Living a Life of Integrity
Reverend Susan Frederick-Gray

Happy New Year! May this New Year bring gifts of health and peace to you and your loved ones.

January 1st can feel like a gift of time, the opportunity of a whole new year ahead, a moment for change. It invites us to look back on our lives, to evaluate our habits, and to imagine how we want our lives and relationships to be – including our relationship with our own self. Integrity seems a fitting theme for January, since integrity is about having strong values and living our lives according to those values. It is about creating alignment between what we love and how we live.

Integrity is not something you either have or don’t have. It is something we have to continually work toward. Walking our talk is not easy. Every day we are confronted with opportunities and temptations to make choices that don’t reflect our values.

W.E.B. DuBois once said, The prayer of our souls is a petition for persistence; not for the one good deed, or single thought, but deed upon deed, thought upon thought, until day calling unto day shall make a life worth living.

It is not uncommon in January to decide to make big changes. But keeping these promises, and calling ourselves back to them if we break them, is not the work of one day, or one month. It truly is deed upon deed, thought upon thought, day upon day. Some days we’ll get it better than others. Sometimes we’ll make huge strides, and other times we fall back a few steps. Integrity is about persistence. It’s about knowing where we get caught in lesser wants, knowing when we have a tendency to lie or sell ourselves short, when we are too quick to

Continued page 7

Mini-Campaign for Renewal & Accessibility

If the New Year is about making resolutions for self-improvement, UUCP is ready for some improvements – specifically, in the areas of handicap accessibility, sound quality and overall look. And this month, we are going to make it happen.

Welcome to the UUCP Mini-Campaign for Renewal and Accessibility! Here are four of the projects we hope to accomplish with cost estimates:

<table>
<thead>
<tr>
<th>Item</th>
<th>Estimated Cost</th>
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<tbody>
<tr>
<td>Handicap accessible ramp to outside door near kitchen and water fountain</td>
<td>$25,000</td>
</tr>
<tr>
<td>Carpet for sanctuary, music room, hallway, lobby and 1st floor offices</td>
<td>$33,000</td>
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<td>New chairs for sanctuary ($50/chair x 300 chairs)</td>
<td>$15,000</td>
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<td>Sound panels to improve acoustics, reduce feedback in sanctuary (if we raise enough)</td>
<td>$12,000</td>
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<tr>
<td>Maintenance reserve fund</td>
<td>$50,000</td>
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<td><strong>Total</strong></td>
<td><strong>$135,000</strong></td>
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For more than ten years, we have talked about making our main building accessible. We have made some improvements with our restrooms and automatic doors. However, more needs to be done. This campaign will significantly improve physical accessibility by providing access to our building from the main parking lot and convenient access between the main building and the annex.

Continued page 7
Let’s Chat!
Linda Bellantoni

The single biggest problem in communication is the illusion that it has taken place.

—George Bernard Shaw

As our congregation has grown, the need for open and effective communication has grown too. The challenges of engaging each other meaningfully, sharing our thoughts and aspirations, exploring our expectations for the future, and maintaining a sense of shared community are somewhat more problematic now that we are over 400 members. At our current size, a more intentional effort is required to create opportunities for substantive dialog, to nurture trust and intimacy, and to build deeper fellowship within the congregation.

The Board has made improved communications a high priority for this program year. We feel it’s important, then, to have a space to which people can bring their questions, comments, concerns, etc., and know that their input is valued and they are being heard. Real communication — not just the illusion.

With this in mind, the Board of Trustees has created a new forum — the Board Chat — to encourage and facilitate discussion. Our hope has been to engage congregants in close, direct conversation; the sessions are deliberately unstructured to encourage a free exchange on any variety of topics. The Board Chat allows us to gather feedback, discuss the ongoing work of the Board, answer specific questions, and just talk about what’s on your minds.

Input from the congregation is essential to the discernment function of the Board, and is a key element in the integrity of its strategic leadership under Policy Governance. The Alban Institute defines Strategic Leadership as the “ability to think, act, and influence in ways that promote sustainable focus on the congregation’s unique mission,” and the goal of strategic leadership is to align the mission, vision, values, goals, and actions such that they fully support one another to produce maximum organizational effectiveness. Strategic leadership compels the integrity of our actions by ensuring they are aligned to our values, and open and frank communication is an important starting point.

