



Horizons Journal

Unitarian Universalist Congregation of Phoenix
July/August 2016



To Be a Spiritual Community for Our Time

Reverend Susan Frederick-Gray

Is religious or spiritual community still relevant for this time we live in? What does it mean to be a spiritual community for our time?

Earlier today, I sat in utter grief with a friend, both of us still in shock, feeling so deeply torn apart by the attack in Orlando, the loss of life, the violation of a place that is sanctuary for gay, lesbian, bisexual, transgender and queer people. So many levels of grief to feel.

I remembered last June, the shootings at Mother Emmanuel AME church, another sanctuary. The gay bar, the black church, my understanding as someone who is white and cis- gender female is that these are places where one can find sanctuary from the daily onslaught of fear and discrimination and stereotyping that is nearly everywhere (television,

talk radio, politicians, law enforcement, work places). The heartbreak at the devastating loss of life, thinking of the families who lost parents and children and siblings, and the violations of sanctuary—all of these invite us to make room in our hearts for grief that cannot be put fully into words.

How does a spiritual community for our time speak to this time? Speak to this continuing reality of violence against our very humanity? One way, is by allowing room for the grief and for the pain. Someone asked me on Sunday, the day of the shooting, what do we do? My response was for now, we grieve. Later, we will work and organize. But now, we honor the ones who have died and we grieve. Grief is not an emotion everyone is comfortable feeling or sharing, but grief is a

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A Spiritual Clearing in the Religious Jungle

Emrys Staton

Ministerial Intern

I've felt challenged and inspired by the new vision statement our congregation adopted in June. To set our sights on becoming a “spiritual community for our time” opens up a lot of possibilities for us as Unitarian Universalists.

It feels alive, in a way that gives us the flexibility to engage the world around us and be co-creators in building a spiritual home that meets our needs and challenges us to grow.

It also strikes me as the perfect response to the trend that has created much anxiety for many religious institutions: the increase of people with no religious affiliation—or “nones”—and increase of those who identify as “spiritual but not religious.” Recent studies by Pew Research Center have charted these demographic changes in America, prompting

a stream of blogs and articles about the inevitable demise of organized religion.

However, when I look around, I see many new manifestations of spirituality that the Pew surveys fail to capture. Yoga studios, meditation retreat centers, and faith-based Meet Up groups are all over the place. And I see spirituality woven into activism with rituals at protests and with vigils to mourn losses in our community. Perhaps you know of other examples, too.

With such a diversity of institutionalized and community-based opportunities to incorporate spirituality into our lives, it's a bit of a jungle. I don't think that is necessarily a bad thing; however, it makes hard to find a home base. And while these manifestations of spiritual practices may be difficult to quantify, they tell us that our society isn't

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Honoring Lynne Haeseler

Benjie Messer

Music Director

When this issue of Horizons is printed, our pianist Lynne Haeseler will have just begun her new position as Music Director at Granite Peak Unitarian Universalist Congregation in Prescott. Lynne has been playing piano for UUCP services for nine years, and while I'm excited for her and for our colleagues to the north, there's no question that I'll miss having her at UUCP. She has always been full of spirit, so as we meditate on spirituality, I offer this column honoring her time with us.

Lynne grew up in Binghamton, NY, and began playing piano at six years old, inspired by the playing of her father. She started taking lessons the next year from a teacher in her neighborhood who she credits with instilling in her a love of music. As a youth, Lynne attended the Unitarian Universalist Congregation of Binghamton, and met people there that connected her to the music program at the state university.

She began accompanying dancers while earning her undergraduate degree in piano performance at SUNY Purchase. After seven years of working in the New York City area, Lynne enrolled in a one-year masters program at the University of Arizona. She assumed she would be back in New York the next year, but found that she loved Tucson and that there were lots of opportunities there for an excellent pianist. A few years later, she moved to Phoenix to be the accompanist for ASU's Dance Department and made Phoenix her home, finding lots of other work and putting down roots.

Lynne found UUCP through the Desert View Learning Center, the school that rents space on our campus. She had just dropped off her daughter Chase at kindergarten when someone handed her a slip of paper saying that the congregation needed a pianist and that she should apply. Lynne says, "I really opened up at UUCP. To see the people there every Sunday just lifted me and nurtured me to do what I had to do in the world. I looked forward every Sunday to see my village. UUCP is very precious to me. It's not just an organization. It's a

palpable experience of what it is to be human."

