



Horizons Journal

Unitarian Universalist Congregation of Phoenix

April 2016



A People of Service: Service is Our Prayer

Reverend Susan Frederick-Gray

Throughout this year, we have been diving into the meaning of the words of our covenant, which we say every week to begin our worship service. The third line of our covenant reads, “And service is our prayer.” Prayer is not the easiest word for Unitarian Universalists because we don’t all mean the same thing by it—and some would rather we not use it all. Some of us pray, some of us meditate—I have grown fond of an image from Quaker tradition that describes prayer as holding people in light.

Personally, I find both beauty and something lacking in the image of “service is our prayer.” What is meaningful to me is that this reminds us that prayer alone cannot address the needs of our world, prayer alone cannot rebuild a city, prayer alone

cannot cure a disease, or bring down systematic injustice—these require action. And so to covenant that “service is our prayer” reminds us that we must engage the world with action, that we must live our prayers (our hopes for the world) in service, as action in the world.

And yet, even with all this being said, there is a role for prayer, for silence, for contemplative space in our lives. Our best actions arise from a place of reflection and discernment. Our best service comes when we cultivate compassion and listening, both of which are enhanced through spiritual practice. We don’t have to use the word prayer, but we must be careful not to ignore the spiritual aspects of our lives and our knowing. There is great wisdom within us, but we have to make room to listen for it.

The African American Christian theologian

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Imagining Something Better

Benjie Messer

Music Director

At a question and answer session between services in March, several people asked Rev. Susan what she will do if she is elected president of the Unitarian Universalist Association (UUA). My favorite answer was that she would work to make the UUA an organization that makes a difference, rather than an organization that simply perpetuates itself.

Last month’s worship theme was Hope, and this month’s is Service. I like this progression. To be able to serve and make a difference, we have to first see beyond the present moment to imagine what is possible. This is true for each of us, in our pursuits and careers and passions, just as it is for Rev. Susan as she considers what is possible for the UUA. To be of service beyond perpetuating the status quo, we need to be hopeful enough to imagine something better.

Let me give some examples from the world of music. I know many music teachers who talk resentfully about how little they are paid and respected, and how little their students practice. These teachers are very critical of their students, and my sense is that they believe themselves to be inadequate and see low pay and lazy students as proof of that inadequacy. Ultimately, these teachers are rarely of much service to their students. I know other teachers, working in identical situations, who are optimistic and understanding. Rather than focusing on their difficult working conditions, they talk about their vision of how things could be, and what they want for their students. When their students have trouble, they continue to imagine what might be possible for them. Their students may not practice more, but because they continue to

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The Service Continuum

Heidi Parmenter

Business Administrator

Last month a member of the congregation stopped by with an older gentleman, her neighbor, whom she thought would benefit greatly from volunteering here. He does not identify as a Unitarian Universalist (though she thought he was one and didn't know it yet), but he had strong desire to volunteer and feel useful. She immediately thought of our community and how much we appreciate volunteers. This was touching to hear because she had volunteered extensively with our congregation before the drive became too much for her and she decided to go to a closer UU congregation. It was a relief to hear that she felt appreciated and valued in her service here at UUCP.

The gentleman joined me and Susan Manker-Seale the next day to help us clean up the Memorial Garden benches. I worked with him for a bit, scraping down the benches while he painted them with protective stain. In conversing we learned that we have very similar curiosity about the political circus happening. We discussed sociology, political science, religion and he shared a delightful story about his childhood friend. Both he and his friend are in their late 70s and have been friends since grade school. His friend is a devout Evangelical Christian while he, himself, is more agnostic. Despite having completely different religious views, they have maintained this special friendship for decades and are quite close. When his evangelical friend was convinced back in 1999 that Judgement Day was imminent and that non-believers would be left behind, he called him the next day and said, "Well? What happened?" His friend replied, "You're still there!" To which, both men had a great chuckle (and me too for that matter!). He was so taken aback by his friend's witty response to his rather smug question, that he was humbled.