If you haven’t yet been to a Board Chat, please come! We want to know what’s on your mind. Look in the Compass and Order of Service for information on the upcoming sessions — or come to a Board meeting (every 4th Tuesday at 6:00pm). And don’t forget our Congregational Meeting on Sunday, January 26th. This year, the congregational meeting will be held between services at 10:30am. This will keep the meeting short and enable a greater number of people to attend.

The Board is committed to improving communication within UUCP. Come talk with us!

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Memorial Garden

friends whose ashes were interred in the Memorial Garden this month in past years are still remembered
Be a Model for Integrity
Anne Byrne

Rumor has it that when Rev. Susan was a teenager, she routinely carried around a card with the UU Seven Principles in her jeans’ pocket. According to the source of this rumor, Rev. Susan’s mother Pat, this reminder of the principles provided some grounding and meaning to Susan in the midst of tumult in her teenage years.

I can relate, as our Seven Principles were and continue to be a major draw for me to the Unitarian Universalist faith. If integrity means having strong moral principles and moral uprightness, our UU Principles are a great summary of how to live a life of integrity. Here is how they are often presented to kids: Each person is important; Be kind in all you do; We are free to learn together; Search for what is true; All people need a voice; Create a peaceful world; and Care for earth’s lifeboat.

You might have heard your child singing these words to the tune of Do, Re, Me, as this is a standard part of our Sunday routine. Our curriculum in Sunday School and our youth programs is rich with lessons on integrity, including information on Unitarian Universalists from history who demonstrated countless acts of leadership and integrity in creating this faith tradition and working for a better world. Our efforts are effective, if the voices of our youth are any indication. I heard several members of last year’s Coming of Age class speak without hesitation about standing up for people who were bullied or for unpopular positions.

In addition to your family’s involvement in UUCP, one of the best strategies for encouraging integrity and leadership in your children is through your own example. There are a couple of pivotal recollections from my own childhood that shaped my sense of integrity and leadership, and I share them here as examples of how your influence will impact your children’s ethical development.

When my brother Tom and I were about 10 and 12, my mother read To Kill a Mockingbird to us. Tom and I were both capable readers, but we spent a lot of time traveling in the car, and Mother read to us to pass the time. I loved the book then, and I love it now. I read it to my own kids and reread it several times on my own. Atticus Finch was and is the embodiment of a hero to me, an integrous leader. This is influenced, in no small part, by the feeling that Atticus and my father have some things in common. Like Atticus, my father was a quiet, unassuming sort who stood up for what was right, doing what needed to be done.

I poignantly remember one Sunday in church when my father surprised me. We were a new congregation, meeting in an elementary school auditorium, and the priest traveled from a church about 30 miles away to deliver mass. On this particular Sunday, something was off in the priest’s delivery. He skipped around the order and messed up the readings. We were sitting towards the back, and I remember my father standing up and striding on his long legs to the stage. He spoke quietly to the priest and then announced to the congregation that the priest was ill and unable to continue, so church was over for the day. Who knew my father had the power to call off church? Certainly not me and probably not him, until he saw something that needed doing and took action.

I got a powerful message about standing up to do what is needed from my father that day, and I learned from Atticus Finch and those read-aloud drives that leadership with integrity is necessary, but not always easy. There is no more potent lesson on integrity than that modeled and illustrated by parents to their children, be it from books read aloud or actions in the course of the day to day. Use this power well.

They’re certainly entitled to think that, and they’re entitled to full respect for their opinions... but before I can live with other folks I’ve got to live with myself. The one thing that doesn’t abide by majority rule is a person’s conscience.

— “Atticus Finch,” To Kill a Mockingbird, Harper Lee
Together, We Can Overcome

Benjie Messer

Music Director

This month, I will have been at UUCP for one year. The first service I attended as music director was the celebration of Rev. Dr. Martin Luther King, Jr.’s birthday in January 2013. That service closed with the civil rights anthem "We Shall Overcome." Some people spontaneously stood up and joined hands in front of the sanctuary, others cried, and the congregation sang the hopeful lyrics loud and strong. I’d never felt so moved in a religious service before, and I felt lucky to have found UUCP.