Both at our congregation and outside of it, Lynne has continued reinventing herself as a musician and trying new things. Influenced by her work in dance theater, she has created and produced many immersive and multisensory musical events—concerts in which music was timed to a view of the setting sun, meditations that combined music with silence and spoken word, collaborations with dance and experimental video, even music themed to each course of a four-course meal. Through these events, Lynne has developed a devoted following of friends and fans, and many UUCP members count themselves as part of that group. Most recently, Lynne has begun a series of senior residencies, performing regularly at senior centers throughout Phoenix and recording a CD specifically for use with seniors.

I have learned a lot from Lynne in our years of working together, and I've literally had a front-row seat to her musicianship. I can say without hesitation that Granite Peak's music program will be getting a bigger boost than they could possibly expect. I know that I speak for our congregation in wishing Lynne all the best in her new position, and in thanking her for nine wonderful years of music and friendship. □

The UUCP Big Fall Show!

Mark Your Calendars!

Saturday, September 17th

A celebration of our music program!

—Special guests to be announced—

Continued from "A Spiritual Clearing..." page 1

necessarily rejecting all religion. Many of us are just looking for it in different places, trying to make our way through that jungle.

So at UUCP, we have an opportunity to make a little clearing in the jungle. A space that lets in some fresh light.

Within that clearing, I imagine we will see that in order to be a relevant spiritual community for our time, we will need to be a place that continues confronting the systemic social power structures of race, gender, and class. A place that doesn't shy away from hard questions. A place that provides both spiritual language and practices to fortify us to engage those hard questions.

Our clearing needs to be a place of nurture, respite, and regeneration. It needs to be a sanctuary, a place of love and compassion rooted in honesty and accountability. A place with the capacity to hold our pains, fears, losses, mistakes, bad hair days, and crying babies with tenderness.

Our clearing would be a place of celebration. A place where our spirits can fly high and we rejoice in the happy moments of our lives. I envision this community as a place that can really throw a good party (which I've already seen).

Being a spiritual community for our time is probably not going to be something that the Pew survey has a category for. They already don't really know what to do with Unitarian Universalists—we are put in the *Other Faiths* category. I see us as being more embracing and dynamic than "spiritual but not religious," and we are most definitely not a "none."

This summer, as we take a couple of months to contemplate the theme of spirituality, I urge us to get out our metaphorical machetes and clear out some of the jungle around us. Let in some light, some fresh air. While we do that, I will be listening to you all for the curiosities, the insights, the creative sparks of what the vision inspires in you. I feel the excitement about becoming more radically inclusive, theologically diverse, and justice centered as we figure out what it means to be a spiritual community for our time. □

2016-2017 FUNDRAISING EVENTS

Next year the congregation will be holding two big fundraising events:

UUCP Arts & Crafts Fair

Sunday, November 13, 2016

9:00 am to 2:00 pm on the Patio

20% of all sales goes to the congregation

We are looking for artists to sell their original works of arts and crafts. Painters, jewelry makers, paper crafters, photographers, fiber artists, please join us in covering our patio with beautiful creations! Vendor Application available at: <http://bit.ly/UUCPArtsCraftFair>.

UUCP Annual Live Auction

Sunday, December 4, 2016

11:00 am to 1:00 pm in the Sanctuary

100% of all sales goes to the congregation

We are looking for community building events such as: hosted dinners, soirees, guided tours, lessons, professional services, etc. We will no longer be offering the online auction, and instead I encourage our creative community to participate in the UUCP Arts & Crafts Fair. Donation forms will be available starting in October.

Mark your calendars, and get those creative juices flowing—let's make these events an opportunity to get to know each other in fun and exciting ways!

Heidi Parmenter, Business Administrator



All the Difference in the World

Katie Resendiz

Acting Director, Children's Ministries

Kids Kamp is an amazing time of year at UUCP. While Desert View Learning Center and the Early Education Co-operative Preschool bring children to our campus during the school year, there is something special about 126 kids in the throes of summer vacation bliss. The halls are filled with the overly cheerful voices and clomping footsteps of campers. The Sanctuary becomes a grand performance hall for cheer competitions, dance parties, and improv theater. For one month, the nearly constant occupation by children fills our space with laughter, fun, and smiles. I like to think that the energy of the kids is still resonating each Sunday and that come July, our building has been charged for the year.

