CONNECTIONS
2016-2017

CONNECT & GROW AT UUCP

justice centered
radically inclusive
theologically diverse

phoenixuu.org • 602.840.8400
Sunday Worship

Welcome to the Unitarian Universalist Congregation of Phoenix, also known as UUCP!

Here we aspire to be:

A spiritual community for our time:
   Theologically Diverse
   Radically Inclusive
   Justice Centered

Regardless of age, gender identity, sexual orientation, economic circumstance, physical ability, nationality, you are welcome here! The best way to see, feel and experience this community is through Sunday morning services. This is a great place to come and connect to UUCP.

Each month in our services we explore a theme in depth. Our themes offer the opportunity to reflect deeply on core values, nurture our spirits, shape meaning in our lives, build connection across diversities and discover ways to advance justice in the wider community.

While we do offer opportunities for children from birth to high school, people of every age are welcome at our services. I hope to see you on Sunday!

Service times:
Mid-April - mid-September: One service 10:30 AM
September 18 – April 16: Two services 9:30 AM and 11:15 AM

Monthly Worship Themes

What does it mean to be a people of...

September   Community and Inclusion
October      Diversity & Multiple Identities
November     Expectation & Acceptance
December     Prayer & Practice
January      Authenticity
February     Justice & Love
March        Vision & Action
April        Creation & Evolution
May          Wisdom & Growth
June         Ambiguity & Paradox
July/Aug     Letting Go & Possibility

Community Nights

When: Thursday evenings 6:00 PM
   October and November 2016
   February, March & April 2017

Break Bread and Make Friends at UUCP. Community Nights are a time of fellowship and community building for all ages. We provide the main dish with a vegetarian option and one side. Just bring your appetite, enthusiasm and a side dish or dessert to share if able. You are also welcome to bring a sack supper if you prefer.

Chalice Kids is a program for children that begins right after the meal at 6:30 PM. Please let us know in advance if you have a child two years of age or younger so we have appropriate staffing for the nursery. Email Katie Resendiz at katieresendiz@phoenixuu.org.

Where: Johnson Room and Patio

Suggested Donation: $5/adults, $2/children under 10, $10 family
Small Group Ministries
Connect – Share – Grow – Serve

Day-to-day life is sometimes a busy struggle in a hectic world. It may leave us feeling out of touch with ourselves and without the energy and resources to reach out to others in love and service. Small group connections have been found to be a source of renewal.

Participating in a small group is a great way to slow down, tend to your own heart and spirit and connect with others. It is a time to share one's own story and learn from others.

Small groups invite participants to explore more deeply the congregation’s monthly themes and how it relates to our own lives. Trained facilitators lead the groups. Groups generally meet once or twice a month. At least once during the group's duration, participants are asked to engage in a service project together benefiting the congregation or an outside organization.

Registration begins in September, but you can join a group at any time if there is an opening. You are also invited to “sample” a group to see what it is like by coming to the Thursday Evening Drop-In Small Group. Additional information can be found on the congregation website or by emailing sgm@phoenixuu.org. Groups may be added during the year; so check the website or email for the most up-to-date information.

Groups Open to All
Please register first.
All are welcome at all locations.

3rd Thursday at Beatitudes
9:30 AM with Ellie Anderla and Ellie Murphy
Beatitudes Campus - 17th Ave & Glendale

1st and 3rd Sundays, Sunday Evening
Potluck & Small Group Ministry
5:30 PM with Lydia Yanak in south Scottsdale near 86th street and McDonald

Friendship Village, Second Wednesdays at 1:00 PM
October-May with Libby Walker
Near state route 60 and the 101 Price freeway

Second Wednesday at UUCP from 1:00 PM-2:30 PM
October-May with Anne Lackey and Jan Bickley

Identity-based Groups
please register first

Young Adult Group - 2nd Tuesdays and 4th Thursdays
6:45 PM with Caitlin Tuffin Gaspar and Sarah Moore in Annex C

Parent’s of Young(er) Children - 4th Sundays
10:45 AM with Jonny Lifshitz in Annex D

Senior Women’s Group - 2nd and 4th Tuesdays
12:00 PM with Peggy Paden in Annex C

Men’s Group - 2nd Wednesdays
7:00 PM with Michel Gareau at his home

Drop-In Group
No need to register
Drop in to see what Small Groups are all about.