I share this story because as I was doing this physical act of service for the congregation, I was in truth receiving far more than I was giving. That morning I experienced the joy of meeting someone new and fascinating who all at once made me feel respected and valued for my ideas on politics and

religion, feel hope and laughter over his unique friendship, and challenged me about something I considered "right." Normally, this kind of spiritual awakening happens for me during worship service. What a remarkable moment to be spiritually fed while developing blisters on my hands!

In the past month, I have heard several others in our community remark on how much it means to them to be of service to our faith and this congregation. How much it feeds their spirit to share their gifts and make a difference in our world. This month many of you will be meeting with Stewardship Ambassadors who will share with you their stories of service and generosity in our congregation and who will be asking you to share your own stories. I hope that each of you find your own remarkable moments (minus the blisters) while you learn from others in our community both through conversations with Stewardship Ambassadors and at Celebration Sunday on April 23. □

Celebration Sunday

April 23rd

One Service: 10:30AM

Congregation Photo: 11:30AM

Coffee Hour: 12:00 NOON



What's in a Name (Tag)?

Kristina Benner

Membership Coordinator

We have a lot of name tags at UUCP. There are blue tags for members, white calligraphy tags for friends of the congregation, and sticker tags for visitors. Within those categories, people tend to get creative: I've seen people decorate their name tags with images of music notes, hearts, even apples...it seems we have as many decorative options as we have unique personalities.

That's great, but did you know that our name tags are also a signal to newcomers that some of us are trained to be extra welcoming to our visitors? Some people's name tags have a star on them, indicating that they are participating in our STARS program. STARS have been trained to be especially welcoming to anyone who appears to be new to our congregation. Newcomers, in turn, can be on the lookout for anyone with a star on their nametag, should they have any questions or are looking for a friendly face in the crowd.

So what does it take to be a STAR? One simply needs to follow these guidelines (sometimes called the 7-UUp Creed):

1. Show UUp: Your presence on Sunday mornings is important. You can't be welcoming if you're not here!

2. Free UUp: Commit to spending the first 15-20 minutes after a service greeting guests or newcomers and talking to someone you don't already know.

3. Round UUp: Look for guests/newcomers before a service. Offer to sit with them. Notice anyone with a guest nametag and invite that person to chat during coffee hour.

4. Chat'em UUp: Ask open-ended questions to get conversation going, questions that require

more than a yes/no answer. Here are some examples: What brought you here today? What did you like about the service? How did you hear about us? What do you know about Unitarian Universalism?

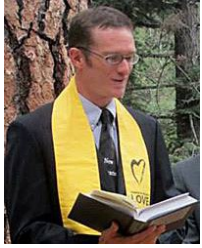
5. Listen UUp: Avoid telling newcomers and guests all you know about UUCP and Unitarian Universalism. Instead, listen to what they have to say to get some clues about why they're here and what they might like to know more about.

6. Hook'em UUp: As you learn about their specific interests, consider introducing them to someone with knowledge in that area or similar interests.

7. Sign'em UUp: If they have any interest in getting UUCP newsletters, show them to the Welcome Table in the foyer where they can sign up for our mailing list. Invite them to help themselves to any of the materials in the brochure rack that might be of interest to them.

Pretty simple, yes? In this month of exploring the theme of "Service" it's important to remember that everyone has a gift or talent to provide. For some, part of their service to UUCP is as simple as being mindful on Sundays of those who are new to our congregation and offering a welcoming presence. It is not easy to walk through the doors of any new place, especially a religious organization. You can make that first step easier by becoming a STAR of UUCP—and getting a shiny star decoration for your name tag!

If you are interested in becoming a STAR, look for the STARS table during coffee hour on Sunday, April 17th when we celebrate Welcoming Ministry Appreciation Day, or see me at the Welcome Table. □



A Whole Lifetime of Service

Emrys Staton

Ministerial Intern

When it came time for me to plan and execute a service project to earn the Eagle Scout award, I wanted to do something different. The vast majority of my friends did projects that were tangible and (in theory) long lasting, usually something to do with creating, maintaining, marking or otherwise improving a hiking trail. We also engaged in other service, like building planter boxes, major clean-ups, or helping to fix up buildings and property.