Similarly, the spiritual work of congregation members, in worship, reflection, classes, and community surrounds the campers as they play. Visual reminders of the chalice and our principles mark this space as home to a spiritual community.

Author Dan Wakefield describes spirituality as a kind of lens through which to enlarge and give clarity and meaning to the chaos of moment-by-moment experience, to make sense of the jumble of the past, and to conceive a future worthy of blood and breath. It is in reflecting on all the ways our physical campus serves the congregation, camp, schools, and community that we begin to build a vision for the world. Here, we find people working, playing, worshipping, loving, and resting. We come to this space for a multitude of reasons, but in this space we commit to the hard work of honoring and supporting one another.

Many of our campers are not UUCP attendees. In fact, for some of them, this is the one time of the year they are in faith setting at all. Yet Kids Kamp is deeply infused with spirituality. Teachers and counselors work to help campers find a lens that gives clarity and meaning to the chaos of childhood. They work to connect each activity to the greater world, the past, and the future. We build

miniature traditional desert shelters, we cook foods from far off places, we watch ballet, we all work together to build one single cardboard town, we struggle and succeed in expansive games of capture the flag. Just as play fosters physical strength and intellect, it can also grow spirituality. When we help kids connect the immediate fun in front of them to the larger world, they begin to find their place, seek understanding, and set a path for their spiritual journey. They are fascinated. They are full of wonder. They are wise. They are creating meaning.

Kids Kamp gets larger and larger each year. Children love being here and talk about it all year round. Kids who can't come all month, beg to be included for the week or two that they are in town. As a new member of the leadership team, I admit, I didn't get it. It's a cool program, the staff is great, but to be honest, on paper, it doesn't look a whole lot different than other day camps in the valley. But watching the teachers and counselors in action, I have seen what makes Kids Kamp special. It is spirituality, it is place. A summer camp housed on a UU campus, filled with principled fun, and led by teachers invested in spiritual growth, makes all the difference in the world.

*I like to think that the energy of the kids
is still resonating each Sunday and that come July,
our building has been charged for the year.*

Recently a friend wrote of her childhood spiritual home: "I have so many happy memories of my grandma and church basements. Church basements have craft sales, fish fries, spaghetti and pancake dinners, bingo, and beer." Throughout our lives we carry the images and energy of the places we felt deeply and thought deeply. At UUCP, we are so blessed, our buildings carries the memories of more than 30 years of overly cheerful voices and clomping footsteps. □

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response to something we love, something we value, being hurt or lost. Making room for grief connects us to our humanity. It allows us to feel the pain without becoming the pain. It reminds us of the depth of love and compassion and caring that are deeply a part of being human.

A spiritual community for our time needs to make time for grieving, to honor it and not to be afraid of it, or cast it off. A community, a people, a society that cannot grieve, will also begin to lose their joy. As we compartmentalize our grief, we cut off our emotional capacity for deep joy and deep love too.

In my experience, grief and joy and love—they result as a feeling of connection to life, to others, to the deep places of knowing in ourselves. This connection is the foundation of what many of us call spirituality. It is a broad term we give to the experience of transcendence, a feeling of being a part of something larger than oneself. A spiritual community for our time, then, invites us to remember, practice, and celebrate connection. Honoring grief and inviting joy are a part of experiencing that connection.

It is not a wonder to me why people are turning away from religion at such a fast rate—especially as too much of what we publicly see of religion is cast as extremism, doling out division and judgment. This is why liberal spiritual community is so important—religious communities of all faiths that do not see a role for extremism in religion, but see the foundation of the religious impulse to be that of connection, of compassion and understanding, of gratitude for the precious gift of life, all life. A spiritual community for this time is one that nurtures our humanity, gives us space to honor the joys and sorrows of our lives and world and reminds us that even while we cannot always avoid pain, we can still choose to live the values of love and care and solidarity with life. We can choose this, and we will choose it again and again. □

An Exploration of Identity

This fall, UUCP is offering a new all-congregation opportunity to get to know each other and get to know ourselves through the lenses of identity. Please put all three dates on your calendar. More details will be announced in August.

