation or asking for volunteers for Manzanita Outreach, the Greeter/Membership Team seeking greeters, our Summer Services Team gathering members to create interesting services, or our party planners working to create a good time for all of us—our people respond, step up, and follow through.

“Blessed are you who work in coalition rather than in principled isolation; you will meet great people, learn things you didn't realize you needed to know, and have partners for the journey...”

Teams and committees R us! Rev. Anthony and I have encouraged coalitions within these groups and this year initiated a Council of Chairs to bring the leaders together to share at least twice a year.

“Blessed are you who can change your mind; you are still alive.”

With your blessings, SUUF has made changes in the last few years and we are definitely ALIVE! You have been willing to develop and embrace a new mission and vision: you have stepped into our team structure and leadership in addition to established committees; you have adopted a set of bylaws that changed leadership terms and added a vice-president. Like UU itself; SUUF is a living tradition.

“Blessed are you who agitate the placid waters of complacency...”

Complacent? Not us! Neither our Social Justice Team or the Community Outreach Committee allows that! We tackle issues such as LGBTQ+ rights and are a “Welcoming Community”; animal rights; racial issues, indigenous peoples, housing issues. SUUF is a caring and active fellowship.

“Blessed are you who build friendships as well as justice...”

Our community is about both. Friendships thrive at SUUF, as here we freely share who we are, and find acceptance for our beliefs. Speaking of friendships, it's a gift to your friends, when they ask about your week or your interests, to share what you're excited about in our fellowship. I've shared my enthusiasm about SUUF with several friends, without even inviting them to SUUF. They came and have become members. Why are new members important? From January '23 to January '25, we added 40 new members, yet we have hovered around 80 members much of that time. People join SUUF, and they also move away to be nearer children, and people pass on. So, do offer the gift of SUUF to friends, and also be aware of our need to grow in order to thrive. Remember: Community is built one invitation at a time (by each of us)!

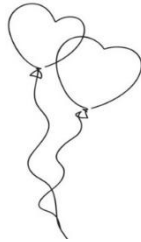
“Blessed are you with an active spiritual life; you will find perspective and comfort in times of loss and betrayal, and will rise without cynicism to meet the challenges of a new day.”

Some of us at SUUF may not particularly relate to the term “spiritual”, yet I imagine we all have an inner space where we find calm, reflection, peace, insight. This space informs me that the next chapter of SUUF will rise to meet its challenges, that it will be open to the new opportunities that unfold. And this inner space also informs me that Paul and I will do the same in our next chapter in CA.

“Blessed are you who live from a place of gratitude; for you will know the meaning of Life.”

Words can hardly express the meaning I’ve found in my service to SUUF--a labor of love! People often express gratitude for my efforts, and what they don’t realize is how much SUUF has given me by allowing me to express my love and my talents in a whole host of ways in this beloved community. Yes, it’s been a lot, and yes, I’ve loved it! I stepped into presidency here at age 78 ½ and feared being too old for this kind of role in which I’d served in as a younger (more energetic) person. However, it’s been a beautiful experience. I’m telling myself that I now move from doing to being... we’ll see!!

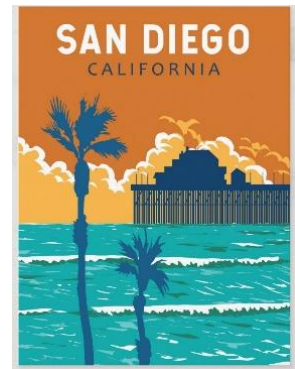
Much Love...Tanya



EVENTS

Farewell to Tanya and Paul

With heartfelt gratitude, love and best wishes the Board and Congregation will say farewell with a coffee party following Sunday service on **March 23**, in the Social Hall. Tanya and Paul will be missed very much!



Journey of Aging Free Seminar - “How Planning Can Help You Maintain Control When Life Feels Out of Control”.



Bonnie Shimko is the founder of AZ Care Management Solutions; whose mission is to empower seniors and families through the complex journey of aging. With decades of experience, Bonnie shares her insightful and humorous stories highlighting the significance of not facing this journey alone.