Not me. I wanted something that made a social and environmental impact. So I arranged a field trip for two 5th grade classes to my town's wastewater treatment plant. We learned about the importance of water conservation in the context of where our water comes from and where it goes after we use it. While there is no plaque with my name on it anywhere, I hope this service project made a difference in how those 60 kids viewed natural resources as they grew up in Arizona.

As an adult, I see service in many contexts. One big one is through the court system. Getting sentenced to community service hours as a punishment is a common practice. I've worked at several organizations that often had requests from people who needed to complete their hours. It was an opportunity for some of these folks to be in a place they might never otherwise visit, like a soup kitchen. For others, it was a huge stress to now add another time commitment onto an already overscheduled life. For yet others, it was just a blip on their radar, something to complete as soon as possible.

For me, I've tried to make a majority of my adult life about service. I rarely think about it in terms of hours completed or as a civic duty done in spare time. It's just how I go about my daily life. Until I found myself in court...

In 2009, I was convicted in federal court for littering after some Border Patrol agents caught me putting out jugs of water in the desert for people crossing the border. The judge sentenced me to 300 hours of community service. As I started chiseling away at the hours, I thought to myself, "Doing

humanitarian work is a community service. This sentence is ridiculous." So I sent the judge a letter citing international humanitarian law and informing her that I would not complete any further court-ordered community service. She threatened me with prison time, and I backed down on my stance. Thankfully, my conviction was overturned when the 9th Circuit Court ruled in our favor in an appeal, which halted the community service obligation.

I found myself back in federal court again two years ago, this time for blocking a group of immigrants from arriving at the court where they would have been given bogus criminal charges, prison time, and a deportation order. During the sentencing, we all spoke to the judge and she learned a bit about each of our commitments to our community through our activism. She told us that she had been inclined to sentence us all to community service. However, she changed her mind and gave us no sentence, saying that the court didn't need to compel us to do service as we were all already doing it in our lives.

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on it anywhere, I hope this service
project made a difference in how those
60 kids viewed natural resources as
they grew up in Arizona.*

That sentence was nice and affirming for us, definitely a departure from seeing service as a form of punishment. It also reminded me that not all service is given the same legitimacy.

I continue to weave service into my life in a variety of ways, because I know it's important to engage in activities to make our communities better. I hope that we all find creative and fulfilling ways to be of service—especially ways that uplift Unitarian Universalist principles and values. May our actions always bring benefit to our community and our world! □

Continued from "A People..." Rev. Susan, page 1

Howard Thurman writes:

There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.

Service is a way that we are able to give of our gifts to others, to benefit the common good. Service often requires us to give something up—it means being dedicated to something and someone beyond our own small sphere. One of the challenges we face today is that our models of service and leadership (which is a form of service) have become so

separated from spiritual health that many are hungry for authentic, spiritually grounded leadership, but struggling to find it. And those who embody that leadership are wary to put themselves forward. But, I have hope! Because there is work unfolding in many places that nurtures spiritual leadership and spiritual activism. And even in our own Unitarian Universalist tradition, we are seeing a resurgence of attention to the necessity of nurturing our spiritual foundation as a place from which our service and action and living may arise.

I look forward to this month of exploring together the many facets of what it means to be a people of service. □

Continued from "Imagining..." page 1

visualize what a better situation might be, they are of more service to their students.

Similarly, many professional performing musicians work mainly to perpetuate themselves. They complain about unappreciative audiences, terrible gigs, disrespectful venues, and their own boredom at playing the same songs over and over. The music they make is flat and colorless, reflecting their dissatisfaction. Like the poor teachers, I often find these musicians' complaints to be rooted in self-criticism. More hopeful musicians enter a room and look for what's possible. They remember the joy of creating a personal connection with an audience member, getting a room of people dancing, or expressing a feeling that hangs in the air after the song ends, and they keep looking for that joy, even when it's nowhere to be found. I've had musicians like this on countless objectively terrible gigs—with bands that couldn't play together, endless sound system problems, no audience, little pay, and playing the same songs for the millionth time—and regardless, they found every opportunity to raise each others' spirits and bring moments of light and humor to the stage. Whatever service is possible through music, they did it, and it was based in hope.

