



*A Welcoming Congregation*

## HORIZONS Journal of the UNITARIAN UNIVERSALIST CONGREGATION OF PHOENIX

4027 East Lincoln Drive, Paradise Valley, AZ, 85253

July/August 2013

### This month at a glance:

#### July:

- 4—Community Night
- 7—New Day Center Meal
- 7—Share the Plate
- 7—Poetry Coffeehouse
- 13—Sewing & Crafting Circle
- 23—Board Meeting

#### August:

- 1—Community Night
- 4—New Day Center Meal
- 4—Poetry Coffeehouse
- 10—Sewing & Crafting Circle
- 11—Share the Plate
- 24—Outdoor Group Hike
- 27—Board Meeting

#### Ongoing:

- Addiction Discussion Group
- Book Group
- Meditation Group
- Open Art Studio
- Walking Poets

Look for more details on each of these events and opportunities throughout Horizons, as well as in Compass and Sunday Announcements.

### From the President

As I embark upon my term as Board President, I have been doing a great deal of reflecting and discernment on UUCP—as a community, as an institution, as a refuge, as a place for spiritual growth and renewal, as an advocate for social justice, as a ‘beacon of moral conscience.’ It is all of those things, certainly, but it is something else, too. Something more.

Our recent Stewardship Campaign was built around the theme of “I love UUCP because . . .” There are as many different ways to complete that sentence as there are members and friends. While we each might phrase it a little differently, there have been some common themes we’ve seen in the responses: acceptance; openness; compassion; community; friendship; diversity; growth and development; common values; resonance with our principles; being energized by our services; our incredible programs; and, perhaps most importantly, love. These are the characteristics that define us as a community, that make us who we are.

Our congregation has a long and rich history that has shaped UUCP into the community we embrace today. We respect, even revere, those who came before us and built a liberal religious presence here in the valley. I don’t know if we can fully appreciate the challenges they faced (and overcame) to create this special place, but we owe them a debt that we can only repay by doing our best to continue their work.

It is now our time to carry forward the torch, to carry out the mission of our congregation, to work—aggressively—towards the achievement of our vision, to make real our Ends Statements. We have seen tremendous growth in our congregation over the last five years—we’ve almost doubled in size—with a corresponding increase in our services and programs. That is the ultimate testament to what we, and those who came before us, have achieved. We have something here that people all over this valley (as well as all over the world) are searching for, that they desperately need. As we transition from a small-size congregation to a mid-size (and eventually large?) congregation, we need an organizational infrastructure that supports and facilitates that growth. We must continue to refine our administration and application of the Policy Governance model adopted by the congregation several years ago. Our policies, processes, and procedures must evolve to accommodate and support the changes in our community.

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## From the Board...

While this may (at first) seem to be somewhat dry and ‘managerial,’ I believe that it is ultimately the most loving and spiritual type of work because it is what will enable us to *effectively* build fellowship, carry out ministry, manifest our values in the larger community, actualize our love and compassion, advance the causes of social justice, and ultimately make the world a better place.

As a practical matter, there are some specific goals that the Board will focus on in the coming months. Over the remainder of the summer, we will be looking at specific areas for improvement, developing goals, creating a work plan and schedule, and using metrics to assess progress. I hope to engage the entire UUCP community in soliciting ideas for how we can improve in these areas, and we welcome suggestions and feedback. In fact, we’d love to see more of you at our monthly Board meetings!

Briefly, in the near-term the Board will be focusing on:

**Communications** – We can and will find better and more effective ways to engage each other and facilitate the exchange of ideas and information.

**Policy Development** – There are some specific policy ‘gaps’ that we will work to fill, and we will initiate a review of some processes that have not been as effective and transparent as we would like.

**Governing Documents** – While we undertook some minor revisions to our governing documents this past year, there is more work to be done to update them and bring them into line with our long-term goals.

It is important work, and I pledge to do my best to see it to fruition.

