

Unitarian Universalist
Congregation of Phoenix
4027 E. Lincoln Drive
Paradise Valley, AZ 85253

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2018-2019 Connections

Unitarian Universalist Congregation of Phoenix



Begin Your Journey

Sunday & Beyond

Welcome to the Unitarian Universalist Congregation of Phoenix!

In these dynamic and challenging times, becoming part of a congregation that affirms our values and nourishes our spirit can be a life-affirming process.



There are so many ways to be part of the community here, including but certainly not limited to our warm and welcoming Sunday morning worship experience.

Each week, we offer a dynamic Sunday worship experience for adults, along with creative and nurturing programs tailored to the needs of children and youth.

During the UUCP “program year,” September 16 – April 14, there are two services, at 9:30 AM and 11:15 AM

The summer schedule from mid-April to mid-September offers one Sunday service at 10:30 AM.

Sundays are just the beginning! You can engage in the rich experience of UUCP congregational life with abundant opportunities to share journeys, grow in spirit and advance justice by building community, exploring, learning and serving.

In this Connections publication, you will find so many ways to be welcomed, no matter your

age, gender identity, sexual orientation, racial identity, nationality, economic circumstance or physical ability – this is truly a place to come as you are!

We look forward to seeing you on Sundays and beyond as together we create a spiritual community for our time -- one that is theologically diverse, radically inclusive and justice centered. You are welcome here!

Rev. Margret

Unitarian Universalist Congregation
of Phoenix
602-840-8400
PhoenixUU.org - Facebook.com/PhoenixUU

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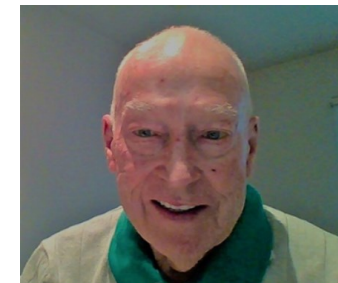
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Worship

Monthly Themes

UUCP uses monthly themes that tie together our Sunday morning service, Deepening Connections Small Groups, children's ministries, and other programs.

You can pick up a reflection packet based on the monthly theme in the brochure rack in the front lobby.

Month	Theme
September	Community
October	Heritage
November	Democracy
December	Peace
January	Leadership
February	Inclusion
March	Connections
April	Future
May	Celebration
June	Harmony
July	Strength
August	New Beginnings



Deepening Connection Small Groups

An opportunity to connect and share in a small group setting

Small Groups provide a connected reflective space in which to explore in matters great and small, applying our monthly themes to the world and to your life.

Group leaders are offered training in facilitating group discussions, and a monthly packet of materials is provided to support reflection on the theme. Participants are asked to make a commitment to attendance during their group's duration.

Registration begins in September. You are always welcome to sample a Small Group by attending the Thursday Evening "Open" Drop-in Group.

For more information check the website (Adults menu, Deepening Connections) or contact Rev. Margret, or John Wilber at sgm@phoenixuu.org

Groups Open to All

Drop-in Group -- no need to register!

Drop in to experience the connection, and to see what Small Groups are all about.

Third Thursday of the month 7:00 PM in UUCP Annex B

Facilitator: Joan O'Connor

Contact Joan with any questions at opensgm@phoenixuu.org

Meets year-round

Beatitudes Group – register or drop in

Join residents of the Beatitudes campus and friends in the area for a time of thoughtful reflection and good humor.

Third Thursday of the month at 9:30 AM , conference room in Beatitudes main building

Facilitators: Ellie Anderla and Ellie Murphy

Meets year-round

Friendship Village Group – register or drop in

Engaging discussion in a comfortable setting with Friendship Village residents and those who live nearby.

Second Tuesday of the month at 1:00 PM at 2625 E. Southern Avenue

Facilitator: Libby Walker

Meets October-May

Sunday Evening Potluck Small Group – please register

Share good food and lively discussion in the homes of group members.

Second and fourth Sunday at 5:30 pm at homes located in Downtown and Mid Scottsdale.

Music & UUA Gatherings

Music Ministries

Want to get involved in making music at UUCP? For more information about our music program or any of the following activities, contact our Music Director, Benjie Messer, at benjiemesser@phoenixuu.org.

Congregation Choir

Experience the intimacy and beauty of singing in a choir! Our Congregation Choir rehearses every Wednesday evening, 7:00-9:00pm, from September through May, and sings at two Sunday services each month. All ages are welcome, and childcare is available during rehearsals. The ability to read music at an elementary level is helpful but not required. The choir is led by music director Benjie Messer and accompanied by pianist Mary Cota.

Performing Groups

Do you play an instrument? Most of the music in our services is provided by members of the congregation, in styles from folk and classical to jazz and pop. Several musical groups prepare music for worship on a regular basis, including a string ensemble (Open Strings), a jazz combo, a vocal trio (ReSisters), and a constellation of musicians who play country, folk, rock and blues. Several times each year, Benjie coordinates a chamber orchestra of strings, winds and percussion.

Audio/Visual Technicians

Want to use our sound and video equipment to support worship services? Audio/Visual Technicians need to have excellent hearing and the ability to walk up and down stairs. Previous experience with A/V equipment and production is helpful but not required.