Thursday nights, 6:45-8:30PM

September 29: religious background

October 6: gender

October 13: race

Registration for 2016-2017 Religious Education

This year, we are staggering our registration dates for Sunday School and Children's Ministry Classes.

To enroll your child(ren), please look to the sign-in table, notes home with students, the RE Newsletter, or the UUCP website once registration is open.

Registration for Infants, Toddlers, Coming of Age (7th and 8th graders), and YRUU (9th-12th grade) will open July 1st.

Pre-K through 6th will register beginning September 1st.



How Does Your Garden Grow?

Glen Lockwood

President, Board of Trustees

I was ready for this article. I had been thinking about it for days. I even started writing before the deadline (if that doesn't surprise you, we haven't worked together). So it was—article partially written—that I headed off to UUCP one Sunday morning only to be greeted with the topic “Strength.” Hmm. I'm writing about strength—the theme for July and August. Only... NO! That is the theme for June. No wonder I was comfortable with the topic.

So, fresh start, clear mind, can't lose. And there it is. Clear mind. That thing I can't seem to accomplish. I struggle to even commit to trying to clear my mind. But it is the concept of a clear mind—as in meditation—that I associate so directly (so theoretically) with spirituality. In the interest of full disclosure, I have long described myself as religious—but not spiritual. Since that is the opposite of how I hear most UUs describe themselves, I'm going to talk about “spirituality” in the context of “religious”—at least in the world according to Glen.

For me, spiritual experience is personal and religious experience—in fact, religion—is communal.

A metaphor: Spirituality is like the process of having a garden.

- Meditating, praying, clearing the mind is preparing the soil.
- Experiences that ground me and challenge me to be my best—those are planting seeds.
- Being present, aware and open is the tending, watering, pruning.

For some, it's all about the gardening—for me, the metaphor gets tidied up like so:

- Religious experience—being in community—is the harvest and feast.

Too often for me, I come to the feast not having tended the garden. It doesn't make the feast

any less enjoyable—but I'm not always ready for or open to the opportunities that present themselves.

*For me, spiritual experience is
personal and religious experience
—in fact, religion—
is communal.*

So, that's a really brief view of spirituality from someone that struggles with this part of being human. I love the *idea* of gardening—love the idea of embracing and growing as a spiritual being. I appreciate UUCP and all of you who model living a spiritual life—it makes the harvest and feast really rewarding—even for an amateur gardener. □

New UUCP Website!

The Publicity Committee would like to thank everyone involved with the design, creation, and launch of our new website! You can see the new site at the same address, phoenixuu.org. Special thanks to the UUA for the excellent (and free!) template, Geoff Anderla spearheading the build, Smoot Carl-Mitchell for his help with the transition, and the Website Task Force who helped pull everything together. As with any of our community's publications, our website is active and growing, so if there's something you would like to see added or changed, please do not hesitate to let us know!



Interested in Learning About Membership?

Kristina Benner

Membership Coordinator

Three times per year, the UUCP Membership Committee offers an informative, no-pressure way to learn more about our congregation and what it means to be a member of our congregation. Our Pathway to Membership (PTM) 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. It's fun, it's free, and free childcare is provided.

The next PTM session will be this October 6th and 13th after our Community Night dinners on Thursday evenings, 6:45-8:15PM. If you can't make Thursdays, we'll have a daytime Saturday session in January.

To register, find me at the Welcome Table in the lobby on Sundays, call me at 602-840-8400 ext 204, or email me at KristinaBenner@phoenixUU.org, I can't wait to see you! □

What is a soul? It's like electricity—we don't really know what it is, but it's a force that can light a room. Ray Charles



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:

- Lucienne Rusconi passed away June 4th, peacefully and with friends. She was a UUCP member since 1978 and will be missed. A memorial service at UUCP is being planned.
- Jeff Newman lifts his father up in gratitude and blessing as he passed away on May 20th; the family is grateful for the time they shared together.

Milestone Celebrations:

- Bill and Linda Kesler celebrated 29 years of marriage May 31st.
- Welcome back, Jack! Jack Grenard, his friends and our community are joyful for his healing.

Transitions & Other News:

- Happy trails and best wishes to Lynne Haeseler as she continues her musical life journey with the Granite Peak UU in Prescott as Music Director.
- To all the children who shared their Joys & Sorrows with our community at the June 5th service: We send you loving thoughts to help heal your sadness and rejoice with your happiness.