Finally, I’d like to take a moment to acknowledge and thank our outgoing President, Jimmy Leung. Jimmy has provided exemplary leadership to this congregation during some very challenging times, and he has done so with grace, compassion, circumspection, and respect. He has led with humility, quiet fortitude, and with love. Personally, he has taught me that leadership is a spiritual undertaking, and I continue to learn from his lessons. I have very big shoes to fill, and I only hope I can do half as good a job as he has done.

With love,  
Linda Bellantoni

**These Unitarian Universalists, whose ashes were interred in the Memorial Garden this month in past years, are still remembered...**

Roberta Chamberlain  
Carl Roland Ely  
Melvyn Earl Fair  
Howard Irvine  
Lawanda Jane Roach McVey  
Rose Ruttkay

## Summer Activities @UUCP

### FROM YOUR MUSIC DIRECTOR

Summer greetings to all! First, I want to thank everyone who came to Lynne Haeseler's concert on Thursday, June 13<sup>th</sup>. Lynne created an intimate and engaging evening that included a musical demonstration of the history of the piano and guided performances of some of the world's great piano literature. The audience enjoyed it immensely, and we raised more than \$1,200 for UUCP! I'm so pleased to be in a community that supports this sort of intimate artistic sharing.

Speaking of artistic sharing, you're invited to share a little of yourself at our two upcoming summer Community Nights! On July 4<sup>th</sup>, we'll be having a barbecue and homemade ice cream party, and Anne Byrne, our Director of Children's Ministries, will be leading an informal sing-a-long and jam session. And on August 1<sup>st</sup>, I'll be leading a Variety Hour from 7:00-8:00 PM in the Johnson Room. This is a low-key, all-ages, anything-goes chance to share something creative with your UUCP community, either by yourself or in a group—tell a joke, sing a song, act out a skit, do a magic trick, recite a poem, play a musical instrument, pass around your photos, turn on a machine you built, do a dance, draw a picture, share some cookies from a recipe you created, etc. It's like a talent show, but there's no talent required—just an appreciation for what everyone has to offer. If you want to come and watch, I encourage you to share something, too, so that we're all in it together. If you have any questions, or want help thinking about what to share, please email me at [benjiemesser@gmail.com](mailto:benjiemesser@gmail.com).

Hope to see (and hear!) you soon,  
Benjie

**CELEBRATE JULY 4<sup>TH</sup> AT UUCP COMMUNITY NIGHT  
6:00 PM**

Barbeque, Homemade Ice Cream and Folk/Bluegrass Jam

Bring something to grill and a potluck side dish to share

Sing and play along in a folk/bluegrass jam

For more information, contact [annebyrne@phoenixuu.org](mailto:annebyrne@phoenixuu.org)

### A FRIENDLY REMINDER FROM REV. LINDA

Summer is in full swing and UUCP is pretty lively even though we offer fewer services and activities during these hot months. Kids Kamp has been a bustle of fun and laughter. Many people enjoyed Lynne Haeseler's June 13<sup>th</sup> concert. Attendance at our excellent summer services has been good. We had an enthusiastic crowd of people of all ages at the June UUCP Community Night/Games Night. We've had wonderful turnouts so far at our "Third Thursday" Small Group Ministry gathering.

There is only one thing missing: YOU! There is still plenty of room for you if you wish to come to Sunday services, one of the Small Group Ministries, or the summer UUCP Community Night special events.

Although Rev. Susan is taking a well-deserved sabbatical this summer, I want to remind you that I am in town and working in July and August. If you have a question or concern or just want to say hello, I'm happy to talk with you. As I am often in meetings or out and about making visits, it's best if you call or email if you want to meet in person. I'll be seeing you!

## From the Staff...

### LET THERE BE LAUGHTER!

Fifty people of all ages—infants to elders—turned out to enjoy a potluck dinner, fellowship, and fun at the June 6<sup>th</sup> UUCP Community Night. In the middle of Backgammon and Bingo, Blackjack and Boggle; during Chutes and Ladders, Scrabble, and more, there was lots of friendly competition, conversation and laughter. Thank you, Kristina Benner (Membership Committee), for organizing this enjoyable event. Thank you, Val Bailey and Sara Banegas, for providing activities for our youngest players.