3rd Thursdays
7:00 PM with Mike Sheffer and Josh Tures in Annex B.
Contact Mike at makomike66@aol.com or call him at 702-353-0980 with any questions.

Ruth Braunstein

Please register first.
All are welcome at all locations.
Adult Faith Development

There is a registration fee of $10 per course unless otherwise noted.
Register online at Phoenixuu.org/AFD or by calling the office at 602-840-8400.

Identity Groups - 3 Sessions

**Thursdays 6:45 pm to 8:45 PM**

There is no fee for these groups

UUCP is hosting a series of one-time Identity Groups this fall. These groups are an opportunity for our entire community to build relationships with each other around aspects of our identities and backgrounds and to more fully appreciate ourselves and our unique histories. The relationships that come out of these groups will make our community stronger. Please consider attending them all!

**Thurs. Sept. 29: Religious heritage**
Groups will be Christian/Protestant heritage; raised Unitarian Universalist; Catholic heritage; Jewish heritage; Mormon heritage; other religious heritages (Islam, Bahai, Rastafarianism, Hinduism, Buddhism, Native American, and others)

**Thurs. Oct. 6: Gender**
Groups will be Women, Men

**Thurs. Oct. 13: Race**
Groups will be white people, people of color

People with mixed and blended backgrounds are welcome to attend any group that they have a connection to. This includes many of us - those with multi-faith and mixed-race backgrounds, transgender folks, and others. If you’re not sure which group to attend, our staff members and group leaders are happy to listen as you think it through.

**Coming of Age for Adults**

Facilitators: Kim St. Clair & Gary Ezzell

**Thursday, October 20, 7:00 PM - 8:30 PM**

First & Third Thursdays of the month from 7:00 PM - 8:30 PM though May 4

We’ve listened to inspiring Coming of Age speeches for 15 years, many wishing for a similar experience. Now it’s here! Using a small group format and competencies from the youth COA, we’ll explore UU history, principles and engage in deep conversations with each other and people of different faiths. At the end, participants will write their own statement of belief, clarifying what is most important and be invited to share these as a part of a service.

Towards the Other American - An Anti-Racist Study Group

Facilitators: Emrys Staton & Heidi Singer

9/17, 10/01, 10/15, 10/29, 11/19, 12/3 from 9:30 AM to 11:30 AM

This class uses Chris Crass’ book “Toward the Other American: Anti-Racism Resources for White People taking action for Black Lives Matter.” Participants will have the opportunity to deepen their understanding of white supremacy, the movement for Black Lives Matter, intersections of oppression and how we can be grounded in anti-racist work through our UU faith. Discussion guide at Phoenixuu.org/racialjustice

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. For more information, contact Pat Reed at lbrpat@yahoo.com. There is no fee for this course.

The Embodied Journey

Facilitator: Aaron Ford

2nd and 4th Saturdays of the month in September and October, plus November 12 and December 10.

In this class we will explore methods to embody our daily lives more fully. Most of the experiential material will draw from the Feldenkrais Method, the Alexander Technique, Continuum Movement and creative movement. These “practices of embodiment” all promote a creative, aesthetic and spiritual first-person experience of sensing the body through a discipline of awareness.
Living Boldly in Difficult Times
Facilitators: Joan Gale & Anne Lackey
Saturday March 18 at 9:30 AM
Conversations and choices can come from a place of fear or anger or they can be firmly grounded in our UU principles. Let’s explore these motivators and how to cultivate and balance the challenges in our lives as we move along our ever changing personal journeys. We will come away with a list of practices and strategies to meet these times with conviction and yet be flexible and loving.

Circle of Trees
Facilitators: Heidi Parmenter
Wednesdays beginning January 11 - March 1, 6:00 pm - 7:30 PM
8 Sessions
This multigenerational program nurtures deep connections with trees, nature and all of life’s creatures. Using trees as an entry point to understand and connect with life on earth, it invites participants to understand how trees are literally “providers of life,” identify trees, explore nature using spiritual methods to foster deep connections and reinforce our 7th principle of interdependence. This course is for everyone over the age of 8, including children, single and older adults and families.

Couples Enrichment
Facilitators: Bonnie White & Ed Cernek
Wednesdays beginning February 1 - March 8
6 Sessions
This workshop is for couples who want to work on their relationship. Couples of all genders, length of time together and relationship status (married, partnered, engaged, cohabitating or not) are welcome. Explore how to strengthen and rejuvenate your connection. Topics include healthy communication, respecting differences, resolving conflicts, healing past hurts, relating to your larger community. Couple also explore how the 7 principles of UUism can create a more compassionate and deepening connection to each other.