The seminar will take place at the Church of the Red Rocks, 54 Bowstring Dr., on **Wednesday, March 26, 10:30a-12p.**

Q&A immediately following seminar. Space is limited, so sign up now in the lobby after Sunday services.

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

April/May – “Long Strange Trip,” UU History videos and discussions led by Rev. Anthony at Church of Red Rocks.



April 26 – Earth Day event & film co-sponsored with Northern AZ Climate Change Alliance. Details to come.

April 27 - Concert FUNdraiser with Susannah and Vincent Z’s dynamic duo: Flor de Bee - details to come.

CONNECTIONS

Book Group

The March/April book selection is *The Book of Joy: Lasting Happiness in a Changing World*

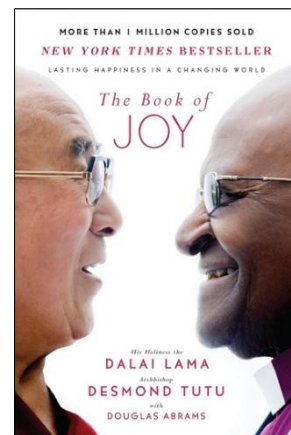
by Douglas Abrams, featuring conversations with His Holiness the Dalai Lama and Archbishop Desmond Tutu. Two spiritual giants. Five days.

Nobel Peace Prize Laureates, His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet.

In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in India to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: *How do we find joy in the face of life's inevitable suffering?*

Join the group at 2345 Corral Rd., home of the McCaffrey’s. The 4 sessions will be facilitated by Tom Helgesen. First meeting, **March 10, read pp. 1-80.**

The following meeting dates are March 24, April 14, and April 28. Signup at SUUF to join and to get personal notices!



Social Justice Interfaith Film



The SJ team movie pick for Wednesday, **March 12**, from 10:30-12 at Church of the Red Rocks, 54 Bowstring Dr. is *Broken Rainbow*.

Broken Rainbow is approximately one hour long and can be viewed on YouTube at <https://www.youtube.com/watch?v=W5z8OgMfXXc&t=2794s>

Before you come, view the powerful PBS documentary *Broken Rainbow* that sheds light on the devastating impact of the Navajo Nation’s forced relocation from Black Mesa after the 1974 Navajo-Hopi Land Settlement Act. This followed the discovery of massive amounts of oil, natural gas, uranium and coal under Indian land. Federal policy allowed mining operations to come in and extract the minerals. The operations depleted and contaminated land and water resources permanently.

Join in to discuss and to explore the ongoing struggles of the Navajo community – particularly 55 Navajo families that live without electricity or running water on the Hopi reservation at Black Mesa. **A Navajo community leader will join us along with the founder of the Broken Rainbow Foundation.** This discussion is a chance to learn, reflect, and stand in solidarity with the Navajo people, engage with Navajo community leaders, **ask questions**, and deepen our understanding of the Navajo Nation’s story. Sign up in the lobby after Sunday service.

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 at a **new location!**



Meetings are 10:30-noon on the 2nd and 4th Fridays of the month at

Marj Haas's house, 20 Sandstone Dr., W. Sedona. Or join us on Zoom at <https://zoom.us/j/91655592303?pwd=awLYjqdRURie9KnTexxu1tQa0ScNqu.1>

March 14 Topic: *Is there a higher power in your life? How do you relate to it?*

March 28 Topic: *How are we still influencers?*

SUUF and Me - An Interview with Sunday Larson

Where did you grow up?

Utah, on the ski slopes, by the rivers, and in the canyons.

What is/was your career?

I've recently started calling myself a 'Serial Creative' because I can't label my work life. At this time, I'm primarily a writer, perfume designer, director of a charitable foundation and manager of my personal rental properties. After graduating with a Liberal Arts degree from the University of Utah, with emphasis on Women's Studies and the semiotics of women's literature and art history, I worked as a designer for Tiffany and Co. Later, while in graduate school, I reclaimed a patch of urban blight and transformed it into an 'edenesque' residential community with common gardens and orchards. This is the short version of my 'career', a concept I don't identify with.

When did you come to the Verde Valley and why?