The great theologian and civil rights leader Howard Thurman was quoted as saying, "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." This is a profound view of service. Maybe "coming alive" involves going beyond perpetuating ourselves to really make a difference, and keeping a sense of hope about what's possible. May each of us, this month, find something that makes us come alive, and remember that this is a service. □

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Poised to Take the Next Step

Glen Lockwood

President, Board of Trustees

The news that Rev. Susan Frederick-Gray has been called to run for the office of President of the Unitarian Universalist Association (UUA) is both breathtaking and heartwarming. We have almost 15 months to process what this will mean for her, for our congregation and for the UUA, but what we know now is that UUCP is proud to have played a part in the rise of a truly gifted leader.

We don't know what will happen at the election in June 2017. While we certainly hope that Rev. Susan will be the next UUA President, we have work to accomplish together until that time comes. Rev. Susan and the staff have been working on assessing progress to our goals for this program year while also working with the Finance Committee to establish a budget for the coming program year. The 2016/2017 budget reflects a step in staffing needed to not just maintain, but to begin to live up to and into our shared Vision for UUCP.

Our updated Vision for UUCP, which the Congregation will vote on this June, states:

To be a spiritual community for our time:

Theologically Diverse

Radically Inclusive

Justice Centered

This Vision represents a shared view of our future—much like the Vision that we had adopted before Rev. Susan joined us. In fact, that played a major role in attracting Rev. Susan to UUCP: we had a Vision and a Strategic Plan. We knew *who* we were and *where* we wanted to go, and we wanted a *strong*

leader to help us get there.

So it seems especially poignant that we are currently in the midst of re-envisioning that future, having accomplished much of what our Strategic Plan laid out. It is a testament to Rev. Susan, our staff, the leaders that got us to this point and to you, the Congregation, that we are building upon this foundation. It shows that even as we have evolved (as we have been changed by those that have joined us as well as those that have left), we remain committed to our plans and to renewing and reimagining those plans together.

The Board feels very strongly that Rev. Susan's candidacy, while clearly a reflection of her talent, impact and potential, is also a reflection of our own evolution as a congregation.

The progress that we have been making with Rev. Susan reflects the realization of the plans that we began putting into place more than a decade ago. We are in a strong position to continue this trajectory, and this is the time for bold action. We have a Vision. We have plans. We have a great minister. We have great staff. We have created a strong reputation, and we are poised to take the next step.

Over the next year and a half, Rev. Susan's presidential race will bring up many emotions in all of us: fear of losing our beloved minister, uneasiness in not knowing what the future may bring, denial in the face of change, excitement for this wonderful opportunity for someone we love, and joy for the possibilities Susan's presidency will bring to our faith. We may even feel several of these emotions at once. While we honor this mix of feelings in ourselves and in our fellow congregation members, the Board is excited to be on this journey—with each other, with Rev. Susan and with UUCP. □



Cultivating a Spirit of Service

Katie Resendiz

Acting Director, Children's Ministries

Five steps to growing a spirit of service:

- Provide role models who have been heroic in their service.
- Give children opportunities to serve that are attainable and have visible results.
- Discuss the ways in which you choose to serve.
- Be specific in your expectations of service.
- Allow others to praise your child's service (don't brush it off when someone says, "Your kids are so helpful!").

Have you seen the video of the Hokies basketball coach who, when angered by his team's disrespect, forced the college athletes to stand and honor veterans while the national anthem played? As a child did you ever feel like the two coolest most honorable professions were fire fighters and nurses? Did you dream of going into the Peace Corps?

In the U.S., we hold the idea of Service in high regard, the notion that someone would look beyond themselves and choose a "helping career" as one of the highest sacrifice. As Unitarian Universalists, the 6th principle calls us to work toward peace, liberty, and justice. We work to embody a sense of community commitment and activism in our kids. But how do we do that when the traditional role models of "service"—those law enforcement, military, health care workers, and community leaders—can be so problematic?

