

VUCP Connections

Your Invitation to Connect and Grow at VUCP



Service Opportunities

Membership

Opportunities to Learn & Grow

Small Groups

Starting Point

Sunday Worship

Sunday Worship

Welcome to UUCP! This is a religious community

Welcoming all as we
Share our Journeys
Grow in Spirit
Together work to Advance Justice

The best way to see, feel and get to know this community is through Sunday morning services. Each month we explore a theme in depth. Our themes challenge us to grow in meaning, build connections across diversities and generations and make our world a better place.

Service times:

May – September 7: 10:30AM

September 15 – April: 9:30AM and 11:15AM



*Rev. Susan
Frederick-Gray*

Monthly Worship Themes

September	Commitment
October	Forgiveness
November	Interdependence
December	Faith
January	Courage
February	Compassion
March	Intention
April	Generosity
May	Meaning
June	Imagination
July/August	Balance



Starting Point

Are you new to UUCP? Do you have questions about UUCP and Unitarian Universalism? Starting Point is an informal program especially for you! Meet Rev. Linda Lawrence, our Assistant Minister, by the Starting Point sign in the front lobby any second Sunday of the month. You don't have to sign up. Just show up!

In twenty to thirty minutes, Rev. Linda will answer questions and take you on a brief tour of our campus. She will also give you some tips on the best ways to start making connections at UUCP.

All newcomers are invited to enjoy a Starting Point conversation and tour. If you are thinking about becoming a member of our congregation, we strongly encourage you to attend Starting Point prior to enrollment in a Pathway to Membership program.

Starting Point Times (Second Sunday of every month):
10:45 AM October through April
9:45 AM May through September



*Rev. Linda
Lawrence*

Community Nights

Break Bread and Make Friends at UUCP. Community Nights are a time of fellowship and community building for all ages. We provide the main dish with a vegetarian option and one side. Just bring your appetite, enthusiasm, and a side dish or dessert to share if able. You are also welcome to bring a sack supper if you prefer.

Chalice Kids is a program for children that begins right after the meal at 6:30pm. Please let us know in advance if you have a child two years of age or younger so we have appropriate staffing for the nursery. Email Anne Byrne at annebyrne@phoenixuu.org or call her at 602-840-8400, Ext 233

When: Thursday evenings 6:00 PM
October and November 2014
February, March & April 2015

Where: Johnson Room and Patio

Suggested Donation: \$5/adults, \$2/children under 10, \$10 family

Small Group Ministries

Connect – Share – Grow – Serve

Small Group Ministry is an ideal way to connect to others and tend to your heart and spirit at UUCP.

Life can feel like a frenzied struggle against a materialistic world, which leave us feeling disconnected from our deepest selves, and without the energy to reach out in love and service to others.

Small Groups provide a space to tend to your heart and spirit. They follow the monthly worship themes and offer a way to engage the themes in your daily life and grow and learn with a group while sharing your own story, insights and learnings. Each group is led by a trained facilitator. Each group also engages in a service project at least once during the year to serve the congregation or wider community.



Ellie Anderla

Registration for the groups opens in September. You can always drop in to the Open Drop-In group to see what a small group is like. You can also find the monthly Small Group packets on our website or find out more by emailing sgm@phoenixuu.org.

Additional groups may be added to the list that follows. Check the website or contact Ellie Anderla at sgm@phoenixuu.org for more information.

Drop-In Group *no need to register*

3rd Thursdays

7:00 PM with Gary Lawrence

Groups Open to All *please register first*

1st Mondays

7:00 PM with Caroli Peterson

2nd Thursdays

6:45 PM with Vince Waldron

2nd and 4th Thursdays

1:00 PM with Ellie Anderla and Ellie Murphy

3rd Thursdays

9:30 AM off-site with Rev. Linda and Ellie Anderla

1st and 3rd Sundays

5:30 PM off-site with Lydia Yanak and Ruth Braunstein

2nd Wednesdays

1:00 PM with Janet Bickley & Anne Lackey

Identity-based Groups *please register first*

Young Adult Group - 2nd Tuesdays and 4th Thursdays

6:45 PM with Caitlin Tuffin and Kathryn Kosmider

GLBTQI Group - 1st and 3rd Wednesdays

7:00 PM with Jim Sorgatz

This group welcomes new members year-round.