UUA Gatherings

2019 Pacific Southwest District Assembly in Long Beach, CA

April 26-28, 2019

"From the Ground Up: The Power of Our PSWD Communities"



UUA General Assembly June 19-23, 2019 in Spokane, Washington



UUA GENERAL ASSEMBLY

Campus Care

Caring for our Spiritual Home

Our Congregation is blessed with a beautiful campus on nine acres of land. It is our spiritual home and the home to two weekday schools. On Sundays we have between 150 and 300 people coming together to grow in spirit, and Monday through Fridays we have between 50 to 70 children, teachers, and parents coming together to grow in knowledge and play. Maintaining the buildings and the grounds requires help from everyone. When it comes to caring for this home, we are a big family working together to ensure that our home is welcoming and safe for everyone. Here are some ways everyone can help care for our campus. Which of these ways will YOU care for our spiritual home?

Report maintenance issues to Lora Gustafson in the office

You can do this by writing down the maintenance issue on the Maintenance Repair List on one of the clipboards located in Office 2 or the Kitchen, or calling the office at 602-840-8400 or emailing administrator@phoenixuu.org

Campus Work Days & Potlucks

Periodically throughout the year, opportunities will be announced to join volunteers as they work together on caring for our campus. These workdays include grounds cleanup, deep cleaning, painting, and minor repairs.



See Something, Do Something!

Grab a ticket from UUCP Campus Care bulletin board in office 2. Everyone is welcome to fill out a ticket for a campus care task that they think needs to be done, and everyone is welcome to grab a ticket and complete the task.



Deepening Connection Small Groups

Facilitators: Granger Macy, Marjorie Redleaf, Bunny Hodas
Meets October – April

Sunday Evening Potluck Small Group #2 – please register

Share good food and lively discussion in the homes of group members.
Facilitators: Lynn Raabe & Caroli Peterson
Second and fourth Sunday at 5:30 pm at homes in the Phoenix area.

Second Wednesday Evening Covenant Group – please register

Experience the deep connection of the classic covenant group model, centered on our monthly themes and reflection materials
Second Wednesday at 7:00 pm at UUCP
Facilitator: John Wilber
Meets October – April

Identity-Based Groups

Future Masculine Men’s Group – please register

Join the quest to discover who we are as men, as sons, fathers, grandfathers, husbands, partners, friends and brothers, in sacred spaces created by men. Through listening to men’s stories, exercise, process and ritual, engage and explore the masculine and feminine energies resident in every man.
Last Thursday of the month, 6:45 pm at UUCP
Facilitator: Anthony Johnson
Meets September – May at UUCP

Senior Women’s Group – please register for wait list as space becomes available

Gather with women of wisdom and experience to share reflections on the monthly theme.
Second and fourth Tuesdays 12:00 noon, at UUCP in Annex C
Facilitators: Peggy Paden, Jane Roosen and Val Wylie
Meets September - May; off-site social June - August

Parents of Teens Group – drop-in friendly

Join other parents of teens in a space designed for sharing thoughtful discussion and mutual support.
First Thursday, 6:45 pm at UUCP Annex C
Facilitator: Tammy Wheeler-Rhodes
Meets October – May at UUCP

Parents With Young(er) Children – drop-in friendly

Join with others who are in a parenting role to little ones for a group discussion that engages adults in quiet reflection while the small people are cared for in a loving space nearby.
Second Thursday, 6:45pm at UUCP Annex C
Facilitator: Rev. Margret
Meets September – May at UUCP

80’s Babies Gatherings – register to be on the notification list

Be part of the informal gatherings, activities and service opportunities arranged by members for social connection among young adults.
Organizers: Sarah Moore and Amy McKlindon
Meets year-round in varied planned locations.

Children's Ministry

Children's Ministry at

UUCP encourages children, youth and their parents, to explore and experience kindness, the search for truth, social justice and community building. Our programs create peer connections that break the patterns of a school or neighborhood social scene, allowing children to build genuine friendships across differences.



UU religious education is goal-oriented in one way: We seek an outcome of respectful, responsible, life-loving kids who know they are valued for all of who they are and are ready to show others the same deep acceptance. Active members of a multi-generational community, children are encouraged to develop friendships throughout the community.

Our formal religious education programs are offered during the first service September through May at 9:30 AM to 10:45 AM and during the second service, from 11:15 AM to 12:30 PM. Children are provided with opportunities for studio based lessons, multiage classrooms, and multigenerational community involvement. Children begin their Sunday mornings in services, with the opening hymn, covenant, greetings, and Together Time, a lesson for all ages.

In an effort to be Radically Inclusive, Sunday School classes are open to all children. If you or your child require specific accommodations or have questions about programming, please contact Katie Resendiz at KatieResendiz@phoenixUU.org.

Chalice Kids

*Community Night Thursdays 6:45
Room 15*

Beginning September 13th, UUCP provides evening childcare in conjunction with Community Nights (and identity group nights). Share a meal with friend and family, and then join the children for a time of free play, song, and reading.