Throughout the history of the United States, African-Americans have used music to chronicle their experience and retain their integrity, with songs of patience and protest, struggle and hardship, joy and faith. The civil rights movement continued this tradition. Nonviolent protests were fueled with songs of freedom and equality that were based on older spirituals and gospel songs. "We Shall Overcome" was based on the gospel song "If My Jesus Wills" by Louise Shropshire, a choir director in the African-American Baptist Church and a composer of gospel hymns. Shropshire was a close friend of both Rev. Dr. Martin Luther King, Jr. and Rev. Thomas Dorsey, the father of gospel music – and she gave Dr. King permission to edit her original lyrics ("I'll overcome, I'll overcome, I'll overcome someday, If my Jesus wills, I do believe, I'll overcome someday") and to use the song in the civil rights movement.

I wasn't alive to hear "If My Jesus Wills" in the Baptist church of the 1940s, or to hear "We Shall Overcome" at civil rights protests in the 1960s; but still, singing it during my first service at UUCP, I felt relief and comfort in the big "We" of a hundred voices, and the message that together, we can overcome any obstacle. I could feel Shropshire’s faith and integrity, and the current lyrics reminded me of how good it feels to have people on my side, and how our troubles are less individual and more shared than I often realize. And I could tell that UUCP was full of people who had integrity – who stood up for what they believed in, and who honestly cared about each other and about making the world a better place. A year later, I still feel lucky to be working here. Thanks for creating a congregation that I’m happy to work for!

Unicare News

Serious illness/hospitalization:
- Arnold Thaw had surgery at St. Joseph's in November
- Angela Spiars had double mastectomy surgery in November

Other news:
- Jane Grenard celebrated her 80th birthday on November 17
- Rev. Susan Manker-Seale's book Mysteries of the Esse: Shala's Hope was published—it is available at Amazon.com in print and Kindle editions.
- Emma Farrell and Adam Schitz were married on November 16th at UUCP
- Helen Walker and Jan Kaplan were married in Rochester, MN
- Manuel Gomez, UUCP custodian, was married December 22 in Guatemala!

For more information on significant events in the life of UUCP members / friends, sign up to be on our Unicare email list at unicare@phoenixuu.org.

Ceyshe’ Napa, Unicare Coordinator
You Are What Your Parents Made You
(But It’s Your Fault If You Stay That Way)*
Reverend Linda Lawrence

In my family of origin, it was not really okay to cry. My parents (inadvertently and mostly unconsciously) taught me that expressions of anger were unladylike, possibly unsafe, and downright unacceptable. As a child of wide-ranging emotions and deep empathy, I found all of this quite confusing.

My story is probably not very different from many of your stories. In your families, too, some feelings were deemed acceptable. Others were not. Certain ways of being and acting were encouraged. Others were discouraged. Perhaps you also found the unwritten and sometimes unspoken set of rules of your childhood and youth confusing.

Brad Blanton, psychotherapist and author of *Radical Hospitality*, says we all grow up with a sense of mistaken identity. He says we all “lie like hell all the time” because we have been taught to pose as someone other than who we truly are. We are taught by our families, our schools, our religious institutions and society-at-large that we are our case histories, our reputations, our grades, our accomplishments, the clothes we wear or the money we make, the work we do or the cars we drive (the list goes on). Our primary identity, according to Dr. Blanton, is as people living in the present moment, noticing, being, relating.

I don’t know about you, but living fully in the present moment every moment sounds daunting, exhausting, impractical, and frankly impossible. Still, I think I get Blanton’s point. It can take a long time for us to sort out the “Me” from the “Not Me,” to let go of past “programming” and fears, to figure out who we are and how to live authentically in the world. That very task is part of what brings many of us to Unitarian Universalist congregations.