Parent's Group (especially parents of young(er) children) - 3rd Wednesdays

6:30 PM with Jonny and Carrie Liftschitz

UU Christians - 2nd and 4th Thursdays

7:00 PM with Denise Selvey

Senior Women's Group - 2nd and 4th Tuesdays

12:00 PM with Peggy Paden and Dorothy Lewin

Men's Group - 2nd Wednesdays

7:00 PM with Michel Gareau



Adult Classes

Faith Like a River: The UU Film Series

Facilitator: Randy Miller

Wednesdays, October 1 - November 19, 7:00 PM

This film series will explore through eight two-hour sessions (using 6 films, documents, select readings and discussions) the historical development of Unitarian and Universalist ideas and practices over the past two thousand years.

Optional Reading: David Bumbaugh, Unitarian Universalism (Boston, 2000)



Randy Miller

Emotional Intelligence: Key to Success in Business and Relationships

Facilitator: Mary Dawes

Thursday, October 2, 6:30 PM

This workshop will provide an overview of Emotional Intelligence and guide you in activities to develop your skills and improve your relationships.



Mary Dawes

Building Intercultural Competency

Trainer: Beth Zemsky

Saturday, November 1, 9:00 AM— 4:00 PM

Beth Zemsky is an expert trainer helping organizations build more inclusive and culturally adaptive communities. She has worked with universities, non-profit and for-profit organizations and faith communities. This workshop will provide insights for individual skill building and help UUCP as a community become more inclusive across diversities.

Adult OWL Sexuality Education

Facilitator: Anne Byrne & Jeff Newman

Thursdays, 11/30/14 - 1/15/15, 6:45 PM

Also meets on 11/9/14 and 1/4/15, 1:00 PM

Our Whole Lives (OWL) is a series of workshops providing an overview of many aspects of human sexuality. UUCP has long offered the OWL programs to our children and youth and we are now ready to offer the adult curriculum.



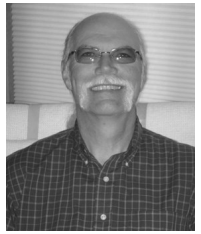
Anne Byrne

Exploring UU Values in Short Fiction

Facilitator: Gary Lawrence

Wednesdays, January 21 - February 24, 2015, 7:00 PM

This class will evaluate literary stories in light of UU values. Prerequisite: A love of reading. This class will take a non-academic approach, and stories/themes discussed are often mature and/or graphic.



Gary Lawrence

A UU Encounter with the Bible

Facilitator: Gary Ezzell

Thursdays, Apr 2 - 23, 2015, 7:00 PM

This class will explore Jesus' teachings, drawing from books to understand his culture and see how the parables often meant something different than we conventionally think today. We will also explore two Old Testament books that often resonate with UUs, Job and Ecclesiastes, because they pose questions more than offer answers.



Gary Ezzell

Kick Gas

Facilitator: Lynn Ellsworth

Thursday, April 23, 2015, 7:00 PM

This course will be about basic electricity, electric bikes, and electric cars. We will answer questions such as "what is it like to ride an electric bike and ride in an electric car?"

Couples Enrichment

Facilitators: To Be Announced

Thursdays, February 5 - March 12, 2015, 7:00 PM.

Couples Enrichment will offer a series of six workshops for same-sex or mixed-sex loving adult partners who wish to enhance their committed long-term relationships.

The Generosity Path: Finding the Richness in Giving

Facilitators: Heidi Parmenter & Diana Ashley

Sundays, May 31 - June 28, 2015, 9:00 AM

This workshop explores connecting money to our values, beliefs, and loves and promoting skills and strategies in charitable giving.



