



Horizons Journal

Unitarian Universalist Congregation of Phoenix

November 2017



Opening Spaces. Making Inclusive Places.

Reverend Margret A. O'Neall

In this season of gratitude, I am deeply grateful for all the abundance of my life. I am blessed with a loving family, strong and supportive connections with friends and colleagues, creative and engaging work opportunities, good health and reliable health insurance, a beautiful place to live – there is so much abundance in every part of my existence, and I do not take any of it for granted.

Even as living in abundance is a gift and a privilege, my awareness of the abundance in my life calls me move beyond receptive gratitude into doing my part to create a world in which abundance is fairly distributed, and where the resources I enjoy

are accessible to all.

As I consider the Vision of this UU Congregation of Phoenix, I think about theological diversity (people of all beliefs can find a place to deepen and grow here), and about being centered in justice (working together to create more wholeness, justice and peace in the world), and perhaps most of all right now, about what it means to be radically inclusive. The word “radical” derives from “root” – so being radically inclusive means going down to the roots, the foundation of who we are, to consider how our way of living, our way of creating religious community, can be truly inclusive.

To that end, we are engaging in work of racial justice, part of a larger movement throughout the

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Finding Enough Amid Abundance

Emrys Staton

Director of Pastoral Care & Justice Ministries

I used to be an avid dumpster diver. Minus the flippers and goggles, my friends and I would spend a few evenings a week scoping out the backside of Trader Joe's, Sprouts, Whole Foods, and a few other non-grocery places. Covertly reclaiming items from the trash, we ate like royalty, bringing home bountiful loads of foods that had just hit their expiration dates or were somehow cosmetically damaged and deemed unfit for sale. Or, in the case of a bakery that we often visited, they just needed to clear out their inventory each day.

In fact, there was such an abundance of free food, we really had to work on a discipline of only bringing home what we knew we could realistically eat or share. Without restraint, the abundance of food began to cause a lot of problems at home, and we ended up throwing away food that was already thrown away!

Trash provides a fascinating look into how our society functions. I remember a guest lecture from a Garbologist (yes, that's a real term) in one of my undergrad courses. He shared with us how there is a huge difference in the contents of household trash from affluent communities and poor communities, especially when it came to food waste (the rich throw away much more uneaten food). He also told us that by digging into landfills, they found seemingly paradoxical trends, like how considerably more meat was thrown away during the 1973 beef shortage, because so many people hoarded extra beef out of fear, and it went bad before they could eat it.

The perception of scarcity and abundance is foundational to our capitalist economic system. Standard human behavior says that anything which is perceived as abundant will be taken for granted

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Property Management Update

Heidi Parmenter

Business Administrator

The Construction team is continuing to work on getting the pieces in place to start the renovations the end of December. Stay tuned for more timely updates as we get closer to ground breaking.

In October we started new landscaping services with ABM Solutions. ABM will be providing the following services for us: weekly grounds cleanup and wet spot check for the irrigation; monthly irrigation test; monthly gutter cleaning; annual pre-emergent and fertilizing treatments. Before now, we had a father and son landscaping team come out quarterly for grounds cleanup and monthly for gutter cleaning and irrigation tests. The service had declined once the father retired and it was time for us to look into a more regular and professional service.

ABM did a thorough evaluation of our irrigation system and found all the drippers that were not necessary as well as areas where drippers were needed. They fixed all the existing irrigation issues and have been maintaining it since the middle of October. ABM also did a major water line repair near the west entrance to the Annex building. This particular pipe needed a significant upgrade and they did that work while fixing the leaks.

The Annex roof was cleaned up and several new coats of foam and sealer were added by a well-known roofing company in the Valley. Now all our roofs are up to date with maintenance schedule.

On Saturday, October 14, we hosted the first work day of the program year, including both indoor and outdoor projects around the campus and a potluck lunch. Work days for the rest of the program year are on the following Saturdays: November 18, December 16, January 20, February 17, and March 17. □



Opening Spaces *Making Inclusive Places*



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UUA, but in our own unique way. I am confident that we will continue to deepen that work, creating an understanding and environment here that is ever more welcoming to all, and learning how to reach out into the community with what we have to offer.