Virginia Satir, author of *Peoplemaking* and a pioneer in the field of family therapy, talked about “congruence” as an inner state that occurs when your insides match your outsides. In other words, you achieve congruence when what you’re feeling on the inside is reflected in what you say and do and how you look on the outside. Congruence is a lack of hypocrisy. Congruence is synonymous with emotional and spiritual honesty, authenticity, and integrity.

People who strive to live a life of integrity, people who are congruent more often than not, tend to be the healthiest among us – physically, emotionally and spiritually. Living with integrity ultimately reduces stress. To stop pretending, to be transparent – what a relief! So many times I’ve heard our new members say that they are grateful to be Unitarian Universalists because they feel they do not have to hide important parts of themselves in our congregations. They can be who they are. I say, “Hallelujah!” to that!

Over time, I learned that I could claim my tears as the gift of sensitivity and caring that they are. To feel deeply with and for others is an important part of my ministry. I also learned that anger is a healthy and even a righteous response to injustice. Anger signals that relationships, whether personal or systemic, have been violated or broken and are in need of attention and repair. Claiming our true feelings is an important step in living a life of integrity. Learning how to channel those feelings into constructive action consistent with one’s highest values is also important to living a life of integrity. My experiences as a UU continue to encourage me to strive to be my best and truest self. I hope that you will use your experiences with Unitarian Universalism and within our congregation as opportunities to claim your authentic self, to decide which parts of yourself you want to keep and which parts you wish to discard, to find support for living a life of integrity.

Why is this important? Let me refer back to something Virginia Satir said. She said that being congruent brings inner peace. She believed that inner peace, peace “within,” ultimately leads to peace “between” (two or more people) and to “peace among” (all people). This is the lesson taught by all great spiritual teachers: By changing ourselves for the better, we change the world.

* Title quote by Virginia Satir
January Worship Theme:
Living a Life of Integrity

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

January 5: The Forming Edge
Service Leader: David Weaver
As we step forward into another year, we’re invited to rest for a moment together. What flourishing from the year past will we continue to nurture? What challenges will we more fully embrace? What resources will we draw upon to live to our fullest?

January 12: An Undivided Life
Service Leader: Rev. Susan Frederick-Gray
How do we bring our values, our dreams, our principles into alignment with who we are, how we are, and what we do? Compartmentalization is necessary sometimes, but it has a dangerous side – if we begin to separate parts of our lives from what we value most, we risk the integrity and wholeness of our lives and relationships.

January 19: A Just Heart: Multigenerational King Service
Service Leader: Rev. Susan Frederick-Gray
The power of Rev. Dr. Martin Luther King, Jr.’s words and leadership was how deeply he grounded the call to justice in a vision of a better day. He named the injustices of his day clearly but also in a foundation of the possibility for unity and love among humanity. That bond between love and justice is essential to building the world we continue to dream about.

Share the Plate: This Sunday’s offering benefits The Grand Canyon Association’s “Kids at the Canyon” program.

January 26: The Integrity of Community
Service Leader: Rev. Susan Frederick-Gray
The challenge of walking one’s talk is not just an individual challenge. Communities, societies and entire countries can find themselves on a path that takes them further from their core values, further from what they profess to be true about themselves. Beyond individual integrity, how do we contribute to the integrity of our community and society?

Make your gift to the UUCP Mini-Spruce Up and Accessibility Campaign!

Our Mission: Welcoming all in building religious community, called to share journeys, grow in spirit, advance justice.
anger or judgement, despite knowing we believe in peace, in honesty and dignity, in understanding and compassion. It is the continual work of asking ourselves to what extent our actions and attitudes reflect who we say we are.

The New Year is an invitation to revisit the questions, “Is my life matching who I am? Are my actions a reflection of who I want to be?” Every day is an opportunity to live more fully in the “Yes!” these questions offer.

This month, in the life of UUCP, we too will work to make progress in living out who we say we are. For more than ten years, we have talked about making our campus handicap accessible. Our mission calls us to welcome all, but our building presents obstacles to entering it and moving between the main building and annexes for people who have mobility challenges. It’s not just wheelchair accessibility. Many people with walkers or knee and hip problems find getting into and between our buildings a challenge. Additionally, the sound reverberations in our sanctuary present problems for people with both hearing loss or hearing sensitivity.