Diana Ashley

Addictions Discussion Group

2nd and 4th Saturdays, Year-Round, at 4:30 PM

This addictions support group meets to discuss various compulsive and addictive behaviors. We provide a safe haven to discuss how our week has been and to talk openly about our spiritual beliefs. It is designed for those with stable recovery (we ask for 6 months of sobriety). For more information, call Gene at 480-361-9067.



Children's Classes

UUCP supports robust ministry programs for the children and youth of our congregation. Intended to create community, experience wonder, and support each child's search for meaning, our Sunday religious education offerings are tailored to the needs of each age group:

Babies and Toddlers

Quality care is provided for babies (newborn to 18 months) in our nursery and toddlers (18 months – 3 years) in our preschool room, during both worship services and through the summer.

Three to 14 Year Olds

Weekly classes are held during the first service for age-based groups (Preschool – Pre-Kindergarten, K-1, 2-3, 4-5, 6-8th grades). Led by volunteer teachers, the classes explore our monthly worship themes and utilize curriculum from the Unitarian Universalist Association and other sources to explore our Seven Principles, UU history and historical figures, justice and love. The classes include rituals, stories and activities that engage the whole child.

During the summer and the second worship service, multi-age classes are offered, frequently with special themes and focus. In the summer 2014, our youth were world travelers, visiting different countries each week, courtesy of congregational "tour guides" who shared

information, food, crafts and activities throughout the world.

Middle School Youth – Coming of Age

Young people in 7th and 8th grades are eligible to participate in our Coming of Age program, a nine-month exploration into personal beliefs, other religions, community service and the development of a personal credo. Guided by volunteer teachers and adult mentors from the congregation, this coming of age program invites participants to join the congregation as members at the program's completion.



Director Anne

High School Youth - YRUU

Our Young Religious Unitarian Universalist (YRUU) group provides a welcoming and safe environment for high school age youth to share, seek meaning, challenge and grow together. YRUU meets weekly during worship services, led by engaged youth advisors. Youth from YRUU lead an annual worship service and participate in state and regional "cons," conventions of youth from Arizona, California and Nevada.

Volunteers Ministering to Our Young People

Our religious education programs are all staffed by dedicated volunteers who pour their passions, skills, beliefs and time into facilitating outstanding classes and groups for youth. Training is provided and teachers serve as the congregation's Children's and Youth Ministry Committee. Serving as a teacher or youth advisor is a meaningful and fun way to engage with the congregation. If you are interested in volunteering with UUCP's Children's and Youth Ministry programs, please contact Anne Byrne, Director of Children's Ministries.

Worship Service Together Time

Most Sundays, elementary-aged youth start services with their parents in the sanctuary. After the opening hymn, lighting the chalice, and opening words, young people come to the front of the sanctuary for Together Time, which is the weekly message or activity for children. A story, activity, song or drawing items from the "Mystery Box" to prompt discussion make up this time with children, who are active participants, often called upon to answer questions or give opinions about the monthly worship theme. Once Together Time is complete, the congregation sings the children out to their religious education classes.

Multigenerational Services and Children's Chapel

Five services during the year will be multigenerational, or all-ages, with children and adults worshipping together for the whole service. The first all-ages service will kick off the church year with the annual In-gathering Water Communion, where congregants share water from summer travels. At the first of November, we will celebrate All Souls Day/Dia de los Muertos with a service honoring the Day of the Dead traditions from Mexico. Also in November, we have our annual bread service near Thanksgiving, where we share homemade bread from our cultural and family traditions. On Christmas Eve, we have a special family service where we perform our traditional "No -Rehearsal Nativity Pageant." In the spring, we celebrate Earth Day with the Unitarian Universalist Flower Communion on April 19.

After hosting a meaningful Earth Day Children's Chapel in 2014, we will expand and offer four Children's Chapel worship services in 2014-15. Children's Chapels bring together all of our children and youth for special worship services of their own. The first service will be on October 5 for Yom Kippur and Forgiveness. We will have a Solstice Celebration on December 21 and honor Martin Luther King on January 18. We will wrap up our Children's Chapel services on March 11 as we explore Intention as our worship theme.