Infant and Toddler Care

*Sundays 8:30 - 12:30
Room 15*

Our Nursery and Preschool programs offer space for play based learning and early faith development. Staff help children embody the 4th principle "A Free and responsible search for truth and meaning," by creating an atmosphere that is encouraging, safe, and intriguing. Our youngest community members, newborn through year two, are provided a quiet and comfortable nursery to play, eat, and rest.

3-4-5-ZUUM!

Sundays 10:30 in Room 11

ZUUM at UUCP provides a protected space for youngsters to begin their path of faith development while transition from toddler care. Structured much like a traditional preschool class, the students enjoy circle time, stories, crafts, and games as they learn about the 7 principles, the monthly themes, and the community.

Creativity, Movement and Stillness

interested in your spiritual growth. If you have questions, contact Donna Featherston at 602-997-7996.

Advanced Level Meditation

Saturdays from 10:00 AM-12:00 PM in Annex B

This advanced meditation group requires experience in Zen or Yogi style secular meditation and comfort with silent meditations of 15-45 minutes. Contact group leader Jay Alagia to find out more, and to inquire about periodic openings in the size-limited group. The program includes periods of meditation plus reminiscing and socializing to relax and turn nwards. Email meditation@phoenixuu.org with email subject "meditation group" or call him at (602) 955-8889.

Radically Inclusive Yoga Movement

Tuesdays 9:00 AM - 10:00 AM

Join long-time yoga instructor Lora Gustafson for an all-ages, all-abilities yoga session. Sessions will cater to who shows up. Goals include building a greater mind/body connection through breathing, increased circulation, stimulation of the nervous system, greater range of motion and sense of peace. Extra mats available.



Our congregation partners with the UU Justice Arizona Network to unite our collective faith voice for more impact on regional and state justice issues. UUJAZ hosts educational events, workshops and organizes actions to bring UU values to the legislature and into the community.

Issue & Action Day

Saturday, October 27, 2018 at UU church of Surprise

Join UUs from across Arizona to organize and plan for what we will do during the upcoming year

UU Day at the Legislature

Monday, February 19, 2019

Our annual UU gathering at the State Capitol in Phoenix to meet your state representative and senator, share your values and priorities, and advocate for legislation being discussed

Registration and more information available
at
UUJAZ.org

Creativity, Movement and Stillness

Spanish Discussion Group

Wednesdays at 7:00 PM in Annex C

Join José Diaz for Spanish conversation on current events and cultural topics. This drop-in group is best for people with intermediate Spanish skills.

Song Circles for UU's

Times and locations to be announced

Song Circles for making vocal and instrumental music together will be offered on select Thursday evenings and at other times. Please watch for announcements and contact SongCircle@phoenixuu.org if you would like dates and details to be sent to you by email.

Traveling 2nd Fridays

Second Friday of each month from January to May from 7:00 PM to 8:00 PM at UUCP.

We share travel experiences with slides, pictures, stories, souvenirs, etc. Each month a different presenter invites members to take an armchair visit to a new locale. Call Barbara Cawthorne at 480-994-1452 or email her at travel@phoenixuu.org.

Outdoor Group

Join a group of people who enjoy lacing up their hiking boots, hitting the trail, and enjoying the outdoors. The second and fourth Saturdays from October to April find this congenial group on trails around the Phoenix area or further afield during warmer weather. Easy and more challenging hikes encourage people to get out there and participate. Frequently we enjoy lunch together during or after the hike. You do not have to sign up, just show up. To be put on the mailing list to receive informational flyers about each hike, please contact outdoorgroup@phoenixuu.org.

Book Group

Sundays 9:00 AM to 10:15 AM when UUCP is on a single-service schedule; 10:45 to 12:00 when we are on the two-service schedule – in Annex B.

Enjoy informal discussions of a variety of books. We typically discuss recent nonfiction books on topics such as current events, sociology, history, science, religion, environmental issues and justice. Books we read are proposed by the members and voted on by the group. We typically spend 4 to 8 weeks on a book, discussing portions as we read. Interested persons are welcome to attend a meeting. For more information, call Mike Peterson at 602-943-9543.

Early Morning Scenic Walk and Talk Group

This is a 1.5 mile walk in 1.25 hours with four stops to enjoy views and reading. The walk is at medium pace on paved streets in the hillside developments at the Phoenix Mountain Preserve, north of 16th street and Northern Avenue. Meets most Friday mornings as early as 6:30 AM in summer, and as late as 7:30 AM in winter. Breakfast with Jay after the walk is optional. Bad weather cancels the meet. Contact Jay Alagia for details; leave a message at 602-952-8889 or e-mail at meditation@phoenixuu.org.

UUCP Sangha Meditation Group

Tuesdays from 7:00 PM - 8:30 PM in the Sanctuary.

Gather to learn Buddhist teachings (the dharma) and support one another in Buddhist practice, including meditation. We will start the meeting with 30 minutes of meditation followed by a dharma reading and discussion. You need not be Buddhist to attend, just

Children's Ministry

The Studios

Sundays 10:30 and 11:15 in Annex F and G

Unique Faith Development Experience for Elementary Age Community Members
Offered during both 1st and 2nd service, The Studios serve as contrast to the demands of the school week. Each Sunday, children are offered a choice of 3 studios, each providing a unique approach to the monthly theme. Every studio is designed to give children the opportunity to demonstrate leadership, express opinions, and experience community.