Emotional Intelligence: Taking Turns
Facilitators: Mary Dawes & Natalie Fabert
Thursday, March 16 from 6:45 - 8:30 PM
Here is your update on a basic guide for life, including research and skills training that focuses on the deeper meaning of the simple rule. Today we need help with managing our emotional reaction to others, in order to understand another’s perspective and work together to achieve mutual respect and develop options. At home, at work, in discussions with others, a few simple guidelines can make the world a better place.

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! UUCP’s Congregation Choir rehearses every Wednesday from September through May from 7:00 to 9:00 PM, and performs at two Sunday services each month. This group is open to adults and high school youth. The ability to read music at an elementary level is helpful.

Instrumentalists and Small Groups
If you play an instrument or if you used to play and would like to pick it up again, let Benjie know! Some instrumentalists meet up semi-regularly. Currently we have a ukulele circle, a brass group, a string ensemble, a rock band, a small vocal ensemble and a jazz combo.

Audio/Visual Technicians
Want to use your ears and get familiar with audio and video equipment? Our A/V techs provide technical support and make recordings of our worship services and special events. Previous experience with audio and video equipment is wonderful but not required.
Children’s Ministry

UUCP supports robust ministry programs for the children and youth of our congregation. Intended to create community, experience wonder, and support each child’s search for meaning, our Sunday religious education offerings are tailored to the needs of each age group. 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. Registration information can be found on our website. Program fees help provide materials and support our staff and volunteers in our Children’s Ministry programming. If this fee presents a challenge to your family, please contact Katie.

Nursery-Preschool

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.

PreK

The Pre-Kindergarten classroom at UUCP provides a protected space for youngsters to begin their path of faith development. 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.

Elementary Age

Our Kindergarten through 6th graders experience our congregation’s monthly theme through art, music, conversation, cooperation, and play.

In contrast to the demands of the school week, Sunday School at UUCP offers faith development through a studio approach. Each Sunday, students are offered a choice of 3 studios. In a given month this may include painting, sports, music, tie-dye, storytelling, and craft, 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.

Middle School Youth – Coming of Age

The Coming of Age program meets during the 9:30 a.m. service and is a comprehensive program that spans the entire school year. This rite of passage marks the transition from childhood to teen years and provides an invaluable opportunity to explore and learn about yourself and your religious beliefs within a supportive community of peers at UUCP.

The Coming of Age program at UUCP is designed for youth in the 7th, 8th and 9th grades and includes weekly classes, visits to other houses of worship, mentorship by an adult in the congregation, community service, team building activities and overnights, creation of deep friendships and the development of a personal credo of beliefs for presentation to the congregation in the spring. Once completed, COA participants are invited to become full members of our congregation.

Parents will also play an important role in the Coming of Age program, serving as an advisory committee with responsibilities for leadership, planning and implementing trips, parties, and visits to other houses of worship, coordinating mentors, publicity, fundraising and community service activities.

High School Youth - YRUU

The high school group meets on Sundays at 10:30 AM in Annex C and is for youth in grades 9 - 12. 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. Under our new structure, YRUU sessions include socialization, check-in, work on the monthly theme, faith development, and community building. One Sunday a month, students share lunch out. YRUU worship evenings provide a chance to reflect and explore beliefs in a comfortable, teen-centered environment.

Volunteers Ministering to Our Young People

Our religious education programs are all staffed by dedicated volunteers who pour their passions, skills, beliefs and time into facilitating outstanding classes and groups for youth. Training is provided and teachers serve as the congregation’s Children’s and Youth Ministry Committee. If you are interested in joining the Children’s Ministry Team by volunteering directly with children or in a support role, please contact Katie Resendiz.
Exploring Membership

Membership at UUCP is a significant decision. None of what we do – our programs, worship, classes, fellowship – would be possible without the support and leadership of members. Members are the foundation and health of our community and mission. And it is our hope that by joining the congregation members experience an even greater connection to the community, a deeper engagement with their own growth and greater opportunities for leadership and service within and beyond UUCP.

What does it mean to be a Member?

There are 6 Pillars to membership at UUCP.
1. Active participation and engagement at UUCP
2. Generous financial giving to help UUCP thrive
3. Generous giving of time and service to help UUCP innovate
4. A Commitment to your own spiritual growth
5. A Commitment to the larger UU community
6. A Recognition of how you are called to service beyond the Congregation

What if I am considering membership?