My late husband and I moved here permanently in 1997. I visited here with my parents many times while growing up, as my mother has a deep Arizona family history, and her father had mining business interests in Jerome. Although my parents retired here in the early '80's - I'm grateful I was able to spend adult time with them - I still don't know why I moved here, as I much prefer alpine climates and terrain.

Are you involved with any volunteer activities you'd like to share?

I volunteer at the Humane Society of Sedona where I am known as "The Grass Lady" for the grasses that I grow weekly for the cats. I support the Sedona Food Bank and Sedona Area Homeless Alliance.

Do you have hobbies with which you're involved?

My work is also my leisure.

What is your religious background?

I was raised secular, or as I recently learned, another term is 'unchurched'. I consider myself spiritual, but I practice privately.

What brought you to SUUF?

I already knew many of the members. I'm enjoying meeting new friends, and I find the community welcoming and not imposing. I appreciate the refreshingly open-minded perspective and I always leave the service feeling satisfied on a soul level.



March Birthdays

Melissa Murray – March 7

Penny DeJarnette – March 17

Pat Kopitke – March 26

Cora Shor – March 11

Pat Loomis – March 19

Alan Gore – March 29

JJ O'Brien – March 13

Ken Young – March 26

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

Opportunities to Share

Check out a few opportunities to share as you bring joy to yourself and others!

- **Might you be a volunteer to help Gary with sound equipment some Sunday mornings.** If you have skills and/or interest in this area, Gary welcomes you! Talk to Gary or Rev. Anthony about the team.
- **Thanks, Greeters,** for your gracious service. **We now have 3 greeters each Sunday to welcome and attend to all...especially our newcomers.** It's uplifting to see all smiling faces as they enter SUUF!
- **Summer Service Series** – If you have ideas and/or wish to be a part of SUUF's lay-led July and August services, contact Joe at wegwert.az@gmail.com. It's an exciting, creative project. Join us!
- **Hope House** provides a home and training to help an unhoused family transition into a new way of living. Penny DeJarnette has been our representative to that worthwhile project. Thank you, Penny! Talk to her if the possibility of filling that role is of interest to you, or email her at ptpenny61@gmail.com.
- With people moving, we have teams with opportunities to be involved with your community. Paul Friedman is stepping down as **Marketing** Team Chair and Penny DeJarnette as **Social Justice** Team Chair, leaving openings on those teams. Either spot might use *your* talents! Big thanks to Paul and Penny for their dedicated service to SUUF over the years. We will miss you!



CONNECTIONS & FOOD

Friendly Feasts

February Feasts are such fun—food, friendship, and frivolity – all in one evening!

The next Friendly Feast is **Saturday, March 15**. We would love more hosts, which involves providing a main course and asking the attendees to bring side dishes. The number of people is determined by *you*, usually between 4-6 other folks.

Friendly Feasts build community by getting to know other SUUFers over food and conversation. By the way, Feasts can be breakfast, lunch, or dinner – whatever works best for you.

Is it time for you to enjoy hosting SUUF friends?

Contact Suzanne Burkey at Sfburkey47@gmail.com or 309-635-6681 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 Juniper Bar & Grill in the Sedona Golf Resort in the VOC, this month on **March 12th**. 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 **March 19th** at **12:00**, at the Juniper Bar & Grill in the VOC. You'll receive an Evite 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 Malat to sign up bbmalat@gmail.com.



SUUF RECYCLES

to create a more sustainable world!



FREE picture frames from Eleanor Cohen - All sizes, 3 x 5 to 11 x 14. From basic to black and smaller ornate ones. Contact Sarah Anne after service, call or text 928-821-1001 and leave a message.

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

BOARD, TEAM, AND COMMITTEE REPORTS

Finance Team

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

Some of the advantages of creating a bequest include:

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

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

Social Justice Team

The Social Justice team would like to thank all those who have donated items to our **Broken Rainbow** collection drive. Tom Helgeson has been very busy picking up donations from several homes and collecting items brought to SUUF services. He already has several loads to deliver to the charity.