6th Principle 6th Year

Sundays 10:30 in Annex E

6TH PRINCIPLE: THE GOAL OF WORLD COMMUNITY WITH PEACE, LIBERTY, AND JUSTICE FOR ALL

This year we launch a new specialized program for 6th graders. Acknowledging the transition to middle school, this program will offer 3 separate courses throughout the year. The class will begin the year examining race and the history of civil rights in the U.S. Winter session will be based on the Explorers scouting model, as youth develop their role in protecting the earth. The year will end with an 8 week OWL unit focusing on puberty and body development.

Coming of Age

Sundays 10:30 in Annex H

This year long program aims to help youth articulate their beliefs and values and the intersections with Unitarian Universalism. It offers youth new ways to experience Unitarian Universalism and UUCP, as they prepare for the transition into adulthood. It provides a supported space to explore varied belief systems, community structures, and faith identity.

YRUU

Sundays 10:30 in Annex H

The 9th – 12 grade students meet on Sundays at 10:30 AM in Annex C/ Soulstice. High school-age UUs put our faith into action every day by daring to be real, showing acceptance and support, leading with courage, and acting for justice. YRUU sessions include socialization, check-in, work on the monthly theme, faith development, and community building.

OWL

Our Whole Lives helps participants make informed and responsible decisions about their sexual health and behavior. With a holistic approach, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. The OWL program prepares youth for a healthy personal relationship and understanding of sexuality. For more information, please feel free to read more on the UUA website: www.uua.org/re/owl

Children's Ministry

2018-2019 OWL Offerings

Kindergarten through 2nd Grade Baby OWL

Begins March 3, 2019 — \$25.00

5th and 6th Grade Junior OWL

Begins March 3, 2019 — \$25.00

7th and 8th Grade OWL

UUCP will be offering single workshops on Gender, Body Image, Personal Values, and Relationship Skills.

Dates for these workshops will be announced early October.

Full OWL curriculum for grades 7-8 will be offered in the 2019-2020 congregational year.

If you would like to opt-out of future mailings or change your communication preferences, please visit phoenixuu.org/optout

Creativity, Movement and Stillness

As a community of faith, we strengthen our connections and live into our values through our creative explorations, our energetic movement and our grounded stillness. UUCP offers opportunities to create with poetry, art and music; to share our ideas and experiences in discussion; to engage in outdoor and indoor activity; and to explore inner space in meditation and silence. The opportunities are open to all, though some programs have size limits and require prior registration. For some you need to have supplies or instruments; for others you simply come as you are. Info on the website (Adults menu, Creativity-Movement-Stillness)

Poetry Coffeehouse

Poetry Coffeehouse meets the Second Sunday of each month after the second service in Annex H, from September through May, to read, encourage and appreciate poets and other writers. Our journal, Poikilos, which means "many colors" in Greek, celebrates the wonderful variety of writing by members and friends of the congregation. For information, call Tish Gauntt at (602) 544-8330.

Arts and Crafts Studio

Monday mornings, 9:30 AM to noon.

Almost every week the Johnson room is open for your artistic endeavor. Jay Alagia, a watercolorist with 20 years' experience, is available there to teach watercolor painting on an individual basis, if requested, free of charge. For time and day, please contact Jay at 602-952-8889, meditation@phoenixuu.org

Art Journaling Workshops

9:00 AM - Noon Saturdays 10/27, 11/24, 12/22, 1/19, 2/16, 3/16, 4/27, 5/25, 6/22, 7/20, 8/31 in Annex H

Join mixed media hobbist, Heidi Parmenter, each month in exploring the worship theme through art journaling. Art journaling is a visual expression of our reflections, experiences, and feelings recorded in a mixed media art journal. Everything goes when it comes to art journaling: collaging, stenciling, stamping, painting, inking, drawing, etc. Some art supplies will be provided, but you need to bring your own supplies as well.

Poetry Writer's Workshop

First & Third Mondays 1:00 PM-3:00 PM in Annex B

Mary Oliver wrote, "Poetry isn't a profession, it's a way of life. It's an empty basket; you put your life into it and make something out of that." The Poetry Workshop is the place and opportunity to let your creativity flow -- a forum for all those writers who have been looking for a place to interact with like spirits and creators. For more information contact Rosemary Roenfan at rom019@q.com, or sign up at phoenixuu.org/poetry

UU Creative Writing Group

Every other Friday night 6:30 -8:00 pm -- 9/21/18 through 12/14/18

(This is a drop-in group; bring your dinner to eat together at 6 pm if you wish).

You are welcome into a fun, supportive space for anyone who loves to write or wishes to give it a try, in a low-key, non-judgmental, encouraging atmosphere. Every week there will be several short creative writing exercises, with a theme for each evening. Led by Caroline Joy Adams, M.E.d, artist and author of four published books, a passionate lover of words, and a part-time Professor of English at Paradise Valley Community College here in Phoenix.