Before becoming a member, we encourage everyone to:
- Attend a Starting Point Tour
- Take time to get to know the community
- Enjoy Sunday worship, enroll your children in Children’s Ministries (page 6)
- Join a small group (page 3) or take an Adult Faith Development class (page 4)

Pathway to Membership Dates:

- Thursdays, October 6 & 13, 6:45 PM - 8:30 PM
- Saturday, January 14, 9:00 AM - 12:00 PM
- Thursdays, April 6 & 13, 6:45 PM – 8:30 PM

To register for one of the Pathway to Membership programs, contact membership at membership@phoenixuu.org or sign up at the Welcome Table in the front lobby on any Sunday morning. You will get a phone call or email a week or two before the PTM series begins to confirm your plans to attend. There is no fee to participate in the Pathway to Membership program.

How do I become a Member?

Our Pathway to Membership program is a 2-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.

There is an optional third session for PTM, a “class reunion” of sorts. A month or two after the class, all participants will receive a special invitation to meet together during a Sunday coffee hour to reconnect with fellow Pathway participants, staff and Membership Committee members to find out how things are going for everyone. At this time, facilitators will answer questions that have come up since the group was last together and can assist people in getting better connected if needed.

Starting Point

Are you new to UUCP? Do you have questions about UUCP and Unitarian Universalism? Starting Point is an informal program especially for you! Meet a representative from the Membership Committee by the Starting Point sign in the front lobby any second Sunday of the month. You don’t have to sign up. Just show up!

In twenty to thirty minutes, we will answer questions and take you on a brief tour of our campus. We will also give you some tips on the best ways to start making connections at UUCP.

All newcomers are invited to enjoy a Starting Point conversation and tour. If you are thinking about becoming a member of our congregation, we strongly encourage you to attend Starting Point prior to enrollment in a Pathway to Membership program.

Starting Point Times (Second Sunday of every month):
- 10:45 AM October through April
- 11:45 AM May through September
Justice Ministry Teams

UU Justice Arizona Network (UUJAZ)

*Monday, February 20, 2017*

UUCP is affiliated with UU Justice Arizona (UUJAZ), a statewide organization that empowers UUs to give voice to their values through justice and advocacy work. UUJAZ hosts educational events, workshops, and helps organize and support actions with partner justice organizations.

**Monday, February 20, 2017**: Join UU’s from across the state in this annual gathering at the State Capitol on President’s Day. This is a day to amplify your voice by meeting in groups with your State Representatives and State Senator to share your values and concerns.

Information about upcoming events can be found online at www.uujaz.org.

Maryland School Partnership

The UUCP Maryland School Task Force is helping to address inequities of resources in a neighborhood with high poverty and a large refugee population. We are building community partnerships that reach out to businesses and organizations to bring resources to the neighborhood’s elementary school. This project helps organize volunteers to tutor and mentor students, provide material and moral support to the faculty, work in the garden, and help at family events. 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 Jan Kaplan at sharetheplate@phoenixuu.org.

Partnership with Puente Human Rights Movement

Puente is an immigrant-led organization that UUCP has built a relationship with to support their efforts to end deportations and stop racially biased policing that targets the Latinx community. Through collaboration and invitation, UUCP has been asked to show up at protests and rallies, offer volunteer support (such as childcare during their community meetings), and be involved in their community outreach efforts. To find out current needs are for Puente and the communities they support, contact Emrys Staton at immigration@phoenixuu.org.

Sewing and Craft Circle

The Sewing and Craft Circle meets monthly to make simple items to help others. Most recently the group sent children’s dresses to Haiti and has started making knapsacks for children being removed from their home by Child Protective Services. Usually the group works together in the Johnson Room one Saturday each month on a drop-in basis between 11:00 AM and 4:00 PM. Call Paula Adkins at 602-999-5004 or email Lori at sewing@phoenixuu.org.

Refugee Assistance Project (RAP)

To broaden our outreach to refugees in the greater Phoenix area, UUCP has established a partnership with the International Rescue Committee. The IRC provides both financial and educational services to assist newly resettled refugees with finding jobs and adjusting to life in the US. The Refugee Assistance Project gives our members a chance to use their skills as IRC volunteers in programs such as teaching English, job readiness and career coaching, citizenship study, and financial literacy, to name just a few. We established an emergency fund for refugees in crisis, participate in the IRC Holiday Giving Campaign and encourage UUCP’s members and Small Group Ministries to donate household items, clothing and personal hygiene items on a regular basis. We make a positive difference in refugees’ lives by sharing our time, talent and treasure with our new neighbors. Contact refugee@phoenixuu.org for more information.