It is hard to find perfect role models, but if we look to our UU roots we find unconventional

servants, and maybe new ways to serve. Last month, in Sunday school, our community looked at famous leaders who inspired hope. In researching for lessons, the children's ministry committee found a plethora of UUs who worked to make the world a better place. Too many to share in classes, we offer a few here for you.

Elizabeth Blackwell (1821-1910)

The first woman to graduate from medical school in the U.S.

Clarence Darrow (1857-1938)

As an attorney, defended John T. Scopes and was a leader of the American Civil Liberties Union. As a publically identified agnostic, participated in debates that began a dialog on skepticism and doctrinal teaching.

John Bardeen (1908-1991)

Invented the transistor and was a two-time Nobel Laureate for his work in physics.

Emily Taft Douglas (1899-1994)

Served as a Democratic U.S. Representative. She committed her work to preventing fascism, pushing for the formation of the United Nations and seeking a ban on nuclear weapons. Ever working for recognition of women's rights, Douglas penned a biography of Margaret Sanger.

Florence Nightingale

Dude, Florence Nightingale! □

Love cannot remain by itself—it has no meaning.
Love has to be put into action and that action is service.
Whatever form we are, able or disabled, rich or poor,
it is not how much we do, but how much love we put in the doing;
a lifelong sharing of love with others.

—Mother Teresa



Door Blessing Chalices

Jan Kaplan's UU Door Blessing Chalices were inspired by a sermon given by Susan Goldsmith at UUCP on June 16, 2013. She spoke about the Mezuzah, a religious object and symbol from the Jewish tradition, and the meaning that she derives from it in her own life: comfort; a declaration of belonging to a community; and a reminder of her core beliefs and the challenge of living by them.

Jan started to sketch other symbols as she listened to the service—her “UU mezuzah.” What would it be? Our UU chalice? Animals as spirit totems? Hearts? Whimsical shapes? Rainbows? Undoubtedly color. Inspired, she went about creating dozens of these UU Door Blessings and offered to sell them at the congregation and donate all of the sales.

In 2015, Jan sold more than 50 UU Door Blessings and raised over \$4,500 for our congregation. Thank you, Jan, for your beautiful works of art and generosity! For more information about the UU Door Blessings, email Jan at jankaplan@cox.net. □

— SERVICE —

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

— Howard Thurman

The place God calls you to is the place where your deep gladness and the world's deep hunger meet.

—Frederick Buechner



APRIL COMMUNITY NIGHTS

Every Thursday, 6:00 PM

Prepared meals, vegetarian options

*Suggested donation: \$5/adult, \$2/child under 10, \$10/family
or bring your own sack supper or potluck dishes*

6:30 PM

Chalice Kids (supervised activities for children)

Adult activities and small groups available:

April 7 & 14: **Pathway to Membership**

April 14: **Sangha Buddhist Group**

April 21: **Open (Drop-in) Small Group**

April 28: **Young Adult Small Group**



Unicare News

Please lift up in your thoughts and prayers those in our community who are mourning or are supporting loved ones through life's transitions. Your love and friendship is a gift.

In Remembrance:

- Longtime member Paul Bliklen passed away in March. His ashes will be interred in our memorial garden.

Milestone Celebrations:

- We celebrate with the Perez family as Ashley, Nigel, Bela, Elena Perez and Katie Resendiz gained legal/adoption recognition as a family on 2/11/16.
- We share the joy of Emily and Doug Helton-Riley on the 2/25/16 adoption of son William. We welcomed William in a child dedication ceremony on 3/13.

- Congratulations to the 2nd Leap Day anniversary of Stephanie & Keith O'Hare (eight years total).
- Pierre Tariot shares their family joy in being new grandparents.
- Congratulations to Heidi Parmenter on the announcement of her marriage engagement to Todd.
- Congratulations to Kristin Benner and Benjie Messer on the announcement of their marriage engagement.