Our July and August UUCP Community Nights will be lots of fun, too. We will expand into the sanctuary to make room for even more people to participate. Please watch our newsletters and announcements for more information about the July 4<sup>th</sup>, August 1<sup>st</sup>, and September 5<sup>th</sup> special UUCP Community Night events.



### FROM THE BUSINESS ADMINISTRATOR

Nancy Wilson's last day as our Office Assistant was Thursday, June 27<sup>th</sup>. Her baby boy is due August 27<sup>th</sup> and we wish her and her family all the best. We will still see her around campus as her daughter Suki attends Desert View Learning Center and her son Max attends our preschool.

We welcome back Jill Story as our Office Assistant. Many of you know that Jill was our previous Office Assistant. Jill took a year off to go back to school full-time and start on her second Master's degree. She is now transitioning into part-time study and we gladly welcome her back as our part-time Office Assistant. Jill has exceptional computer and technical skills as well as in-depth knowledge of the congregation's inner workings. Jill has been volunteering for a few months now and helping to clean up our website and get our database system updated for greater functionality.

In community,  
Heidi Parmenter

### INTRODUCING OUR SUMMER INTERN!

Celeste Allen will be our intern this summer. Here is what she has to say about her role in UUCP:

For those of you who don't know me, I am the tall redhead who is usually smiling or laughing. For those who do know me, I am really glad to be able to see you again. If you haven't sought me out yet, please do.



My history with this congregation begins with sex, or at least talking about it. When I was 11 years old, Jeff Newman convinced me that taking a sexual education class called OWL (Our Whole Lives) that was held at a church was a good idea. Despite the enormous awkwardness (and a little powerful understanding of sexuality) that followed, I decided that UUCP was for me and completed the Coming of Age program by signing the membership book. Then I drifted over a few rooms to the high school group (which is *amazing*), where I discovered a space in myself that drove me to stare at stars, wander barefoot, and plan worships. To this end, I spoke at a number of services at UUCP, planned a number of district youth worships, and co-led a service at UUCP. I also discovered that by-laws are incredibly hilarious (actually true, although my reading them really late at night may have had an impact on that assessment) and so giggled my way through two years on the UUCP board, a year on the youth district board, and another year when my job was to be on both the youth and adult district boards.

During my high school years, I also happened to know a minister who was arrested while fighting for justice (I know, our church is the coolest place ever), which started me on a path of discovery to the darker sides of my state and country. The fates conspired and I became the Social Justice Liaison for the youth caucus during the Phoenix General Assembly. Unitarian Universalism and the communities I have found within it mean so much to me. I grew here, I grew up here, and I am continually thankful for the love, support, hugs and laughter that echo in these halls for me.

My firmest plan for the future is to become a UU minister. However, early on I discovered that ministry is about far more than just giving amazing sermons on Sunday. In order to explore the secret world of ministers, I talked to Rev. Susan about the possibility of interning. Rev. Susan, Rev. Linda, and the other staff at this church are awesome, so this summer I am unearthing what the jobs of church staff are from Monday to Saturday in order to gain a better sense of whether this ministry thing is for me.

## The Borderlinks Trip: Inspiring Outreach and New Perspectives

Rev. Linda and I were part of the first UU College of Social Justice/Borderlinks trip to Tucson and Nogales, in February 2013. Twenty Unitarian Universalists learned more about what's happening at the Arizona/Mexico border. We shared stories from the border at the June 2<sup>nd</sup> worship service, and provided a list of suggestions for those who are interested in learning more, advocacy, or service opportunities. A revised list is below. I would be pleased to hear from you if you are intrigued by something on the list.

### Learn More:

Read *The Death of Josseline: Immigration Stories from the Arizona-Mexico Borderlands* by Margaret Reagan (Beacon Press, 2010)

Read *Tears of Esperanza: A Novel of Fury and Passion in Arizona* by our own Bill Lace. Available at Amazon.com, Brad Books in Phoenix, and our own Social Action table!