The construction projects that are launching this fall, and the fundraising to make those projects happen, also emerge from that same commitment to radical inclusion. In this process, the front of the building will be redesigned to offer a more inviting visual space as people enter the property. Paved parking, gentle ramps and level surfaces and wide entry doors will ease the way not only for those using wheelchairs and walkers, but for young families with strollers as well. An accessible, shaded patio with generous seating, along with providing a safer place for the children to play, will welcome us to gather in community in ways that nurture all who enter here. And replacing the aging and expensive air conditioning system that was draining our resources, and that was poised to fail at any given moment, probably in the hottest months of the year – yes, we are in Phoenix, after all, and offering a cool space is part of our welcome.

This current round of construction grows from a long history of exploring to use the abundance that has been gifted to this congregation by those who came before, including a large property and a set of buildings that host our activities. This work is an integral part of our vision of radical inclusion, and all are invited to be part of opening the spaces here to make UUCP ever more radically inclusive.

You can make your inclusive financial contribution at <http://www.phoenixuu.org/2017-2020-capital-campaign/>, or by using one of the green forms you will find around the building. All gifts are needed and welcome as we open our spaces and make them ever more welcoming and inclusive! □



Unicare News

Please lift up in your thoughts those in our community who share their transitions, sorrows, celebrations and wishes—that they may find strength in your love and friendship. For more information, or to get involved, contact Vicki Myers, Unicare Coordinator, at unicare@phoenixuu.org.

Remembrances:

Heidi Parmenter remembers her stepfather, Arnold Davis, who passed away in October. Arnold was Heidi's father since age 5, and Beau's only grandfather. He was loved and will be missed.

Margy Angle mourns the October passing of her dear mother. She was also a grandmother to Margy's daughters Alicia and Gladys.

Healing Thoughts & Transitions:

We continue to keep Bill Parker in our healing thoughts as he continues therapy and recovery from a broken leg.

Milestone Celebrations:

Congratulations to Roy and Mary Miller as they celebrated their 40th wedding anniversary on 10/1. They were married by Rev. Emeritus Ray Manker at UUCP in 1977.

Paul Playford and Barbara DeWitt are engaged... Congratulations!

Happy 90th Birthday to Yvonne Hoff!

If you're not on the Unicare e-Group list but interested in participating in a mealtrain to provide meals to members/friends when needed, contact unicare@phoenixuu.org. □



Don't Just Do Something, Sit There

Katie Resendiz

Director, Children's Ministries

I am writing a very short article this month. Here is why:

When I think about abundance, I often think about all of the things we can do in the world, all of the amazing opportunities—and no surprise, I think of all the ways we can connect with one another and build strong, amazing, magical communities.

I have always fallen in love with my work, from the first days of babysitting, to being a vegetarian fry cook at a decidedly not vegetarian country store, through working one-on-one with law enforcement and survivors of crime, to my work at UUCP. I constantly find myself absolutely engrossed and fascinated by my professional realm.

I want to dive into every moment and help every cool idea grow into a fantastic successful project.

I am so lucky to have a spouse who has always supported me in my passions and has been willing to partner with me and be present to help these projects grow and be okay with me not being present at home. I have friends who understand that the best way to hang out with me is to come to a meeting, volunteer for an event, or show up at a rally.

Abundance, so much to do, so much I can do, skills to offer, tools to lend, shoes to fill.

This has also created an overabundance of stuff in my house. Things purchased for convenience, things purchased because we needed a supply for an event “right now,” things to fill the time and space when I’m not home.

The expectation I have set for

myself is “Do, do, do. Go, go, go. You can always do more.”

But today, I am tired, the work is hard, and the 32 hours a week has too often grown to 40, 45, and sometimes many more. As a staff team, we are learning to deepen our work with community members, lessen the frantic feeling of so many projects.

I am learning to not celebrate busy. I will remember Rev. Margret’s words, “too much of a good thing, is also too much.”

Today, I will write a short article, because there is deep value in having less, doing less, and learning to be more. □

Teachings of Mindfulness & Compassion Practices Presented by Bhante Sujatha



Saturday, November 11th
10 a.m. to 12 p.m.
UUCP Sanctuary

\$35 Donation
Proceeds will go towards
baby incubators for
hospitals in Sri Lanka.