Other News:

- The friends of member Jon Penrose wish him well as he relocates to California. Jon, thank you for your years of service to UUCP.

For more information, or to get involved, contact Vicki Myers, our UUCP Unicare Coordinator, at unicare@phoenixuu.org.

Pathway to Membership

Thursdays, April 7 and 14, 6:45 PM, after Community Night Dinner

The Pathway to Membership program is a two-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 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.

The ministers and Membership Committee were delighted to welcome 17 new members to our congregation following the February Pathway to Membership class. Please say hello and get to know them when you see them on campus and elsewhere. For more information on the next Pathway to Membership class on April 7th and 14th, 2016, contact KristinaBenner@phoenixuu.org.



Genie Kennedy has lived in Phoenix since 1973. She is currently working as a caregiver for her mother-in-law, who is battling stage-four lung cancer. The joys in her life are her children—her 30-year-old daughter, who is a model, and her 22-year-old son, who is an “activist” student, majoring in English.

Her decision to join UUCP was due to fact that everyone is accepted. Because she was raised a Catholic, the openness to the LGBT community is refreshing, as is our acceptance of atheists and people of other religions. She is proud to be a member of this congregation.



Cherilyn Walley is known at UUCP for her innate irreverence, spiky hair, and kid corralling skills. She has been teaching RE (Sunday School) at UUCP for three years or so, but comes to this congregation with 20-odd years of experience working with youth as a Mormon. During the week, Cherilyn does a bunch of marketing, communications and IT stuff for the Arizona Department of Education. She has one dog and 13 chickens.



Doug Roberts is from Connecticut and spent 24 years in Indiana before moving here recently as a single. He has 21-year-old fraternal twin, special-needs daughters and that’s kind of been his life’s work. He loves reading, hiking, history, sports, and just being intellectually and emotionally involved with kindred souls. As Doug says, “I’ve fallen seven times in life...but I’ve gotten up eight!”



Pierre Tariot is a Boston native who lived in Rochester, NY, for 20 years before arriving Phoenix 10 years ago with his wife, Laura Jakimovich. Their daughter Suzanne lives with husband Simon and three (and a half!) children in Tempe; daughter

Martine lives with husband Jake and two children in Denver; mother Ramona lives at the Beatitudes. His loves are family, friends, being in nature, music (a pianist wannabe), art and, of course, food. He directs the non-profit Banner Alzheimer's Institute.



Dale McCurdy grew up in South Dakota, where he was active in the Methodist Church. He studied Music at Northwestern University and attended Seminary. He married his partner, Mark, two years ago, after 27 years together. Mark works at home as a graphic designer and website

developer. They moved to Phoenix from Seattle in 2002. Dale is a retired church musician; also working in visitation and pastoral care, most recently at Faith Presbyterian in Sun City. Previously, Dale was a financial advisor, banker, and salesperson.



Walt Doherty was born and brought up in Oswego, NY (very snowy), lived in Albany for 12 years, got a BA in Latin and his Library Science Masters from the State University. His and his late partner, tim, moved to AZ in 1980 and never looked back.

He currently does online reference for a large online university. He likes mysteries, language, puns. And you may have seen some of his dressy outfits.



Dale Domzalski is a native Arizonan, mom, businessperson, member of League of Women Voters, rescue dog owner, creative and loves being in the mountains.



Pat Allsman has lived in Phoenix since 1970, and has been employed at St. Joseph's Hospital and Medical Center for the past 32 years. It was in 1988 when he first came to UUCP, commonly known then as "The Unitarian Church." He almost joined,

but fell away in 1993, while dealing with numerous personal problems. He thought of coming back many times, but it wasn't until last March that he actually did. He felt at home, even after being absent for 22 years. Finally becoming a member has given him a peaceful sense of belonging.



Harry Eliazarian felt the need to be connected to a community. He was looking for a place where he could grow spiritually and personally. The kindness and goodwill that was extended to him when he first started attending UUCP is why he decided to

become a member. It's nice to have a place to call home. He looks forward to meeting and getting to know the members of our congregation.