Register in September for "Daring to Dream: Conversations on Race, Ethnicity, and Culture," an Adult Faith Development program that will be offered here at UUCP.

Listen to stories of people of privilege (e.g. teachers, health care professionals, police officers, social workers) who find it inspiring to know migrants.

Take a UU College of Social Justice/Borderlinks trip: <http://uucsj.org>.

### Give Time/Talent:

Become a pen pal to a migrant detainee by contacting Caroline Picker, Restoration Project, at c/o Puente, 1306 E. Van Buren St., Phoenix, AZ 85006.

Visit a migrant who is in detention and tell your friends/family about your experience.

### Give Financial and Material Support:

Be generous when you give to Share the Plate collections for migrant rights (and other) groups.

Read *Compass* and respond to requests to donate needed items to local partner groups.

Make donations to one of the three organizations that were the source of some of the stories in the June 2<sup>nd</sup> service:

Scholarships A-Z  
[scholarshipsaz.org](http://scholarshipsaz.org)  
222 W. 23<sup>rd</sup> St., Tucson, AZ 85713

UU College of Social Justice  
[uucsj.org](http://uucsj.org)  
689 Mass. Ave., Cambridge, MA, 02139

Borderlinks (to contribute to El Hogar de Esperanza y Paz/HEPAC)  
[borderlinks.org](http://borderlinks.org)  
620 S. 6<sup>th</sup> Ave., Tucson, AZ 85701

No Mas Muertes (No More Deaths) is online at [nomoredeaths.org](http://nomoredeaths.org) and accepts donations and volunteers. In addition to the Tucson and southern Arizona organization, there is an affiliated Phoenix group.

### Other Ideas:

Attend a meeting or event where the primary language is not one you know. Observe how you feel. Notice what you can pick up from nonverbal cues.

If you know someone who is a legal permanent resident, gently encourage them and give them the support they need to become a citizen who can VOTE!

Go to your elected officials' Town Hall meetings. We need people of many colors and many walks of life there. Listen and learn! Ask questions!

Con abrazos fuertes,  
Sandy Weir

## A Religious Education Program for All

Rev. Susan and I met recently with a few Sunday School teachers and parents to discuss concerns about children's behavior in Sunday School. The meeting followed a particularly difficult Sunday, where we were understaffed in the classrooms and three of the four classes experienced especially difficult class dynamics.

It was a productive, albeit somewhat difficult, meeting. The basic concern expressed was that well-behaved children, those willing and eager to engage in the Sunday School lessons, were overwhelmed by kids who do not pay attention and misbehave, distracting the teacher and other adults.

While this dynamic is not the case every Sunday in every class, it does happen and we are challenged to figure out a way to manage this dynamic for the benefit of all our children. The reality for us is that all of the kids at UUCP are exceptional, but not all are typical. We do have some children with special needs that present in behavior ways. Some of the kids with special needs are model students in class, and some of the typical kids can be quite disruptive.

By way of disclaimer, let me share that I am a parent of an atypical kid with challenging behavior issues that presented themselves at home and at school. When my youngest son was in 7<sup>th</sup> grade, his dad and I moved him to a different school to avoid a near-certain expulsion after he was in two fairly violent fights in two weeks.

I went into parenting with the expectation I would be a good parent, but my actual experience of parenting shook my confidence to the core. I read every book, talked to experts, joined online support groups, sought treatment and, by pretty much every measure, failed to provide what my son seemed to need. This was a very dark time for me and my family.

It is incredibly isolating to be the parent of a child with behavior issues. I used to look on families with well-adjusted kids with incredible envy and anger. I would get downright pissed when I heard well-meaning people say things like, "Parents need to do a better job controlling their children." My thought response was always "You have no idea what we are experiencing!"

In this recent meeting at UUCP, I listened with genuine distress about the concerns expressed by the parents and teachers and brainstormed alongside the rest of the group on strategies we could incorporate to improve the experience for all of the kids in Sunday School. There were practical suggestions like incorporating movement



## From the Staff...

with the younger kids to help them settle down in class. One suggestion was to hold a parenting class at UUCP and encourage the parents of difficult children to attend.