Faith Development: Living Our Vision

communications - maybe even worked on techniques to improve our skills. In this class, we will explore Stephen Covey's Habit 5 from The Seven Habits of Highly Effective People. If you'd like to move beyond techniques alone, join us as we learn more about how to build the skills of empathic listening on a base of character that inspires openness and trust.

Women's Ritual

Facilitators: Pat Reed, Donna Talbot & Brenda Nelson

3rd Thursdays of the month, October - April beginning

October 20, 6:45 - 8:30 PM

Join a group of women for earth-centered rituals that honor the season, the phases of the moon and personal spirituality. Each month a different participant will plan a ritual for everyone to engage in.

Centering Book Study

Facilitator: Janine Gelsinger

Thursday, November 8, 2018

6:45 PM - 8:30 PM in Annex F

Join us as we journey through a guided discussion on Centering, a joint project of the Committee for Antiracism, Anti-oppression, and Multiculturalism of the UUMA and Skinner House Books, Centering is the first book to center the stories, analysis, and insight of Unitarian Universalists of color offering their religious leadership. Centering captures personal stories and address the challenges that religious leaders of color face in exercising power, agency, and authority in a culturally White denomination. Centering explores how racial identity is made both visible and invisible in Unitarian Universalist ministries.

Arizona Water Vision

Facilitators: Green Sanctuary and AZ Water Vision

Thursday, November 1, 2018

6:45 PM - 8:30 PM in Sanctuary

As Thomas Berry said, rivers have river rights, but have lost their voices. We can be voices for them in political and business arenas. Arizona Water Vision was organized to support HB 2581 and the free flowing of water in Arizona rivers.. If not protected, it is expected that groundwater demand in these river basins will exceed flow by 2050.

If you would like to opt-out of future mailings or change your communication preferences, please visit phoenixuu.org/optout

SAWUURA Camp

Sierra Ancha Wilderness UU Religious Association

Come experience 100 acres of wooded wilderness just 2.5 hours east of Phoenix! This UU-Owned camp is available year round and hosts a family campout on Labor and Memorial Day Weekends. Family camp weekends include all meals and some programming.

The land includes running water from a well, pit toilets, a solar shower, simple cabins, a fully stocked outdoor kitchen and plenty of places to pitch a tent. A small creek runs through the middle of the land and there are plenty of places to hike and explore around the property.

Registration, camp membership information and directions are available at sawuura.org or on Facebook "SAWUURA Friends".

Special Events



Camp de Benneville Pines is a UU owned property in the San Bernardino National Forest near Big Bear, California.
Fall Jr. High Camp - November 16 - 18
Winter Sr. High Camp - December 26- January 1

Summer 2019 PSWD Youth and Family Camps

Elementary Camp - July 7 - 13
Jr. High Camp - July 14 - 20
Sr. High Camp - July 21 - 27
Family Camp - July 28 - August 3

For additional information please visit uucamp.org or call the camp office at 909-794-2928 or you can contact Geoff Anderla, Camping Ministries Director at 623-252-5619 or CMD@uucamp.org

Community Night

Join us in building a "Spiritual Community for our Time" every Thursday at 6:00 PM in the Johnson Room, September 13 - November 15 2018. Each week features the culinary talents of the members of our congregation: two entrees (one vegetarian), as well as sides, salad and bread. A donation of \$6 per adult, \$3 per child under ten, or \$12 per family, covers the cost of the meal (those experiencing financial hardship can receive a payment waiver). In the spirit of Radical Inclusion, there are vegan and gluten free options (check the menu each week in Compass), and food served is labeled for the top nine common allergens. If you'd like to join, but have additional dietary restrictions or preferences, you are welcome to bring your own meal.

Following the meal, Thursday evenings are an opportunity to deepen our knowledge of what it means to be Theologically Diverse, Radically Inclusive, and Justice Centered. A diverse offering of adult faith development classes, small groups, justice experiences, and guest lectures help us to live into the congregation's vision.

Children build community too, in Chalice Kids, free childcare between 6:30-8:30.

If you have any questions about Community Night, or you'd like to contribute as a Sous Chef (sides, salad, or bread) please contact communitynight@phoenixuu.org

Explore Membership

Inquirers Newcomer Group

Meets every Sunday at 9:45, Sept-April, 11:45 AM May-August in Annex B

Inquirers is a series for anyone who would like to meet others and learn more about UUCP. Each week after service join other newcomers and leaders for a half hour of building connections and growing relationships. The second half hour explores changing topics each week, that go deeper into an area of ministry within our congregation.