Of Interest: Native Americans under the Trump Administration

Levi "Calm Before the Storm" Rickert, a member of the Prairie Band Potawatomi Nation, is the founder, publisher and editor of Native News Online. Please read his article below called: **“Stop Confusing Tribal Sovereignty with Race.”** <https://nativenewsonline.net/opinion/stop-confusing-tribal-sovereignty-with-race>

Also, read this article by Judith LeBlanc, a member of the Caddo Nation, and the executive director of Native Organizers Alliance and NOA Action Fund. **“Trump's Freeze on Virtually all Federal Funding Hits Indian Country Particularly Hard”** <https://nativenewsonline.net/opinion/trump-s-freeze-freeze-on-virtually-all-federal-funding-hits-indian-country-particularly-hard>

Outreach Committee

Thank you for your continued support to everyone who participated in the January and February, “Share the Plate” offerings. We raised \$407 for the Sedona Area Homeless Alliance (SAHA) and \$391 for SedonaKind.

March’s Share the Plate offering will go to Manzanita Outreach whose mission is to “share the abundance of resources within our communities with dignity and joy”. Their goal is to make Yavapai County the first food-secure county in America. Manzanita Outreach (MO) has served nearly 20% of the residents of the Verde Valley since the start of 2021.

Food pantries are not typically associated with high-quality food. A traditional food pantry receives the excess, unwanted, or nearly-expired food that is unsalable through main stream channels. Manzanita Outreach brings locally produced, farm-fresh produce, meat and dairy products to its **Food Sharing** events.

Here are some of the ways Manzanita Outreach works to achieve its mission:

- **Food distribution:** Delivers food to homes and neighborhoods, and hosts community food sharing events, including drive-thrus. They also distribute food for seniors and children.
- **MO Packs for Teachers:** Delivers 100 individually wrapped snacks for kids to most schools in the Verde Valley.
- **Community resources:** Maintains a website, mohelp.org, which lists food assistance availability.
- **Community partnerships:** Works with community leaders and organizations to ensure that everyone’s basic life needs are met.

Upcoming Outreach Activities

In April and May, volunteers are needed on Thursday mornings from 8:30-9:45 for the **backpack program** at Sedona Community Food Bank (30 Inspirational Dr, W. Sedona). Two people each week help pack bags with food and snacks, load the filled bags into cars, and deliver them to West Sedona Elementary School. These bags are given to school children who are food insecure, so that they won’t go hungry over the weekends. This is fun to do with a friend, so please check your calendars! Thank you for signing up in the lobby after Sunday services starting on March 9th.

The JCSVV has asked us to join them again this year to collect donations for the **Summer Survival Kits** that are provided to homeless folks through Cottonwood Old Town Mission. Please start shopping for the following items that we will collect in April: Sunscreen, lip balm, hand wipes, bug spray, and hats/visors (can be used but in good condition).

Board Meeting Minutes

Minutes for the Board Meeting on February 25, 2025

The regular monthly meeting of the Board was called to order on ZOOM by President Tanya Mayer at 9:12 AM. Those present included Gary Stewart, Ben Shor, Donna Fox, Barb Malat, Mary McCaffrey, Piya Jacob and Reverend Anthony Mtuaswa Johnson.

Unfinished Business: There was much discussion and review of several meetings held by Tanya and various board members with Pastor Elizabeth LeMaster of The Sedona United Methodist Church (SUMC). These meetings were regarding SUUF possibly renting their main sanctuary every Sunday, a permanent SUUF sign on SR 179, meeting rooms as needed, office space for Anthony one day a week, and use of the “New Room” for summer services and events. The offer proposed by Pastor LeMaster and approved by her congregation states that SUUF would enjoy all of the above amenities for the same amount of rent that we currently pay to the Synagogue for one year beginning July 1, 2025 after which time the rent will be reassessed and agreed upon according to our budget for following years. A contract will be created and signed by both parties. A training on AV equipment will take place by July 1. Gary moved that we accept the offer moving to SUMC from July 1, 2025 – June 30, 2026 subject to the formal written agreement. The motion was seconded and carried unanimously. Tanya will notify the Synagogue. Anthony, along with the entire board, will notify the congregation during our next Sunday service on March 2, 2025.

Mary moved to approve all monthly reports that had been previously submitted by the President, the Minister, and the Treasurer. The motion was seconded and passed. The minutes for the January board meeting had already been approved by the board and submitted to The Flame for publication.