This was a reasonable suggestion, but I will confess it got my back up. It felt like all the judgments from others (and me) I felt about my parenting skills, based on my child's behavior. I do not think there was judgment intended, but my life experience has made me hyper-sensitive to the issue.

So I thought about it some and tried to remember what it felt like when my son's issues were most pronounced and what would have been helpful to me, and I came up with an idea we will try to implement at UUCP in the next church year. I needed support and encouragement more than education, so I hope to start a group that provides this. We'll probably call it *Parenting Challenging Behaviors* or something like that. If you would like to participate or are interested in facilitating a group like this, please let me know at [annebyrne@phoenixuu.org](mailto:annebyrne@phoenixuu.org). It is my hope to create an environment of support for those of us who are challenged by the daily stresses of parenting kids with difficult behaviors.

I aspire to lead a religious education program at UUCP that truly does welcome all kids, but to do so, I need help from the entire congregation. Here are ways you can help:

- Set expectations for your children to respect their teachers and other students in Sunday School. Explain that children have different ways and to try and be their own best selves at class. If a child has trouble sitting still, encourage your child to not be concerned with their lack of conformity or join into disruptions.
- Participate alongside your child in Sunday School. Our teachers are all volunteers, parents like you, and we need your help in the classrooms. Plan on volunteering at least twice a semester for each child you have in class or volunteer to lead a class yourself.
- Ask the teacher for feedback on your child's participation and discuss with your child. If your child was disruptive, talk about this. If your child seemed overwhelmed, help him/her with strategies to engage and feel comfortable in class.
- If you do have a child with behavior challenges, please talk with me and your child's teachers about the issues and strategies we can use to be successful.
- If you do not have children in our religious education program, you can still help by volunteering in classes and activities for kids. Anything you can do to befriend the children in our congregation will enrich everyone's experience.

Please join me in building an awesome religious education program at UUCP, where every child feels safe and welcomed.

Anne Byrne  
Director of Children's Ministries

### *Update on My Youngest Son*

If you are curious, my youngest son just graduated from high school and plans to attend community college. This seemingly normal accomplishment is a small miracle in my family. Sometime last fall, he was experiencing issues that prompted him to seek out help on his own, and during this process, he seemed to let go of the anger from which all his attitudes and actions originated. I feel a sense of optimism and excitement for his future that is a new phenomenon for me.



## Adult Faith Development Summer Opportunities

UUCP Book Group: Sundays, 9:00-10:15 AM, Annex B

The Book Discussion Group meets throughout the summer. Newcomers are welcomed! For information or to find out the current book the group is reading, please contact Mike Peterson at [mrpetersonaz@cox.net](mailto:mrpetersonaz@cox.net) or Bill Mee at 602-955-9547.

Meditation Group: Sundays, 9:30-10:30 AM, Annex F

The morning begins with a guided meditation followed by silent meditation on a chair or on the floor. Please bring a cushion. All experience levels are welcome. If you have questions, contact Jay Alagia at [jayalagia@gmail.com](mailto:jayalagia@gmail.com) or Yvonne at [ymptaz@gmail.com](mailto:ymptaz@gmail.com). Please list your phone number in your message.

Open Art Studio: Wednesdays, 9:30 AM, Johnson Room

For information or to RSVP, contact Jay Alagia at [jayalagia@gmail.com](mailto:jayalagia@gmail.com) or 602-952-8889.

Small Group Ministry: Third Thursday Morning Group, 9:30-11:00 AM, Beatitudes

This group is open to any adult who wants to get to know other Unitarian Universalists through deep, respectful listening and the sharing of personal experiences on a variety of topics. We will meet from on July 18, August 15, and September 19. Attendance at all meetings is not required, but the quality of your experience and connection to the group will certainly be enhanced if you are able to participate in most of the sessions.