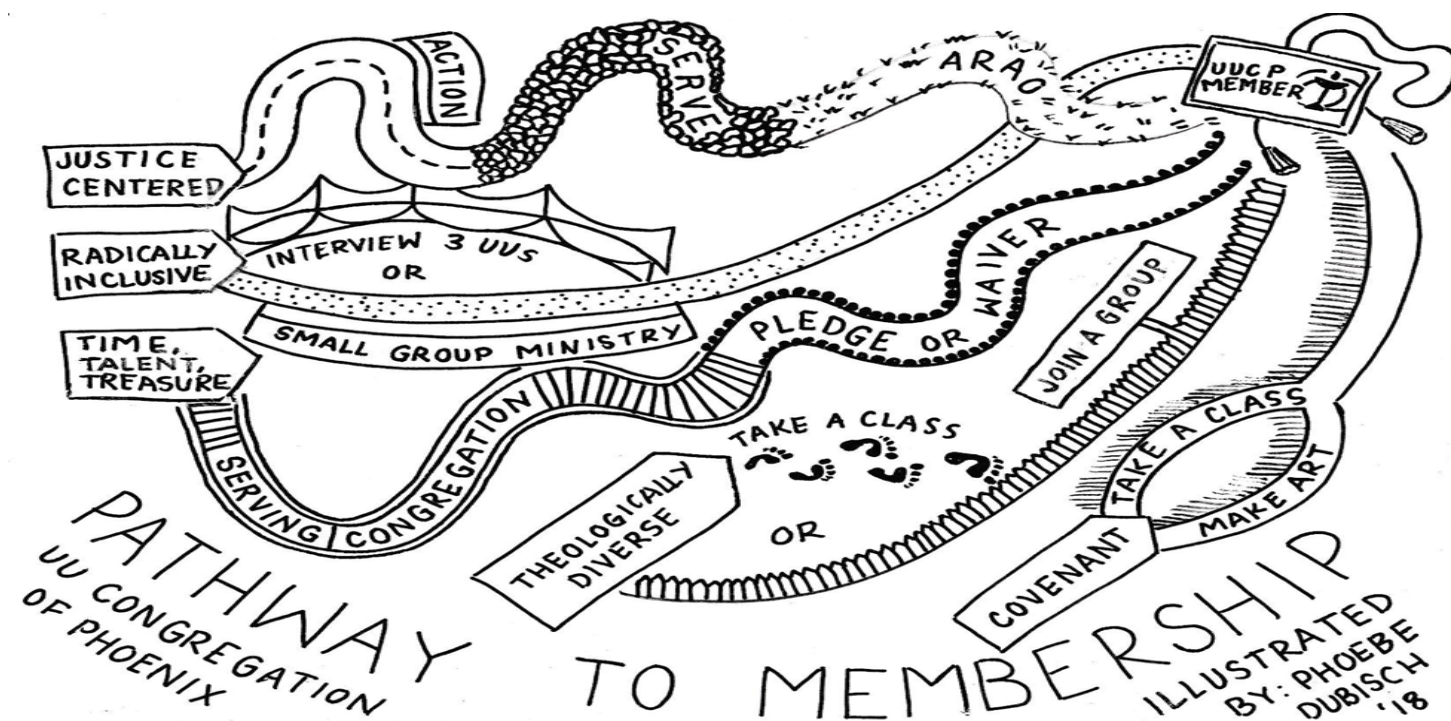
Participants in Inquirers have said, "I've felt more at home here by coming to Inquirers a few times, than I had in the last year I attended on and off. I'm so glad you have this group!"

Inquirers topics include *Leadership, Children's Ministry, Unicare, Social Justice, Membership, Congregational Tour + History, Small Group Ministry, Unitarian Universalism 101, Music Ministry and Inside Worship Services.*

No sign-up necessary, just show up when you can!

Pathway to Membership

Membership at UUCP is an important commitment. None of what we do – our programs, worship, classes, ministries – would be possible without the service and leadership of members. Membership moves folks from observers, consumers, and visitors of the congregation, into part of the fabric of our community: its owners, its leaders, its future. As such, the decision to become a member is personal, and there is no pressure to join until you are fully ready. In the spirit of radical inclusion, we have created a Pathway to Membership that is more flexible and accessible. Instead of attending a class, members complete each part of the path at their own pace, in the way they choose for themselves. When the Pathway is complete, you will have experienced what it is to be a member of UUCP, and will be ready to sign the membership book during a joining ceremony.



Faith Development: Living Our Vision

challenges/struggles we face. These jagged rocks are saving tools, messages & values that are contextual and particular because our faith is not always smooth going. The rocks give us the assurance we can lean into when facing the challenges that threaten abundance in our lives, and threaten our ability to be present and joyful---our ability to show up for life. Bring the goliaths of your life community/family to the 5 jagged rocks workshop. With a HOW (honest, openminded, willing) spirit, you may discover answers that were already inside of you

BLUUbox

Facilitators: Mary Nunn, Avery Harrison and Janine Gelsinger

Thursday, 9/27, 10/11, 11/15, 12/13, 2018

6:45 PM - 8:30 PM in Annex F

The Black Lives of UU (BLUU) Spiritual Subscription Box, and the corresponding group at UUCP, is a one-of-a kind, innovative way for individuals and congregations to inform, grow and deepen their faith. With content grounded in the lived experiences and diverse perspectives of Black Unitarian Universalists, this subscription box is a wholly unique opportunity to connect one's beliefs to faith - led action while building community with others who are dedicated to justice-making and liberation through our shared faith. The September group is free and open for all to try. For the ongoing monthly groups, please subscribe at blacklivesuu.com/bluubox

Welcoming vs. "Othering"

Facilitator: Janine Gelsinger

Thursday, October 4, 2018

6:45 PM - 8:30 PM in Annex F

In Welcoming vs. Othering, we will cover basic intercultural hospitality. Without an

understanding of cross-cultural perspectives, a well-intentioned greeting can have the impact of a microaggression. As our congregation deepens in diversity, learn how to truly welcome all, and avoid statements and questions that contribute to a feeling of "othering." Members of the Welcoming Ministries are encouraged to complete this class.