Lead a Justice Ministry Team

Are you interested in organizing a team to work on a particular area of justice and social action? Are there others in the congregation also interested in the issue? Is there a partner organization you can work with in the community? If so, you are ready to form a Justice Ministry Team.

Justice Ministry Teams go through an application process and are approved by the Lead Minister. Download the Justice Ministry Team Application from the Social Justice Ministry page of our website.
Support Others Through Unicare
We encourage you to join the Unicare email list as a volunteer. You will have opportunities to send cards or emails, make calls or visits, or assist with other needs as you are able. To share news, request support, or volunteer, contact Victoria Myers at unicare@phoenixuu.org.

Be a Friendship Partner
Friendship Partners is a very important way to extend the ties of community to those who are temporarily unable or no longer able to participate fully in UUCP activities. Friendship Partners make monthly visits or phone calls to their friends. You may be friends with a new parent, a caregiver, or someone with mobility issues that prevent them from participating fully in UUCP activities. Email the Friendship Partners coordinator at friendship@phoenixuu.org.

Addictions Discussion Group
Some anonymous members of the congregation are opening an addiction recovery meeting on Monday nights at 7:00 PM. It will be based on UU Principles and have a free-form type of orientation. This will be a discussion group of like-minded individuals who are seeking recovery from drug and alcohol addictions. Any members who wish to participate can call John Moats at 602-300-4743. We will be meeting at 7:00 PM on Friday evenings in Annex C. So come one come all because your love and gratitude are always welcome.

Memorial Services
The Memorial Services ministry provides families by helping to plan and host memorial services. We work with you on coordinating the logistics of planning a service, reception, and, if desired, options for internment in our Memorial Garden. Ellie Anderla serves as the coordinator of the memorial services committee, and can accompany you through the process of setting up a service. She can be reached at memorial@phoenixuu.org.
Activity Groups

Outdoor Group
The Outdoor Group is a recreational and social group that meets the second and fourth Saturday of most months, plus New Year’s Day, to share an outdoor experience, primarily hiking. We welcome and encourage new members to participate. Email George Karas and Julie Smart at outdoorgroup@phoenixuu.org.

Poetry Coffeehouse
Poetry Coffeehouse’s purpose is to read, encourage and appreciate poets and other writers. Once a year we publish a journal, Poikilos, which means many colors in Greek, and celebrates the wonderful variety of writing by members and friends of the congregation. Call Tish Gauntt at 602-992-1563.

Traveling 2nd Fridays
Traveling 2nd Fridays meets on the second Friday of each month from January to May at 7:00 to 8:00 PM at UUCP. We share travel experiences with slides, pictures, stories, souvenirs, etc. Each month a different presenter invites members to join an armchair visit to a new locale. Call Barbara Cawthorne at 480-994-1452 or email her at travel@phoenixuu.org.

Book Group
The Book Group engages in informal discussions of a variety of books. We typically discuss recent nonfiction books on topics such as science, religion, sociology, history, current events, environmental issues and justice but we don’t exclude fiction. 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. For more information, email Mike Peterson at 602-943-9543 or Bill Mee at 602-955-9547. Or just come to one of our Sunday meetings. Book Group meets 9:00 AM to 10:15 AM in Annex B when UUCP is on a single-service schedule and from 11:00 to 12:15 during the dual-service schedule.

Retiree’s Early Morning Scenic Walk and Talk Group
Meets most Fridays, Contact Jay before attending. This is a two-mile walk in 1.25 hours with four stops to enjoy views and poetry. The walk is at medium pace on paved streets in the hillside developments at the Phoenix Mountain Preserve, northwest of 16th street and Northern avenue. Meets most Friday mornings as early as 6:00 AM in summer, and as late as 7:30 AM in winter. Bad weather cancels the meet. Please contact Jay Alagia for details at 602-952-8889. Leave a message or e-mail at jayalagia@gmail.com.

Arts and Crafts Studio
Almost every week the Johnson room is open for your artistic endeavor. Currently 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, jayalagia@gmail.com.
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