We can do better. And this year, we have a plan to do so. This month we are launching a Mini-Campaign to tackle much-needed accessibility and aesthetic improvements. Look for details in the article from our Buildings & Grounds and fundraising teams. These improvements are about making our physical space match the welcoming and inclusive values of our community.

We have lots of energy behind this plan. We have a newly organized Building and Grounds team planning the work, and a small team of members who have already begun to fundraise. Most exciting – we have the offer of $15,000 in matching funds for this campaign. This means every dollar raised during the month of January will be doubled up to $15,000. Please consider making a gift to the Mini-Campaign – help UUCP be more accessible, welcoming and inviting in place and spirit. And make your gift now to have it doubled! We can do this together!

The fundraising for the Mini Campaign will culminate on Sunday, January 26th. Thank you for considering a gift to help UUCP share more fully, inclusively and professionally the gifts we have to offer.

In addition, sound reverberations in the sanctuary make it difficult for people with both hearing loss and hearing sensitivity to enjoy and understand our services. Sound paneling will help reduce reverberations, improving sound quality for all and enhancing the quality of worship.

Finally, restoring our sanctuary with new carpet and chairs and establishing a maintenance reserve fund are critically needed to make sure our building is safe, welcoming and that we have the resources to care for it now and in the future. Each aspect of this project is about making our campus more welcoming, inviting and accessible. It’s about making sure our campus reflects the quality of ministry that our community offers.

These projects will cost $135,000. So far, we have raised $70,000 toward this goal! In addition, we have an offer for up to $15,000 in matching funds toward this campaign. This means every dollar we raise for this campaign between January 1st and

January 26th will be doubled up to $15,000.

We have a huge opportunity to make these projects happen this year. Every gift counts to help us get there. Just imagine a new ramp that makes access to the annex safe. Imagine new carpet and chairs in the sanctuary. Imagine hearing the choir, musicians and speakers all more clearly. These are all visible, tangible and much-needed improvements. We can make them happen.

Make your gift today. Remember all gifts received by January 26th will be matched! You can make a gift online through the website or by check to the office. Please note “capital” or “mini-campaign” with your gift.

From your Buildings and Grounds team: Bonnie and Dave Cunningham, Dale and Lois Fisher, Bill Mee, and Heidi Parmenter; and the Mini-Campaign Fundraising team: Diana Ashley, Smoot Carl-Mitchell, Lois Fisher, Julie Smart, Jim Sorgatz, and Susan Frederick-Gray
Auction Report
Heidi Parmenter
Business Administrator

Our December 7th fundraising auction was a great success! Approximately 147 attendees helped the congregation and preschool raise $21,617 in items sold, $2,200 in the Community Spirit Challenge, $3,140 in ticket sales and $1,200 in sponsorships for a grand total of $28,157!

A big heartfelt thank you to everyone who donated, attended, and volunteered for the auction. Special thanks to Auction Committee members Kristina Benner, Sally Boyd, Katy Boxley, Christina Chambers, Lisa Paine, and Greta Taylor, who worked with Anne and me in organizing this year’s auction. What an amazing team! A full listing of all volunteers will be included in our Annual Report.

Tickets remaining for Community Hosted Events

Publicity Committee’s Thursday Night Workshop Series (January 16, 2014, 7:00 PM in Annex B): There’s an (Android) App for That! with Jill Story. Are you getting the most from your Android smartphone? There are so many apps, and it can be hard to tell which ones will make your life easier. Jill Story has curated a selection of free Android apps that she has personally tested and found to be app-tastic. She will introduce each app and get you started on your way to being tech-savvy. Bring your Android smartphone and a sense of adventure! Red velvet cake will be served as well. Tickets are $20 each or $50 for all three workshops. Only 8 spots left! Please register online or by calling the office. For more information about this event, contact Jill at jillstory@phoenixuu.org or 602-840-8400 ext. 201.