Bhante Sujatha’s approach to meditation is deep and simple, bringing core Buddhist teachings to everyone in a way that is practical and easy to understand. A joyful, radiant, funny and wildly energetic monk, Bhante will help you obtain peace that can only be found in deep silence. He is originally from Sri Lanka and is the head monk / abbot of the Blue Lotus Buddhist Temple and Meditation Center in Woodstock, IL.

We invite you to learn how to deal with thoughts, feelings and emotions and to focus on your breathing with practical tools to use mindfulness as a way to navigate through this life.

This event is hosted by the UUCP Sangha meditation group, which meets at 7:00pm on the 2nd and 4th Tuesdays in the sanctuary.



Graceful Waiting (or Maybe Not)

Vince Waldron

President, Board of Trustees

As you read this, Thanksgiving is on the horizon. And we certainly have much to be thankful for here at UUCP.

I sometimes arrive early for Board meetings so I have time to walk around our campus. In the evenings, Camelback Mountain glows in the light of the setting sun. I watch it through the green branches of our local Palo Verde trees. With their evergreen bark and thorny beauty, these trees remind me that living successfully in the desert requires deep roots, adaptability, graceful waiting for cooling temperatures and the very occasional rain. Having lived in the Sonoran Desert most of my life, I feel grateful for its stunning views and amazingly diverse plants and animals. And I am thankful that Heidi and a band of hardy volunteers have been tending to our grounds, nurturing the heat-stressed plants, pruning here and there, and cultivating that natural beauty that brings us all a sense of peace and well-being.

Graceful waiting. Maybe that is what our congregation is called to do during this period of self-reflection and the calling of a new minister. I tend to be a bit impatient myself, but it is good to see Rev. Margret gently leading us through conversations about the strengths, needs, and aspirations of UUCP. Rather than plunge pell-mell into search, we are taking the time to breathe and survey the congregational landscape. When our search begins next spring, we will be prepared to help a new minister adapt and thrive.

The Board of Trustees has been busy this fall. One order of business was to appoint a “transition team” to help us prepare for the ministerial search. You will recognize some of these names and others might be less familiar. All are wise congregational leaders who have committed to work with Rev. Margret to guide us through this two-year period. I am grateful to Gary Ezzell, Susan Goldsmith, Jan Kaplan, Sam Kirkland, Glen Lockwood, Kim St. Clair, Dale Wiebusch, and Don Weir. If you see these folks

after a service, I hope you will thank them for (once again) giving of their talents.

The Board has been closely monitoring the progress of our construction project. Last spring, UUCP members and friends generously pledged \$1.4 million in capital campaign pledges to replace our tottering air conditioning systems, significantly improve access to our building, and upgrade the patio to make it a more pleasant gathering space for both children and adults. The project is now well on its way and you will be seeing physical evidence of that as our campus becomes a construction site.

We still have a modest “funding gap” as the actual cost of the project will be near \$1.7 million. We are almost there! So the Board has authorized a follow-up campaign this fall to close that gap and avoid the cost of extra borrowing. This seems the financially responsible thing to do, as funds we raise now will minimize our need to borrow later. You are probably hearing about the campaign at Sunday services. I hope you will consider contributing if you haven’t already done so. If you gave last spring, please consider adding a bit to your pledge. Even small gifts spread over the three-year pledge period can make a big difference! Kathleen and I pledged \$3,300 last spring. That seemed the right amount for our budget. But recently we realized that just adding ten dollars a week to our pledge, the cost of a few trips to Starbucks, would add another \$500.00 per year. That adds up to \$1,500 over the three-year period. Kathleen and I are in! I hope you will be too.

Hmmm... As I think about it now, maybe this transitional period isn’t just about graceful waiting. Maybe it is also about deepening our roots. Grounded in generosity, led by leaders we admire and trust, our community is growing ever stronger during this period of waiting. I like that! And I think candidates for our minister position will too.