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



Maryland School Partnership

Cathy Kim

Member, Justice Ministry

The level of socio-economic and family support children bring to school with them can have a major impact on their success as students. When parents are stressed by lack of education, low-wage jobs, and are struggling to survive, they are hard pressed to adequately prepare their children. Thus, schools find it necessary to provide additional resources to bring students along at the expected rate, academically, behaviorally, and socially. Where do those resources come from? School administrators may be able to identify needs, but budgets are notoriously slim, especially in Arizona, making it very difficult to follow through with strategies to reduce the gap.

Washington School District, in recognizing these needs, is advocating for each of their schools to build a partnership that includes faith communities, businesses, and community organizations. These partners work in collaboration with school staff to identify a school's challenges and plan for ways to help provide specific resources to assist in meeting these needs.

Maryland Elementary School, at 21st and Maryland Avenues, where UUCP Justice Ministry plans to become involved, has an enrollment of approximately 850 in kindergarten through 8th grade. Additionally, two Head Start classes and a special needs preschool class meet on campus. Maryland is a total Title I School, with a majority of students below the federal poverty level, so that all students are provided with free breakfast and lunch. In the past year there have been close to 100 refugee students, with about 24 languages spoken. The school is majority Hispanic, with significant percentages of Native American, African and African-American students. The mobility rate during last year was about 30%. The After School Academy provides additional academic support for at-risk students, and the Parks and Recreation Program provides after school care. In addition, the turnover rate of faculty has been quite high in the past few years.

What can UUCP do to help build a better learning situation and community at Maryland School?

1. Our partnership is a work in progress, and currently includes the Beatitudes Campus—where a number of our senior members reside—Church of the Beatitudes, CORE Institute, and Fox Restaurant Concepts. We need help with expanding this partnership, drawing in additional businesses and organizations.
2. We would like to help UUCP members match their own gifts to the needs of the school, such as:
 - Providing school supplies and small rewards for academic and behavioral improvement;
 - Tutoring students, including English language learners, during the school day or after school;
 - Assisting with school garden classes and garden maintenance;
 - Helping staff at family events four or five times during the year that support academics and positive family interaction: Bingo night, Sports and Fitness, Math Games, Reading Restaurant;
 - Initiating a program to provide appreciation and encouragement to teachers in order to help build staff community and stability of teacher retention;
 - Making Arizona tax credit donations to



Maryland School;

- Beginning to locate information and contacts that will help us to better understand how we might advocate for improved education for all students;
- Other plans as they unfold—and we would welcome your ideas.

As you can see, the task ahead is immense, but so is the resourcefulness of people in this congregation. Our individual gifts and talents when brought together in the spirit of respect, kindness, and justice become immense in their impact. We need you, and ask that you think about where you might fit into this partnership.



We will begin our active work in July with a collection of supplies and a sign-up enlisting your volunteer assistance. To get involved or get more information, check at our sanctuary's back table on Sundays or email Cathy Kim, ckim248@yahoo.com.

List of Needed Classroom Supplies:

Bottles of hand sanitizer (all sizes)
Boxes of tissue (e.g. Kleenex)
No. 2 Pencils
Glue Sticks
Crayons
Markers
Expo dry erase markers
Boxes of colored pencils
Folders with two pockets
Pencil-top erasers
Disinfectant wipes
Underwear and short pants, boys and girls—sizes 5/6, 6x, 7 (for accidents)

Incentives/rewards are needed for the Literacy Center that works with below-grade-level students in the after-school program. In addition, some primary teachers maintain “Treasure Boxes” to reward students for appropriate classroom and playground behavior. These items are very helpful:

Stickers
Colorful #2 pencils
Bite-sized candy
Small erasers
Stuffed animals (all sizes)
Small toys (99¢ store)
Small interesting pads of papers

Gift cards:
for school supplies: Staples, Office Max, Target, Walmart
for garden supplies: Home Depot, Summerwinds Nursery/Whitfill Nursery
for picture books related to gardening: Amazon □

July/August Worship Theme: **Spirituality**

Services bring our community together at 10:30 AM

Are Unitarian Universalists spiritual? What does Unitarian Universalist spirituality look like, feel like? These are the questions we'll ask and explore this summer. In both July and August our theme is Spirituality. While Rev. Susan is away on vacation and study leave (and campaigning!) members of UUCP will be leading services and sharing their experience of spirituality and how that has changed, deepened and developed over their lives. The same invitation is open for all of us, to take some time to think about where we find spirituality in our lives, what it means to us and how this has changed throughout our lives.