This summer group will meet in the Administration Building Conference Room of the Beatitudes Campus, 1650 W. Glendale Ave. There is ample parking in the lot that faces Glendale Avenue, and the receptionist in the Administration Building will direct you to the Conference Room. Space is limited to 15 participants. If you wish to be part of this group or have questions about it, please email Ellie Anderla at [SGM@phoenixuu.org](mailto:SGM@phoenixuu.org) or contact Rev. Linda Lawrence at 602-840-8400, Ext. 204.

Small Group Ministry: Third Thursday Evening Group, 7:00-8:30 PM, Johnson Room

Have you ever wondered what the big deal is about Small Group Ministries (formerly known as Covenant Groups)? Are you curious about what a meeting would be like but not interested in making a commitment until you know more? This group is for YOU! Come once or come all summer long! Join facilitators Gary and Linda Lawrence in exploring a variety of topics, sharing personal experiences, listening, laughing, and getting to know others in our UUCP community.

We will meet on July 18, August 15, and September 19. You don't have to sign up and there is no fee. Just show up!

Good Grief: This group will not be meeting over the summer. However, if you wish to talk with someone regarding a personal loss or some other pastoral care concern, please contact our Assistant Minister, Rev. Linda Lawrence at [LindaLawrence@phoenixuu.org](mailto:LindaLawrence@phoenixuu.org) or at 602-840-8400, Ext. 204.

## Share the Plate

Our monthly gift of our Sunday collection on July 7<sup>th</sup> and August 11<sup>th</sup> goes to The Family School in Phoenix. The Family School's mission is to prepare a diverse population of young children and their families for success in school and the community by providing the highest quality preschool and kindergarten education and integrated early intervention services.

In 1992 co-founders Susan Cedar and Sue Johnson saw the need for a new kind of early childhood center in Phoenix and created The Family School. They are unique in serving a diverse community of 65 children and their families with a comprehensive program that includes:

the highest quality, in process of NAEYC re-accreditation, preschool and kindergarten

- before-school and after-school child care
- special education, play therapy and counseling as needed for their children and families
- open all day and year-round.

They suggest that you check out their Prospective Families pages on their web site and the About Us pages where you'll find more about their whole-child/whole-family philosophy, read some stories about their early childhood community and find out more about their staff and board.

The Family School has a long association with UUCP, and Susan Goldsmith is now on the board. Director Sue Johnson and past director Susan Cedar sent their children to UUEEC and DVLC. Susan Cedar was an early director of UUEEC, and their administrator's son currently attends. At least half a dozen members are regular contributors.

To help us continue to serve their students and families who need assistance, please consider how you might join their community. You'll find ways to participate at the Support Us tab on [tfsphx.org](http://tfsphx.org).

Every month, Share the Plate needs you. Have you nominated an organization you are passionate about that is aligned with UUCP values? Please see the guidelines and application on our website, [www.phoenixuu.org](http://www.phoenixuu.org), in the Social Justice Ministries section. We look forward to hearing from you to help UUCP advance justice in the world.

Questions? Email [sharetheplate@phoenixuu.org](mailto:sharetheplate@phoenixuu.org).

## Traveling 2<sup>nd</sup> Fridays

I wish to thank all those who provided travel programs and also thank all those who attended each presentation for 2013. We had an attendance of 25 to 60 at the presentations. We have a number of people who have volunteered for our programs in 2014, and we're looking for more who wish to share their travel experiences. If you are interested in being part of next season's program, please call me: (480) 994-1452.

Looking forward to 2014 for our next season of Traveling 2nd Friday (January through June)!

Barbara Cawthorne

## *Poikilos* Time is Coming Up

It is time to write or prepare your manuscripts for submission to *Poikilos*—poems, short stories, essays, humor—anything creative or interesting done to the best of your ability. And your ability is great, I assure you, as evidenced by your writing in past years.

This year's *Poikilos* will be published a couple of months later than usual, and unfortunately we have less money to work with, so the book will be less elaborately produced. Nevertheless, we are going ahead with the project, and pledge to bring you more good reading!

I would like to spend more time this year editing and less on proof-reading, which I am not good at anyway. If you fancy yourself good at it and want to help out or have questions, give me a call 602-992-1563.