JoAnn Williams and her husband Jim Allen have enjoyed raising their two children, Hannah and Celeste, in the Phoenix area. JoAnn grew up in Seattle and studied biology. As part of the School of Molecular Sciences at ASU, she investigates the capture of light in photosynthesis. She ap-

preciates the nurturing environment and focus on justice at UUCP, and looks forward to being part of the community.



Tanya Hamilton relocated to Phoenix from Seattle in January 2010 with her husband Jereld and sons Jaden and Cassius. She and her husband wanted to raise their boys around their grandparents, and though they never envisioned living in Phoenix, it has become home to them, and they truly love the desert and all the great activities that are available.

Tanya loves spending time with her family, date nights with her husband, hiking in the desert, eating good food, and celebrating anything. She has a passion for education and justice, and is currently looking for opportunities to have more impact in those areas. She is so excited to be a part of the UUCP community!



Carolyn Crowley grew up in Phoenix and graduated from UofA. She lived in New Jersey for 20 years, moved back to Tucson, then to Southern CA and finally returned to Phoenix. Her career has been in healthcare finance. She practices yoga, meditation, is learning Tai Chi, and loves to read and travel, especially to visit her son in LA. Carolyn is grateful to her parents for introducing her to UUCP where she has found her spiritual home.



Natalie Fabert grew up in Virginia and in the bay area of California, and has also spent time in Seattle. She moved to Arizona in 2007 to attend graduate school at ASU, and recently returned to Phoenix after spending two years back in California for an internship and residency program. Currently, Natalie works as a psychologist at the downtown ASU campus. She and her husband, Ángel Pinillos, are expecting their first child in July. Natalie enjoys reading short stories, keeping in touch with friends, taking care of her succulents and air plants, and watching TV.

Reggie and Sunshine Watson have been married for ten years and live in Phoenix with their six-year-old son Jonah, silly dog ABBA, and pesky cat Willow. Reggie was raised in Corona, Queens, NY where he lived until joining Sunshine in San Diego, CA. They married and moved to Phoenix, where Sunshine was raised. Reggie works in the Safeway Corporate office, and enjoys DJing and exploring music technology in his spare time. Sunshine is a donor database geek at a local nonprofit and is a film buff. The Watsons enjoy music festivals, road trips, crafting, and long walks. The family joined UUCP for the sense of community, learning, great music, social justice, and spiritual growth.



Claire Bethel and Arpit Dave moved to Phoenix in June 2015. Claire works as a Master's-prepared Nurse Educator and Arpit works as an Ob-Gyn. They love to read actual paper books, travel when time permits and spend time with their two cats. They found UUCP while seeking to join a community of service-oriented and justice-focused people and could not be happier! They'll be getting married in late August 2016.



End-of-Life Planning Workshop

Susan Goldsmith

Chair, Unitarian Universalist Foundation of Phoenix

The Unitarian Universalist Foundation of Phoenix invites you to Save the Date! On Saturday, May 14th, we will be offering a workshop on end-of-life planning. End-of-life planning might not be everyone's first choice of a topic for a desert spring morning—but maybe it's been on your list for a while and here's a way to make a dent in your list. And what better place than at UUCP, a place where we commit to sharing our journeys and growing in spirit? We will even have the coffee pot on!

As we think about planning what we will leave behind when our lives are over, our first thoughts are often wills and trusts and “estate” planning; we tend to focus on our tangible assets and how they will be passed on. We might also spend some time planning ahead, gathering information and leaving instructions for our memorial services and for cremation or burial or donating our bodies to science. Attorney and UUCP member Robert Back will talk about wills and trusts;

Heidi Parmenter will talk about body disposal; we will have information about future health care directives and about planning memorial services.

One of the ideas I'm reading about more and more frequently is the idea of an ethical will or legacy letter. Such a letter is a chance to tell our heirs what we think is important in life, in our own lives, perhaps in their lives. It's a chance to speak directly about how we might want to be remembered, how our lives might have been of service to ourselves, to our families and friends, to our communities. We might use a few pages to express hopes and dreams for the future of individuals or of our world. What a great way to engage our imaginations and spirits! We will have some examples or starter questions at our Saturday workshop.