Music Ministries



Benjie Messer

Want to get involved in making music at UUCP? Contact Music Director Benjie Messer at benjiemesser@phoenixuu.org about any of the following activities:

Congregation Choir

Experience the intimacy and beauty of singing in a group! UUCP's Congregation Choir rehearses every Wednesday from September through May from 7:00-9:00 PM, and performs at two or three Sunday services each month. This group is open to adults or high school youth. The ability to read music at an elementary level is helpful.

Family Choir

Want to involve your children in music at UUCP? The Family Choir is for children, their families and others young at heart. This group performs at two multi-generational services each year, and holds several rehearsals for each at convenient after-school times. No previous experience in music is necessary!

Instrumentalists

If you play an instrument, or if you used to play and would like to pick it up again, let Benjie know! Some instrumentalists meet semi-regularly. We have a Ukulele Circle, a trombone quartet, and a bluegrass band - and many others contribute solos or join together in small groups to provide music for occasional services.

Outreach Music Ministry

Several times each year, our Outreach Music Ministry sings favorite hymns to members and friends who are homebound or in care facilities. If you'd like to join them on their next visit, contact Jerry Whalin at omm@phoenixuu.org or 480-990-3097.

Sound Volunteers

Want to use your ears and get familiar with audio equipment? We are always happy to train volunteers to provide audio support and make recordings of our worship services and special events.

Exploring Membership

Membership at UUCP is a significant decision. None of what we do – our programs, worship, classes, fellowship – would be possible without the support and leadership of members. Members are the foundation and health of our community and mission. And it is our hope that by joining the congregation, members experience an even greater connection to the community a deeper engagement with their own growth, and greater opportunities for leadership and service within and beyond UUCP.

What does it mean to be a Member?

There are 5 Pillars to membership at UUCP.

1. Active participation and engagement at UUCP
2. Generous financial giving to help UUCP thrive
3. Generous giving of time and service to help UUCP innovate.
4. A commitment to your own spiritual growth
5. A recognition of how you are called to service beyond the congregation

What if I am considering membership?

Before becoming a member, we encourage everyone to:

- Attend a Starting Point class (page 2)
- Take time to get to know the community
- Enjoy Sunday worship, enroll your children in Children's Ministries (page 5)
- Join a small group (page 3) or take an Adult Faith Development class (page 4)

How do I become a Member?

Our Pathway to Membership (PTM) program is a 2 part class that invites you to meet with other people considering membership, hear more from ministers and leaders about what it means to be a member, ask questions, learn about the history of Unitarian Universalism and UUCP and ends with an invitation to join UUCP by signing the membership book and pledging your support. There is no pressure to join. We recognize membership is a commitment and we hope people will take their time before joining.



*Jenny Jones
Moats
Membership
Committee
Chair*

There is an optional third session for PTM, a “class reunion” of sorts. A month or two after the class, all participants will receive a special invitation to meet together during a Sunday coffee hour to reconnect with fellow PTM participants, staff and Membership Committee members to find out how things are going for everyone. At this time, facilitators will answer questions that have come up since the group was last together and can assist people in getting better connected if needed.

Pathway to Membership Dates:

Thursdays, November 6 & 13 7:00 - 8:30 PM
Sundays, February 1 & 8; 8:45 -10:15 AM
Thursdays, April 2 & 9 7:00 - 8:30 PM

To register for one of the Pathway to Membership programs, contact the UUCP office at 602-840-8400 X 200 or sign up at the Welcome Table in the front lobby on any Sunday morning. You will get a phone call or email a week or two before the PTM series begins to confirm your plans to attend. There is no fee to participate in the Pathway to Membership program.



Service Opportunities

Prepare a Meal for the Community

Help make Community Night happen! Shop for and help prepare a meal for Community Night. Contact Rev. Linda Lawrence at lindalawrence@phoenixuu.org or 602-840-8400 x204.