Singing Meditation

Facilitator: Benjie Messer

Thursday, October 25, 2018

7:00 PM - 8:00 PM in Sanctuary

Join Music Director Benjie Messer to center yourselves with an hour of singing meditation, including toning, chants, and simple songs from world traditions. No singing or meditation experience necessary.

Save Our Schools AZ

Facilitators: Melinda Merkel Iyer and Sharon Kirsch

Thursday, October 25, 2018

7:00 PM - 8:00 PM

Join co-founders of Save Our Schools Arizona, for an engaging conversation about the state of public education in Arizona. Learn what's happened to school funding over the years, discuss the history of privatization in our state, and explore ways to get involved!

Seek First to Understand, Then to be Understood

Facilitator: Dr. Gayle Cordes

Thursday, October 18 2018

6:45 PM - 8:30 PM in Annex F

"I can't understand my kid." "My partner just doesn't get it." "My employees don't listen to what I tell them." Sound familiar? We have all experienced struggles with interpersonal

Faith Development: Living Our Vision

On Thursday nights in the fall and spring, we come together as a congregation for Community Night. The evening starts with an opportunity to share a meal, and then continues with programming designed to help us to live into our vision: To Be a Spiritual Community for our Time - Theologically Diverse, Radically Inclusive, and Justice Centered. Classes to enrich our spirituality, or to explore some of the diverse sources of our faith traditions, deepen our awareness of Theological Diversity in our faith. Small groups allow us to witness the stories of others in our community, and through listening deeply, learn to be inclusive by finding shared humanity in each person. Guest speakers from our justice partners keep us informed on how we can act in the spirit of "service is our prayer" and center ourselves in Justice. This is a partial listing: see weekly updates in Compass and the Order of Service for more complete information.

Register online at Phoenixuu.org/AFD

Turning Judgments into Questions

Facilitator: Trudi Murch,
Thursday, September 13, 2018
6:45 PM - 8:30 PM in Annex F
For this session we will discuss a collaborative problem-solving process which is helpful for addressing complex situations. This process is based on the Experience-Based Case Discussion format which was first developed for use by an Early Intervention team in their work with young children and families but has application in many other settings. It can be used by teams or in individual consultation. The process encourages broad exploration of the situation at hand, promotes self-reflection and focuses on identification of strengths and

resources which can serve as the basis for a plan for moving forward.

Spiritual Practice
Facilitator: Anthony Johnson,
9/13, 10/4, 10/11, 11/1, 11/8, 12/6
6:30—8:30 pm In the Sanctuary
Spiritual practice creates an intentional pause in our lives at regular intervals so that we may better know the contents of our souls. It is a way to meet the self and learn about our deepest longings. It is also a way to draw into closer relationship with that which is larger than us. The objective of these sessions is to help you deepen your spiritual life by engaging in a daily practice, weekly worship, monthly service, yearly retreat, and onetime pilgrimage. Attend all 13 sessions, or choose the practices that appeal to you.

Implicit and Explicit Bias: Self-reflection and why our Biases Matter

Facilitator: Dr. Stuart Rhoden
Thursday, September 20, 2018
6:45 PM - 8:30 PM in Annex F
This Workshop will discuss implicit and explicit bias and how it influences ourselves, society, public education, and beyond. It is suggested that participants take one or more of the Implicit Association Test (IAT) on the following website <https://implicit.harvard.edu/implicit/> before attending to provide a uniform context for each participant.

Jagged Rocks

Facilitator: Mikall Foerster
Thursday, September 27, 2018
6:45 PM - 8:30 PM in the Sanctuary
Jagged rocks give us confidence to face the emotional spiritual and soul prodding

Explore Membership

Pathway to Membership

Members of the Unitarian Universalist Congregation of Phoenix are . . .

Justice Centered
Take **action** to advance justice in our world (attend a march/protest/rally/vigil, or fill out a postcard or petition at the Advancing Justice table in the back of the Sanctuary, etc.)
and
Serve the community in a justice centered area (contribute to a UUCP justice group, or partner with local groups organizing for justice).
and
Deepen your understanding of **anti-racism anti-oppression work (ARAO)** by attending a White Supremacy Teach-in, ARAO workshop, ARAO Adult Faith Development class, or “Centering” book study.

Radically Inclusive
Engage with a **Small Group**, check out the Drop-In Small Group, or participate in the Inquirers “Small Group” class.
or
Interview three UU’s about their life and UU experiences.

Sharing of Time Talent and Treasure
Serve the congregation in a ministry area of your choice, according to your talents.
and
Fill out a pledge or waiver to financially support UUCP.