As Thanksgiving approaches, please accept my gratitude for all you do to make UUCP a caring, vibrant (and fun!) community. □

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and used wastefully. The environmental movement's conservation efforts have long tried to help us all understand that much of what we thought was abundant actually has a limit to it. And even when something is abundant, it should still be used carefully.

Perhaps one of the greatest ironies of global capitalism is that the countries that have some of the most abundant wealth in natural resources are also the most impoverished and unstable. Eduardo Galeano's *Open Veins of Latin America* put forth the conclusion that the countries that didn't have much in the way of valuable minerals or farmland were left alone by the U.S. and Europe, and therefore better off economically and politically. Abundance can be dangerous.

I've been thinking that a related and more helpful concept is "enough-ness." In a very practical sense, I can ask myself, do I have enough of what I need and want to be healthy and happy? If not, is it because my expectations of what is enough are unrealistic, or because there is something preventing me from getting what I need?

Beyond examining what constitutes "enough" for the material needs of life, I've been finding myself asking questions like, how much is enough news? Enough Facebook? Enough facts and stats and information about climate change? There's an overabundance of information of all the issues in the world, pulling me in every direction. So I'm setting more limits on my time, and re-prioritizing to make sure I'm getting more time away from my phone and computer. I definitely have enough anxiety and stress, but not enough exercise or time outdoors.

The lessons from dumpster diving apply throughout life. There was always way more than we could use, so the choice was left on us to decide how much was enough. Similarly, with endless scrolling and stimulation available from social media (or whatever other things you may have in your life that can occupy time), it's again on us to draw our own

boundaries, so that we don't throw away precious moments. A helpful practice for me is to periodically check in with myself throughout the day and ask, "Is this enough?"

With the dumpstering, we imposed the one-box rule, limiting how much stuff we allowed ourselves to bring home regardless of what was available. In a practical way, it helped us from overflowing our refrigerator. It also helped us cultivate a practice of discernment and commit to staying within a limit of enough-ness, and being content with that. □

Community Thanksgiving Dinner

November 23rd • 4:00 PM

Join UUCP members, friends and extended families for a community Thanksgiving dinner.

Our community comes together to provide the meal, so please visit phoenixuu.org/thanksgiving to sign up for the dish you would like to bring.

More information will come in Compass and Sunday Announcements.

Community Night Dinners

This year, we continue our Community Night tradition. Join us at 6:00 PM in the Johnson Room for food and friendship. A donation of \$5 per adult, \$2 per child under 10 years old, or \$10 per family covers the cost of the meal.

Community Night is not a potluck. Instead, each week features the talents of the fabulous cooks in our congregation. If you'd like to contribute as a Sous Chef (sides, salad, or bread), please sign-up in advance.

If you enjoy contributing, but are unable to commit, bringing a dessert or fruit to share is welcome. If you'd like to join, but have dietary restrictions or preferences, you are welcome to bring your own meal.

If you have questions about Community Night, contact JanineGelsinger@phoenixuu.org.

November Menu

- 11/2 - Breakfast for Dinner: buckwheat pancakes (no gluten or soy), egg frittata, home fries, assorted breakfast fruits, and flourless sweet potato spice muffins (gluten-free), from Chefs Emrys Staton + Carol Manetta, and Sous Chef Joan Gale.
- 11/9 - Chicken Tortilla Soup (no gluten, soy, or dairy; contains meat) or Vegetable Tortilla Soup (vegan; no gluten or soy), Cilantro Lime rice, Southwest Salad, and homemade Chili Cornbread muffins from Chef Carrie Lifshitz and Sous Chefs Alisa Phillips, Cherie Stafford, and Joan Gale.
- 11/16 - Mac + Cheese (vegetarian; gluten-free option, contains dairy), with hot dogs (no gluten or soy; contains meat) or veggie dogs (vegan; no gluten or soy) with all the fixings, and a broccoli salad, from Chefs Teri and Donna Talbot, and Todd Haughton, and Sous Chef Justin Gelsinger.





Supporting Children & Families in Need

UUCP Justice Ministries

Fall has brought significant activity among our Justice Ministries Teams at UUCP, and several are focused on children in our community at large.