Greet or Usher

Ushers and Greeters help welcome everyone to Sunday services. Contact Rev. Linda Lawrence at lindalawrence@phoenixuu.org or 602-840-8400 x204.

Teach our Children

Sunday School Lead Teachers/Co-Teachers have fun while inspiring the next generation of UUs. Contact Anne Byrne at annebyrne@phoenixuu.org or 602-840-8400 x233.

Volunteer as a Youth Advisor

Help our Young Religious Unitarian Universalist (YRUU) group provide a welcoming and safe environment for high school age youth. Contact Anne Byrne at annebyrne@phoenixuu.org or 602-840-8400 x233.

Spruce Up

Small touches make a big difference! Come to a work day and help make UUCP look its best! Email Bill Mee at maintenance@phoenixuu.org.

Care for our Plants

Are you a Master Gardener? We are always looking for experts to help us plan for the care for the beautiful greenery on our property. Email Bill Mee at maintenance@phoenixuu.org.

Help Us Go Social

Love social media like Pinterest or Facebook? The office is looking for a Social Media Volunteer to help us find great content and expand beyond Facebook. Contact: Jill Story at jillstory@phoenixuu.org or 602-840-8400 x201

Be a Welcoming Presence

Enjoy talking to people? Have good computer skills? Become an Office Volunteer! Contact: Jill Story at jillstory@phoenixuu.org or 602-840-8400 x201

Be a Friendship Partner

Friendship Partners is a very important way to extend the ties of community to those who are temporarily or no longer able to participate fully in UUCP activities. Friendship Partners make monthly visits or phone calls to their friends. You may be friends with a new parent, a caregiver, or someone with mobility issues that prevent them from participating fully in UUCP activities. Email Cara Denby at friendship@phoenixuu.org.

Support Others Through Unicare

We encourage you to join the Unicare email list as a volunteer. You will have opportunities to send cards or emails, make calls or visits, or assist with other needs as you are able. To share news, request support, or volunteer, contact Maureen Jeffries at unicare@phoenixuu.org.

Design Great Graphics

Join our new graphic design team and help UUCP create a beautiful print and web presence. Email Mat Montgomery at publicity@phoenixuu.org.

Help Spread the Word

We are looking for people with marketing experience to help us increase our visibility in the community. Email Mat Montgomery at publicity@phoenixuu.org.

Serve a Meal to Homeless Families

Serve a Meal on the first Sunday of the month at 5:00 PM at UMOM New Day Center. Email the New Day coordinator at newday@phoenixuu.org.



Bring your values to the Arizona Legislature

Attend UU Day at the Legislature

Monday February 16, 2015 – AZ State Capitol

In partnership with UU Justice Arizona (UUJAZ) a state wide organization that empowers UUs to give voice to their values through justice work. UUJAZ nurtures congregational social justice ministries, connects congregations across the state and energizes UUs to identify and act on justice opportunities at the state legislature www.uujaz.org

Nominate a Non-Profit

Every month, UUCP “shares the plate” by donating one week’s Sunday service offering to a non-profit 501(c)(3), tax exempt charitable organization that benefits our community. To nominate an organization to receive the collection, complete the online application form found on our UUCP website www.phoenixuu.org > Social Justice Ministries > Share the Plate. Email Jan Kaplan at sharetheplate@phoenixuu.org,

Teach English to Refugees

The Eritrean Refugee Initiative (ERI) is an outreach ministry of UUCP organized to meet the needs of newly resettled political refugees from Eritrea in east Africa. We have worked with more than 70 Eritrean refugees, teaching English, providing furnishings and or groceries to new arrivals, helping to find solutions to problems, making connections in the community, and generally befriending newly resettled people from a tiny country in east Africa. Often our English classes are attended by refugees from other countries. Come help us roll out the welcome mat! For more information please contact Libby Walker at ERI@phoenixuu.org.