The deadline for submissions is Sunday, September 1<sup>st</sup>. This will also be the deadline for taking silent auction bids on one of my paintings, which I am donating to raise money for production costs. The painting will be on display starting in July.

Put your title in bold and don't forget to include your name at the bottom. Short stories and essays cannot be more than five pages long. Submit enough poems to allow us a choice. Please include a two- to three-sentence bio for the contributors' page.

Submit your hard copy to the Poetry Coffeehouse mailbox in the volunteer office or to me by snail mail: 2706 E. Corrine Dr. Phoenix 85032 or email: [abixell@aol.com](mailto:abixell@aol.com).

I will be anticipating your submissions,

Tish Gauntt  
Poikilos Editor

## UUSC Fair Trade

Coffee sales are brewing whether it's cold or hot outside... keep your coffee pot filled with your favorite flavor of delicious Fair Trade. And remember, dark chocolate is a health food! Your purchase helps growers in far off lands working to support their families and communities.

These and more are available at the Social Action Table in the UUCP Sanctuary on Sunday mornings, through the Unitarian Universalist Service Committee.

Heather McLellan, UUSC representative

## Stress Reduction and Meditation

Regular practice of meditation is found to be an effective way to reduce the negative stress in our mind and body. The stress is found to be a cause of heart disease, stroke, depression, etc. People experiencing stress have difficulty problem solving, remembering, paying attention and managing emotions. Stress also interferes with healing. How does the meditation activity reduce stress?

Sitting properly with eyes closed and spine erect, in a quiet pleasant environment, begins to have a soothing effect on the person's mind and body. Soothing words encouraging and guiding relaxation subdues or even stops the subconscious thoughts that are linked to the stress. Even without hearing guiding words, one learns to create awareness of the body and breathe better. Focusing on chosen repeating words or a single activity such as counting breaths aids in relaxation.

If you take a deep breath while sitting with an erect spine, you will learn that if you are not relaxed, your stomach is tight and the diaphragm between the lungs and the guts does not easily move. Thus, the depth of your breathing is limited and trying to breathe any deeper will cause you to cough. Without such tries, if you continue to do the easy deep breathing, you will relax and the diaphragm will relax. You will be able to breathe deeper. After sufficient number of breaths, you may experience a big difference in the way your stomach moves in and out as the diaphragm moves up and down. The guts are now relaxed and at the same time your entire body-mind becomes stress free.

Reducing stress can also improve immunity and healing. When stress is found to be an important factor, doctors may recommend meditation.

Jay Alagia

*Note: Jay has been teaching meditation, as adapted to the American way of life, in UUCP since 1995. He, along with others, also leads the meditation group activities at UUCP.*

## World Peace Day

The UN has declared September 21, 2013 International World Day of Peace. For the past three years the Franciscan Renewal Center (Casa) has recognized the date with several activities. The two-day event, September 20<sup>th</sup> and 21<sup>st</sup>, will include an awards dinner in addition to the aerial photo, concert, Dances of Universal Peace and other activities. Several hundred bodies will be needed to spell the word "Hope" for the aerial photo.

As a member of this year's planning committee, I would like to invite UUCP members to participate in this year's events. There will be a flyer posted on the community bulletin board for more information, or see me.

Heather McLellan

### Finance Committee

We are now in the last month of the 2012-2013 budget. As was discussed at the Congregation meeting on Sunday June 2<sup>nd</sup>, the operations budget will end the year with expenses being larger than income by approximately \$20,000. This amount is dependent upon the exact amount of received pledges; as of May 2013 the contributions were \$343,000 compared to the budgeted amount of \$415,000. We thank all of our congregation members for their continuing support and ask all members to make their final payments on their 2012-2013 Stewardship Pledge.

Also as presented at the congregational meeting, the budget for the next fiscal year is very conservative and we anticipate that the budget will be balanced without a deficit. The finance committee will continue to work with the UUCP staff to ensure accurate reporting and suggest adjustments on the expenses to maintain a balanced budget throughout the next fiscal year.