Theologically Diverse

Take a class (Inquirers “Theological Diversity” class, World Wisdoms in Dialogue, Coming of Age, Spiritual Practices, Cakes for the Queen of Heaven, Rise Up and Call Her Name, etc.)
or
Join a group that is theology based (Women’s Ritual, CUUPS, Buddhist Sangha, Meditation group, etc.)

Part of a Covenanted Community
Take a class (Inquirers “Covenant” class).
or
Make art depicting your experience of our covenant (write a song, perform a poem, create a quilt, express through dance, make visual art, etc.)

Justice Ministry Teams

Maryland School Task Force

The UUCP Maryland School Task Force continues its outreach, working together in a community partnership to address inequities of resources in a neighborhood with high poverty and a significant refugee population. This project helps organize volunteers to tutor and mentor struggling students, teach classes in the flourishing garden/orchard, and help at family events. We collect school supplies and food, provide material and moral support to the faculty and small PTA group. Think about bringing your time and talents to Maryland School (21st Avenue and Maryland) for an hour or more a week, helping with an occasional event, or making a donation for needs brought to the congregation during the year. The impact and rewards of contributing to this school are many. Contact Cathy Kim at maryland@phoenixuu.org to get plugged in!

Share the Plate Offerings

Every month UUCP “shares the plate” by donating one week’s Sunday offering to a non-profit 501(c)(3), tax exempt charitable organization that benefits our community. To nominate an organization to receive the collection, complete the online application form found at phoenixuu.org (under the Justice menu) or email Julie Smart and Stephanie Haughton sharetheplate@phoenixuu.org.

UMOM New Day Center - Sunday evening meal

First Sunday of each month at 5:15 to 6:30PM Join a team that serves a meal to homeless families at the UMOM New Day Shelter, 3333 East Van Buren, Phoenix, AZ. No cooking skills required -- just willing hands and an open heart. To sign up, email Rene Apack, the

New Day coordinator, at newday@phoenixuu.org.

Refugee Assistance Project (RAP)

The UU Refugee Assistance Program (RAP) assist refugee families through the IRC, the International Rescue Committee, which receives refugee families in the Phoenix area, and Welcome to America, a group that also assists those new to this country. RAP raises the congregation’s awareness of volunteerism to assist refugees and appeals for donations during times of special need and during the Christmas holiday. Contact refugee@phoenixuu.org for more information.

Advancing Justice Team

Working in partnership with UU Justice Arizona Network, Poder in Action, Tomorrow We Vote, Puente, and other local organizations, the Advancing Justice Team provides timely and topical opportunities for local, state, and national advocacy. The group also plans educational events for the congregation and helps to relay information about opportunities to be involved in activism in the community. A coordinating committee meets each week to discuss the upcoming events and actions. Contact Judith Breuer (judithterrill@gmail.com) for information on getting involved.

Green Sanctuary Team

Green Sanctuary at UUCP aims to educate about and advocate for environmental justice issues for our congregation, local community, state and beyond. We partner with local environmental and faith-based organizations, such as CHISPA (an arm of the League of Conservation Voters) and the Earth Care

Unicare Programs

Commission of the Arizona Faith Network to accomplish these goals. We hold monthly meetings on the second Tuesday of each month, at 6:30 pm in Office 2 or the Johnson Room. For more information, contact Laurel Hardin at laurelbhardin@gmail.com.

Unicare Programs

The **Unicare** network mobilizes the loving interconnection of the congregational community to support our members in times when they need a helping hand. Unicare also sponsors workshops and groups offering education and support to those who are caring for a loved one, planning for their own future, or in other ways seeking to receive or provide assistance through life’s journey.

Unicare Caring Actions e-Group

Volunteers support and celebrate with UUCP members and friends by sending cards, making calls, visits, providing meals, transport and other acts of kindness in times of joy, sorrow, or need. Contact our Unicare Coordinator, Vicki Myers at unicare@phoenixuu.org.

Friendship Partners

Volunteers are paired with a UUCP member/friend who wishes to remain connected to UUCP. By making visits and staying in contact with those having temporary or long-term mobility issues, they help extend connections to our community. Contact our Friendship Partner Coordinator, Diana Ashley at friendship@phoenixuu.org.

Memorial Services

UUCP provides a caring celebration of life tailored to the wishes of our members and their families. To create a record of your wishes for your own memorial service, contact the UUCP office at administrator@phoenixuu.org. Memorial services are planned with the minister. Ellie Anderla is Memorial Coordinator for volunteers providing service set-up, ushering, reception, sanctuary clean up and other supportive activities. To initiate planning for a memorial service, contact the minister at minister@phoenixuu.org, or the UUCP office at administrator@phoenixuu.org.

Finding Meaning and Hope:

A Course for Caregivers of Someone with Dementia

Sundays, September 16 - November 18 from 2:00 PM to 3:30 PM in Annex B

This discussion series offers real promise to reduce stress and build resilience. It’s for you if you’re caring for a loved one...whether across the living room or across the country. Based on the groundbreaking book *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, Ph.D., this workshop is for any caregiver who struggles with the complex grief and stress of caregiving. There is no cost and is relevant for all levels/types of caregiving, but registration is required so we may plan. To register visit phoenixuu.org/duet or email duet@phoenixuu.org