Publicity Committee’s Thursday Night Workshop Series (January 23, 2014, 6:30 PM in Annex B): Gadget Happy Hour with Mat Montgomery. Do you have a phone, laptop, or tablet that’s not performing up to snuff? Are you trying to figure if it’s easier to keep your existing device or brave the big box shops for an upgrade? Would you like to forget all that nonsense for a moment and grab a drink instead? Come to Gadget Happy Hour! With over 15 years experience in the technology field and a degree from the Tempe Bartending Academy, Mat Montgomery will perform double duty and fix computers and cocktails at the same time.

*Bring in your existing phone, laptop, tablet, or any mobile device for a tune up
*Discover which new products have the features you really need
*Find out when and where to shop for electronics
*Get help configuring that new gizmo you got for Christmas

First drink is free and all subsequent cocktails (and tips) go to UUCP as a donation. Tickets are $20 each or $50 for all three workshops. Only 7 spots left! Please register online or by calling the office. For more information regarding this event you can contact Mat at altdelete@gmail.com or 602-317-4931.

Publicity Committee’s Thursday Night Workshop Series (January 30, 2014, 6:30 PM in Annex B): Social Media 101 with Heidi Parmenter. Would you like to know what your kids or grandkids are talking about? Or learn how to communicate with them electronically? Have a glass of wine and enjoy this humorous informational session with Heidi Parmenter, a self-confessed Facebook addict.

*Bring your existing smart phone, laptop or tablet for hands-on learning
*Learn proper posting etiquette
*Discover how to see only what you want to see on Facebook
*Get help configuring your privacy settings to keep your information safe and secure

First glass of wine is free, all subsequent glasses go to UUCP as a donation. Tickets are $20 each or $50 for all three workshops. Only 10 spots left! Please register online or by calling the office. For more info, contact Heidi: heidiparmenter@phoenixuu.org or 602-840-8400 ext. 202.
January 25, 2014, 8:30 AM: **Rock Art Archeology Hike with Vince Waldron.** Join a caravan of fellow explorers as we drive and walk (briefly) to three of our valley’s hidden but fascinating archaeological treasures. Tucked away in corners of Phoenix’s majestic South Mountain Park these hieroglyphic "rock art" panels are vivid reminders of the Hohokam civilization that populated the Phoenix basin for at least one thousand years. Rock art is often mysterious, depicting what appear to be shamanistic and sacred themes. We will also view strikingly realistic images of bighorn sheep, large water birds, snakes, and other animals that figured prominently in the lives of an inventive people that thrived in a harsh desert climate. After a brief informative talk, we leave by car caravan, parking in the vicinity of the site. Short walks will take us to beautiful boulder-filled canyons, home to elaborate rock art panels, unknown to most Phoenix residents. We will treat these cultural treasures with the respect they deserve, pledging to keep the locations a closely guarded secret. Bring cameras to record these elaborate and sometimes puzzling images.

**Notes:** Short hikes of .25 to .50 miles are required at each site. At least one hike will require walking over rocky ground and some moderate scrambling. Please wear tennis shoes or hiking boots. Depending on group size, volunteer drivers may be needed. The trip may be appropriate for curious, supervised children. Tickets are $45 each. Only 4 spots left! Please register online or by calling the office. For more info, contact Kristina Benner at kristinabenner@hotmail.com or 602-999-4766.

March 16, 2014: **A Night in Ireland Dinner and Travel Show at Barbara Cawthorne’s home.** Enjoy a St. Patrick’s Day dinner and travel show of beautiful green Ireland. Dinner includes: Corned beef and cabbage, Irish soda bread, Irish salad, Irish coffee or Irish hot chocolate, and Irish mint brownies. Tickets are $15 each. Only 2 spots left! Please register online or by calling the office. For more information regarding this event, contact Barbara at thetravellers@q.com or 480-994-1452.

March 29, 2014: **Wine Tasting with the Board at Sarah and Mat Montgomery’s home.** UUCP’s Board of Trustees invites you to a wine tasting at Sarah and Mat Montgomery’s multi-story, loft-style home in central Phoenix. Enjoy an evening of music and conversation while we sample some of our board members’ favorite wines. Heavy hors d’oeuvres and desserts will be served. Enjoy a candlelight toast on the rooftop patio with views of Camelback Mountain and downtown Phoenix. Tickets are $35 each. Only 12 spots left! Please register online or by calling the office. For more information regarding this event you can contact Sarah at oatmealpie@gmail.com or 602-317-4931.