Tanya reminded us of the importance of long-range discussion questions, the examination of SUUF and related research, and that we need to continually look to the future. The Board are the visionaries for SUUF.

Discussion followed regarding the spring fundraiser/concert to be held at SUMC in April. Mary will be scheduling a meeting to discuss further.

New Business: The board has interviewed Dee Wegwert for the position of SUUF President following Tanya’s departure. Dee offers years of experience being involved in UU Fellowships often taking leadership roles. Gary moved to approve Dee Wegwert to serve as our president fulfilling Tanya’s term beginning March 21, 2025. The motion was seconded and approved unanimously. Dee is warmly welcomed to the board. Tanya and Paul will be missed very much. With heartfelt gratitude, love and best wishes the board and congregation will say farewell with a coffee party following services on March 23rd.

The following members have left our fellowship and are now officially listed as “Friends of SUUF.” Mark and Carol Watson, Peggy and Dieter Knecht, Nancy Martin, Chuck Spence, Christine Bendele, Lin Ennis, Binnie Jessee, Patty Delp, Rose and Rick Gnerich, Curt Ireland and Bill Horn. While these goodbyes are sad, they have all been invited to visit anytime they are in the area or when they are moved to do so.

Meeting adjourned at 10:35 AM

Respectfully Submitted by Donna Fox

FOCUS ON MARGINALIZED COMMUNITIES



Please join us for our monthly PFLAG Sedona/Verde Valley Support Meeting on **Tuesday, March 11th, 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 speaker is TBD. 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=TzJuVzFscck1xQk5vcjcyWDYzMWRzZz09>

Meeting ID: 922 3797 2093 - Passcode: AZPFLAG

International Transgender Day of Visibility is March 31

This is a day to celebrate the lives and contributions of trans people, while also drawing attention to the poverty, discrimination, and violence the community faces.

There are over 1.6 million trans, non-binary and gender-expensive youth and adults across the US. We are parents and family members. We are your coworkers, neighbors and friends. We are a diverse community, representing all racial and ethnic backgrounds as well as all faith traditions.

While we have made significant progress in recent years, with more visibility than ever before, we are still fighting for basic human rights for the community. Today and every day, we must celebrate all trans and non-binary people everywhere and combat disinformation, discrimination and hate impacting our community.

Sedona Area Homeless Alliance



Did you know...

Arizona is considered to have one of the most diverse climates and temperature ranges in the United States, ranging from desert heat in the south to cooler temperatures in the higher elevations. In Sedona where we experience both, temperatures can vary greatly within the same day. If we are outside enjoying sunny weather and feel uncomfortably hot, it's a cool relief to go back indoors. If we are outside enjoying cooler or cold weather and decide to go back indoors, the warmth feels like a hug.

Arizona weather gifts us the choice of a myriad of outdoor interests and activities and our body naturally regulates itself to stay at a safe body temperature. We help that effort by adjusting the clothing we wear and by retreating back inside where we can cool off or warm up and normalize body temperature.

However, as we feel refreshed and exhilarated with these temperature changes, outdoor temperatures affect those who are homeless differently and more severely. There are not enough opportunities to be indoors, so the nervous system which regulates body temperature through the hypothalamus is continuously working in an effort to produce a safe body temperature.

When temperatures **rise**, blood circulation changes and in hot environments blood vessels near the skin dilate to allow more blood flow to the surface for heat dissipation. This can lead to reduced blood flow to other organs especially during excessive heat for long periods of time.

When temperatures **drop**, the blood rushes to surround vital organs in an effort to protect them, leaving extremities less protected allowing dangerous possibilities especially during times of precipitation, like hypothermia, frostbite, and other health problems.

Excessive and continuous temperature extremes, whether it be heat or cold, have similar implications like headache, confusion, altered mental state, rapid or reduced heart rate, and potential organ damage. It's the most harmful during the seasons in which we experience low temperatures and high temperatures in the same day. This is one of the contributors to the lower life expectancy of the homeless, as compared to the homed community.

SAHA clients generally text (928) 978-9387 to request services
Sedona Area Homeless Alliance • text/call 928 978 9387 • email sedonahomeless@gmail.com
PO Box 1411 Sedona AZ 86339 • www.SedonaHomeless.org