We hope to see many of you there! Saturday, May 14th from 9:00 to 10:30 at UUCP. Direct your questions and RSVPs to Heidi at heidiparmenter@phoenixuu.org or 602-840-8400. □



Share the Plate: Service through Giving

Every month since 2010, UUCP has “shared the plate” by donating one week's Sunday service offering to a nonprofit 501(c3), tax exempt charitable organization that benefits our community and aligns with our stated mission and values. Our congregation and the Unitarian Universalist Association have achieved very positive publicity simply by our effort to “put our money where our spirits and social consciences are.” In addition, we've exposed our members to issues of concern in our community, providing opportunity

for education and volunteerism. Some members have even individually taken advantage of the services offered by these sponsored organizations.

To date we have supported 42 different organizations (some more than once) for a grand total of \$80,834! Thanks to all of you for your generosity!

If you would like to nominate an organization, you can do so from our UUCP website at: <http://www.phoenixuu.org/?q=node/4234> (see link under “Share the Plate”). Alternatively, you can email the committee at: sharetheplate@phoenix.org. □



2016 District Assembly & Annual Meeting

Theme: Draw the Circle Wider: The Prophethood of All Believers

Dates: Friday, April 29 & Saturday, April 30, 2016

Location: Unitarian Society of Santa Barbara, CA

Registration: www.pswduua.org

Join 300+ Unitarian Universalists for our annual celebratory gathering. Worship, workshops, awards, business meeting, bridging ceremony for high school seniors—and conversations with UUs from all over the Pacific Southwest District. Bring your congregational banner!



UUA GENERAL ASSEMBLY

General Assembly 2016

Theme: Heart Land: Where Faiths Connect

Dates: June 22-26, 2016

Location: Columbus, OH

Registration: www.uua.org

The faith world is increasingly multifaith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, theist and non-theist—no longer define who or what we love, or how spirit moves in our lives. General Assembly 2016 in Columbus, Ohio will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all.

You can represent UUCP as a Delegate at General Assembly! It is an opportunity to grow as a leader, connect with other UUs, and deepen your spirit. Delegate application deadlines: March 15th for scholarships and April 15th for early registration. To apply, visit PhoenixUU.org/delegate.

April Worship Theme: **Service**

Services bring our community together at 9:30 AM & 11:15 AM

April 3: *Beyond Service*

Service Leader: Rev. Susan Frederick-Gray

“Service is our prayer” are words we say every week as a part of our covenant. There is value in service, but in the work of justice seeking, service is only one piece of the work we must do. Music from Open Strings.

April 10: *Nurturing Our Spirits for the Work of Service*

Service Leader: Rev. Susan Frederick-Gray

Service requires us to give of ourselves, sometimes to make sacrifices. This can lead to exhaustion and despair. How do we know what is ours to give? And how do we tend to our own health so that we may be of service in ways that enhance our own lives and others’? Music from the UUCP Choir.

April 17: *“Service is Our Prayer”—How This Covenant Came to Be*

Service Leader: Emrys Staton

The language of our covenant hearkens back to the late 1800s, as both Unitarians and Universalists kept moving further away from explicitly Christian beliefs and tried to open up to the growing humanist values and principles. We will explore the history of this development, and see how it resonates with us today. Music from UUCP’s Jazz Duo. Share the Plate collection for Phoenix Allies for Community Health.

Phoenix Allies for Community Health (PACH) provides volunteer-led, patient-centered health services to medically marginalized people, with respect and cultural humility. The main project of PACH is an all-volunteer-run free primary care clinic in Phoenix, catering to the uninsured and underserved.

April 24: *Celebration Sunday! A Spiritual Community for Our Time*

Service Leader: Rev. Susan Frederick-Gray

As we wrap up our annual Stewardship Campaign, let’s celebrate and imagine what it would mean to live into our vision of becoming a Spiritual Community for Our Time! Music from the UUCP Choir.



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