July 3: *A Journey of the Spirit*

Service Leader: Cherilyn Walley

UUCP member Cherilyn Walley shares how her understanding and approach to spirituality has changed over her lifetime, including her journey from the LDS church to Unitarian Universalism. *Music from UUCP Jazz group.*

July 10: *The Circle Game: Coming of Age at All Ages*

Service Leader: Gary Ezzell

This spring, after two years of being an adviser for our middle and high school groups, UUCP member Gary Ezzell received his Medicare card. He will ask what it means to "come of age," a question that grows and matures but seldom goes away. *Music from new UUCP vocal trio, Achord.*

July 17: *A Spiritual Reflection*

Service Leader: Asha Arora

Asha is a young adult who grew up at UUCP. She is working as our Summer Office Intern and in discernment about her own pursuit of the UU Ministry.

Share the Plate Sunday: Offering benefits Homeless ID program, <http://azhomeless.org>; *Music from Dave Bellama.*

July 24: *Dirty Roots*

Service Leader: The Dissidents

We each have our own spiritual roots that got us to UUCP, and together we create a new, collective spiritual community. Today, the Dissidents take us on a musical journey from their own roots to our congregation.

Our goal should be to live life in radical amazement ... Get up in the morning and look at the world in a way that takes nothing for granted.
To be spiritual is to be amazed. Abraham Joshua Heschel

July 31: *A Spiritual Journey from Fear to Freedom*

Service Leader: Ileana Salinas

Traumatic experiences can affect our relationship with ourselves and others. The path from fear to freedom can be achieved through different expressions of love. UUCP member Ileana Salina explores how we keep the lessons, let go of the pain, and re-open ourselves to let the spirit of life flow through us freely again. How do we open and sustain safe spaces in our daily lives to support others going through this process? *Music from Open Strings*.

August Service Titles will be announced in Compass. Service Leaders are listed below:

August 7: Emrys Staton

August 14: Rev. Susan Frederick-Gray

Share the Plate Sunday: Offering benefits Booker T. Washington Child Development Center,
<http://www.btwchild.org>

August 21: Rev. Susan Frederick-Gray

August 28: Susan Goldsmith

SUMMER COMMUNITY NIGHTS

First Thursday of each month

6:00 PM ▪ Potluck ▪ Multigenerational (no Chalice Kids) ▪ Special Activities!

Everyone is welcome!

Thursday, July 7 – *Games Night* with Heidi Parmenter

Thursday, August 4 – *Ice Cream Social* with Religious Education Committee

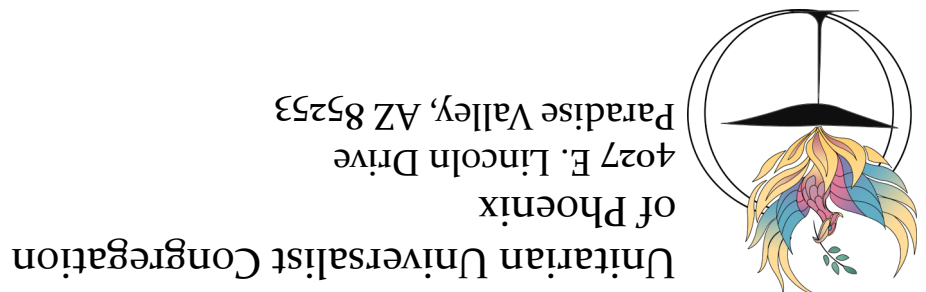
Thursday, September 1 – *Dance Party* with entire UUCP staff!

— SPIRITUALITY —

Stepping out of the busyness, stopping our endless pursuit of getting somewhere else, is perhaps the most beautiful offering we can make to our spirit.
—Tara Brach

Science is not only compatible with spirituality; it is a profound source of spirituality.
—Carl Sagan

If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you, if the simple things in nature have a message you understand, rejoice, for your soul is alive.
—Eleanora Duse



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