At Maryland School, where one quarter of the school year is already completed, our partnership (which includes Church of the Beatitudes and Beatitudes Campus) has:

- provided teacher support with a beginning of the year luncheon and notes of encouragement for all staff members, gift cards for brand new teachers to help with classroom organizational supplies (gift cards for books and teacher supplies are needed throughout the year)
- collected school supplies so that students were prepared to begin the new year (thank you to all who contributed!)
- matched about 40 volunteers from partners and community to tutor students, assist in the afterschool reading program, and help with garden classes throughout the year (more are always welcome! the mentoring and relationship are so important to kids)
- lined up support for family engagement events and student citizenship and academic progress recognition (looking for some businesses who might add their support)
- collected donations of musical instruments, including maintenance and repair supplies (still need trumpets and saxophones!).

There are many projects still ahead of us:

Food Security for Children

During November we are asking for your help to assemble a complete food box to provide a food-insecure family with nourishment over the two week winter break when children will not be receiving breakfast and lunch at school. About 85% of the families at Maryland are below the Federal poverty line, and the 50+ refugee students at the

school will be our main focus.

Please consider helping these children/families in the following ways:

- picking up a list of items needed for one food box and either providing all these items or partnering with another friend or family to shop for a complete box
- making a donation (cash or check to UUCP with Maryland School in the note line) to help fund purchases for a complete box. Estimated cost: \$35.

A list of food box items will be available online and at the back table in the Sanctuary in November, and donations will be gratefully received at the back table throughout the month.

For more information or to get involved in our Maryland School partnership, contact maryland@phoenixuucp.org.

Equitable Public School Funding

UUCP participates in the Unitarian Universalist Justice Arizona Network (UUJAZ), and the UUJAZ Education Action Team works to support equitable and adequate state funding for public schools. Stay tuned for action items in this area.

Refugee Assistance

Volunteers in UUCP's Refugee Assistance Program (RAP), in partnership with the International Rescue Committee (IRC), currently help three refugee families. Once we find a family, mostly through the Eritrean refugee community members whom we helped previously, we organize a team of volunteers to visit the family and determine their needs. Often there are children who need school supplies and enjoy outings to the local library or museums. Sometimes there are medical needs, so we go along on appointments. Often we help with English and work with the IRC to make sure the refugees take advantage of all the services offered. There are also

many volunteer opportunities available at the IRC office such as teaching English, financial literacy, and citizenship. During the holidays we collect gifts for families, so look for information next month to participate in this endeavor.

Holiday Support for Needy Families

UUCP's Green Sanctuary program partners with Chispa, and has been supporting their Clean Buses for Healthy Niños campaign, which proposes to use Volkswagen settlement funds of about \$53 million coming to Arizona to allow high-pollution school districts to purchase electric buses.

While researching respiratory ailments in those districts, Chispa volunteers found many desperately needy families. We will be collecting money for a number of these families and toys for their children.

Please look for our green Christmas tree on the Green Sanctuary table at the back of the sanctuary November 5, 12, and 19. We will have tags with age and gender of the children as well as a jar for money donations. We will provide envelopes for people wishing to give identifiable cash donations. Or you may write checks to UUCP with Green Sanctuary on the memo line.

We will also have a Green Sanctuary sign-up sheet if you'd like to join us or just be kept informed of our activities.

*In gratitude for the abundance
in our own lives,
we give for the life and mission
of this congregation. □*

Calling All Writers!

Poikilos, the literary magazine published most years since the '70s by beloved UUCP member Tish Gauntt, is under new leadership! Tish is retiring as editor and I will be the editor-in-chief for the 2017-2018 volume of *Poikilos*. We are welcoming submissions of short fiction, up to 5 pages double-spaced; poetry, up to 5 poems; and art, in digital photo form. Please include a short bio of yourself, about 30-100 words, how you would like your name to be spelled, and contact information.

We are particularly interested this year in a variety of submissions, including all ages who have written poetry or short stories they are proud of. If you have created something you are excited to share, please do! This is a celebration of Tish's contributions to fostering creative expression at UUCP over the years. Please submit via email to lmacvean@gmail.com or via hard copy to the Coffeehouse mailbox in UUCP Office 2, by November 30.