March in the Pride Parade

UUCP has a proud history of reaching out to the GLBT community by marching side by side with other people in the Phoenix Pride Parade and by sponsoring a booth at the Pride Festival which is held at Steele Park. Pride Parade weekend this year will be April 6 and 7th.

Represent UUism at the Rainbow Festival

We also staff a booth at the Rainbow Festival in the fall which is a smaller event held in Downtown Phoenix. This year Rainbow Festival will be October 6 and 7th. At our booth, we answer questions and hand out information about Unitarian Universalism, and we provide contact information for the four UU congregations in the Valley.

Lead a Social Justice Ministry Team

Our mission calls us to bring our faith into action in the world to advance justice. Many of our Seven Principles (our core values) relate to building a more just and equitable world.

We covenant to affirm and promote:

- The inherent worth and dignity of all people,
- Justice, equity and compassion in human relations,
- The goal of world community with peace, liberty and justice for all,
- Respect for the interdependent web of all existence of which we are a part.

We do this through our Justice Ministry Teams.

Justice Teams go through an application process and are approved by the lead minister. Download the Justice Ministry Team Application from the Social Justice Ministry page of our website.



Activity Groups

Circle Dinners

Circle Dinners are monthly small dinners held in members' homes from October through May. They are designed to provide an avenue for newer and long standing members to gather in a casual environment to share good food and conversation. For more information, call Mary Wilber at 480-473-1150 or email her at circledinners@phoenixuu.org.



Mary Wilber

Job Club

The UUCP Job Club provides support and professional expertise to the unemployed and those making career transitions. Support is provided individually through consultation. Call Pauline Peverly at 602-274-8342, or email her at jobclub@phoenixuu.org.



Pauline Peverly

Outdoor Group

The Outdoor Group is a recreational and social group that meets the second and fourth Saturday of most months, plus New Year's Day, to share an outdoor experience, primarily hiking. We welcome and encourage new members to participate. Email George Karas and Julie Smart at outdoorgroup@phoenixuu.org.



Julie Smart

Poetry Coffeehouse

Poetry Coffeehouse's purpose is to read, encourage and appreciate poets and other writers. Once a year we publish a journal, Poikilos, which means many colors in Greek, and celebrates the wonderful variety of writing by members and friends of the congregation. Call Tish Gaunt at 602 992-1563, or email Ann Bixel at poetry@phoenixuu.org.



Ann Bixel

Sewing and Craft Circle

The Sewing and Craft Circle meets monthly to make simple items to help others. Most recently the group sent children's dresses to Haiti and has started making knapsacks for children being removed from their home by Child Protective Services. Usually the group works together in the Johnson Room one Saturday each month on a drop-in basis between 11 AM and 4 PM. Call Paula Adkins at 602-999-5004 or email Lori at sewing@phoenixuu.org.



Paula Adkins

Traveling 2nd Fridays

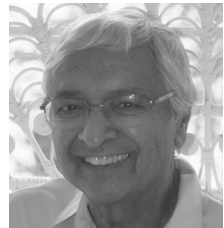
Traveling 2nd Fridays meets on the second Friday of each month from January to June at 7 to 8 PM at UUCP. We share travel experiences with slides, pictures, stories, souvenirs, etc. Each month a different presenter invites members to join an armchair visit to a new locale. Call Barbara Cawthorne at 480-994-1452 or email her at travel@phoenixuu.org.



Barbara Cawthorne

Walking Poetry Lovers

Weekly 3.5 mile walk in 1.75 hours with stops to enjoy the views and poetry through the Phoenix Mountain Preserve northeast of Northern Avenue and 16th Street. Meets Friday mornings at 6:00 AM in the summer and 7:00 AM in the cooler weather. Call Jay Alagia at 602-952-8889 or email him at jayalagia@gmail.com.



Jay Alagia





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Rev. Susan Frederick-Gray
susanfrederickgray@phoenixuu.org
602-840-8400 x203



Assistant Minister
Rev. Linda Lawrence
lindalawrence@phoenixuu.org
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Director of Children's Ministries
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