If you are one of the many members who make payments towards their pledges on a regular payment schedule, we remind you that it is possible to make use of an automated payment plan. With this process, there is no need of writing checks as the payments are withdrawn from your account on a monthly basis. If you are interested in enrolling in this method or have questions concerning your pledge statements, please contact Heidi Parmenter at the office between 9:00 am and 3:00 pm Monday through Thursday (602-840-8400) or send an email to [administrator@phoenixuu.org](mailto:administrator@phoenixuu.org).

### Unicare Community News:

- Healing thoughts are sent to Regina Nelms who had emergency surgery in June.
- More healing thoughts are sent to Barbara Voth DeWitt, who was hospitalized with pancreatitis.
- Paul Daniels and his family are thankful for all the cards, calls and visits after his successful procedure at Mayo.
- Sarah Carlson's wrist is healing and much better. Sarah also expresses her gratitude to UUCP for all the cards and calls during this episode.
- Congratulations to Dennis Yee who is now a certified paralegal! He wishes to follow his passion and work in the field of environmental law.

Please take a moment to extend your personal greetings of concern or congratulations to the members and friends listed here. If you have any joys or sorrows you wish to share with the UUCP community, please write them down Sunday mornings on the slips provided at the back of the sanctuary or contact [unicare@phoenixuu.org](mailto:unicare@phoenixuu.org).

Walk in beauty,  
Ceyshe' Napa, Unicare Coordinator

## Celebrations of Life

10:30 AM

### JULY

#### JULY 7: BLESSING OF ANIMALS

Service Leader: Anne Byrne

Please join our children in this multigenerational service as we bless the animals who bless us with their companionship, past and present. Please bring your well-behaved, house-trained pets, photos of pets or stuffed animals to this fun, interactive service. We will honor those pets living and those that have died, by acknowledging that our lives are made fuller and richer by the creatures that inhabit the Earth with us, not just those that live with us.

#### JULY 14: FEAR, COURAGE AND COMPASSION: RIDING THE REPTILE

Service Leader: Richard Plattner

Fear. A little keeps us alive. Too much or too long robs our lives of joy. How do we experience and manage our fear?

#### JULY 21: IT'S COMPLICATED

Service Leader: Celeste Allen

Please join me and your fellow congregants in an exploration of the complex construction of me, you, and we. Smiles are guaranteed. Thinking is encouraged.

#### JULY 28: WE LIVE, NOT A NARRATIVE, BUT A POEM

Service Leader: Rev. Dr. Walt Wieder

Narrative is linear, tied to cause and effect, one thing at a time, finally arriving at a conclusion. Poetry is dense, complex, complicated, rich—and often goes nowhere.

## AUGUST

### AUGUST 4: BREAK AWAY

Service Leader: David Weaver

Tennessee Williams once said, “There is a time for departure, even when there is no certain place to go.” Have you experienced an in-between time in your life? Are you currently living in a liminal space? What resources can we draw upon to sustain us through transitions?

### AUGUST 11: SEEKING FREEDOM

Service Leader: Susan Goldsmith

As a congregation, we covenant together to “seek knowledge in freedom.” Beyond these walls, we celebrate and work to expand freedom here and around the world. What kinds of limits on freedom might we need? Do we celebrate those limits?

### AUGUST 18: THE PROTEST SONGS WE SANG...

Service Leader: Dave Bellama and friends

An all-music service of the great protest and social consciousness songs that have accompanied changes in our society in the last 3/4 century.

### AUGUST 25: THE EDUCATION OF A MINISTER

Service Leader: Rev. Dr. Walt Wieder

The academic requirements for ministry are straightforward enough—a four-year degree, followed by three years of graduate training at an accredited theological seminary. The resulting degree is an M.Div (Master of Divinity). Some ministers continue their education and receive a D. Min. (Doctor of Ministry). And it is not enough.

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## Our Mission

Welcoming all  
in building religious community,  
called to  
share journeys,  
grow in spirit,  
advance justice.

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