Me (Lynne MacVean): I grew up in Phoenix not far from UUCP. I earned a B.A. in English and French literature from Willamette University in 1995. My first job was assisting the Editor-in-Chief of Lycos, a search engine that predates Yahoo. I have published poetry in my high school literary magazine, newspapers, Poikilos, and PVCC's online literary journal, Dry Heat. A UU since 1995, I joined UUCP in 2010. I am currently working on an academic certificate in Creative Writing at PVCC and consider Tish Gauntt a good friend, so editing Poikilos is a huge honor for me.



UUCP Outdoor Group

November is just about the perfect month in Arizona. The crisp mornings that signal the change of season—we do actually get a change, you know—the daytime temps that are quite comfortable, and chilly nights that suggest a cozy fire might be nice means it is time to be outside. The hiking doesn't get any better than this, and Laurel and Mark Hardin have some wonderful offerings on tap for us.

On November 11, the hiking group will be in the Superstition Wilderness. The Boulder Canyon Trail is for the moderate, leaning toward difficult, hike. For those wanting something shorter and easier, turning around sooner rather than later is an option. The restaurant at the Canyon Lake trailhead is an excellent spot for the short hikers to wait for the long hike folks and all can then enjoy a well-earned bite of lunch. There is even a suggestion for making this a through hike if people are interested. Let Bonnie know if you are thinking that sounds good.

On November 25, the day after Thanksgiving, Laurel is thinking "Fat Man's Pass" on South Mountain would be a great way to work off that Thanksgiving dinner. Laurel suggests that, when we take a loop to the south through Hidden Valley where there is a narrow pass between two rocks, it is a good test to determine whether you may have had one too many helpings the day before. This one takes half a day, has an elevation gain of 1,100 feet and is moderate. There is a shorter hike also available that goes up the Beverly Canyon trail.

For more information, contact Bonnie (562-889-9404 or outdoorgroup@phoenixuucp.org) or hike leader Laurel Hardin (laurelbhardin@gmail.com). We would love to see you on the trail. It's a wonderful place to connect with like-minded people!

Pet Blessing Service

Sunday, December 3, 5:00-6:00 PM
Isabelle Johnson Room

This special Sunday evening all-ages service honors the pets in our lives. Pets are welcome, on leashes or in terrariums or carriers. Photographs of pets are also welcome, including beloved pets you hold in memory.



Memorial Garden

*friends whose ashes were interred
in our Memorial Garden
this month in past years
are still remembered*

Alvena Isobel Cranmer
Rose Elfenbein Egeland
William Harold Gooding
Barbara Lusby Hise
Richard Charles Malmleaf
Elizabeth Wright McNeal
Joan Lee Oliver
Robert Sheldon Oliver
Walter R. Pepper
Shirley R. Sarasohn

November Worship Theme: **Abundance / Rabbit**

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

November 5: Saving Daylight

Service Leader: Rev. Margret A. O'Neill

As other states “fall back” and change their clocks, we Arizonans must remember that our temporal relations with the rest of the nation have shifted. If we were not mortal, time would not so much matter. How do we live in a world where permanence and evanescence are inextricably linked?

November 12: Living into the Future

Service Leader: Rev. Margret A. O'Neill

This has been a challenging year, with natural disasters and political turmoil abounding. What is our dream for a future of hope and justice for all people? What do we tell the children, about the past, the present and how we are creating a future of abundance for all?

November 19: Gratitude

Service Leader: Rev. Margret A. O'Neill, Emrys Staton and Katie Resendiz

Sharing the abundance in our lives, we celebrate the gifts of community in the annual multigenerational bread ceremony. All are invited to bring a bread—grain-based, gluten-free or paleo—tortillas, challah, muffins, idlis, injera, naan, fry bread—from your family tradition to share with the community.

November 26: Contemplating Cosmic Abundance

Service Leader: Emrys Staton

A low-key worship service focused on contemplative practices and reflection on our home within the universe.

**American Sign Language interpreter available at second (11:15) service
on the 1st and 3rd Sundays of the month*

THEOLOGICALLY DIVERSE
RADICALLY INCLUSIVE
JUSTICE CENTERED

UNITARIAN UNIVERSALIST CONGREGATION OF PHOENIX