April 27, 2014: **Customized Docent Tour of Phoenix Art Museum.** Enjoy a personal tour of the Phoenix Art Museum with Master Docent, Janet Persen. This tour will be customized to a group of up to 6 participants, including children. Tickets are $25 each. Only 2 spots left! Please register online or by calling the office. For more info, contact Janet at jpersen52@gmail.com or 480-816-1688.

May 10, 2014 at 4:00 PM, **Home tour and Soiree at Gerry Kato and Bennett MacKinney’s home.** Pianists Gerry Kato and Lynne Haeseler with special guest Opera diva Jayne Casselman will be performing. Tickets are $60 per person or $100 per couple. 50 tickets available. Please register online or by calling the office. For more info regarding this event, contact Lynne at lhaeseler@cox.net or 602-896-4132.
Welcome Our New Members

Joe Dana: I live in Peoria with my wife Jamie and our two boys, Will and Easton. I work as a multimedia journalist for 12 News and AZCentral.com. Jamie is a psychologist and learning specialist. My ancestors were Mormon pioneers, and I grew up in the Mormon faith. I appreciate my family's rich religious heritage, and I'm grateful for new opportunities to learn and grow at UUCP! I like to play sports with our boys, and explore nature on family hikes.

Glenda Henman: I moved to Phoenix with my husband Lee and son Addison in 2006. My work at a domestic violence shelter requires self-care and spiritual rejuvenation. This need along with my son’s questions about God and Jesus, prompted me to research different faiths. I visited UUCP in 2011, immediately joined the choir, and feel I’ve found the right spiritual community to meet our needs. I look forward to discovering more ways to serve my new community.

Yvonne Hoff: I grew up in Oak Park, IL and lived most of my married life in Riverside, IL. We had four children. All now live in Phoenix. I’ve sold real estate and had an antique shop in Eureka Springs, AR. I moved here 10 years ago, and a longtime UU friend introduced me to this congregation. I felt an immediate kinship. Reading the Covenant, I knew I’d finally found the spot for me.

Cara Fonatana: I am a mom, daughter, graduate student, cat lover, and spiritual seeker. I was born Catholic but it didn’t take. Later I became a lapsed Pagan and most recently a meditation novice. UUCP is the first church where I have wanted to become a member because it is a welcoming community that shares my personal and spiritual values. I am very blessed to have found this new home away from home.

Jennifer Kendall: I’m a mother to four children, including 9-month-old twins, and a loving wife. I decided to join this congregation because I love the community. Never before in my life have I looked forward to church every week. I also find that attending every week makes me more thoughtful in my everyday actions and helps me to try being the best version of myself. I look forward to growing within this congregation.

Janet Jenkins: I have been on a longtime journey. Two years ago, my travels brought me to Arizona. I believe in our interconnectedness with all of creation. My interests include health promotion and gardening with an emphasis on the creation of healing spaces. I became a Master Gardener through the University of Arizona Cooperative Extension. I volunteer at the Desert Botanical Garden. I am glad my journey has also brought me to this congregation.

Carol Kelly: I belonged to the Unitarian Church on Cape Cod where I lived for 21 years. I have lived in NYC, Saratoga Springs, Washington DC and San Diego. I love to travel and one of my best trips was to Budapest to find the village of my maternal grandmother. Teaching fifth grade was a special part of my work life, but in my thirties my path took me into the world of business and accounting.
Randy Miller: I recently settled in Phoenix after living in New York for 34 years. I left the world of computer programming and systems analysis to study and teach history, my first love, working as a public school teacher in Brooklyn for 18 years. I enjoy reading, movie-going, cycling and antique hunting. I participate in UUCP’s Small Group Ministry and in the Book Discussion Group, finding both a source of inspiration and personal enrichment.

Seidi Negash: I have been attending UUCP since the beginning of August, 2013. I was born and raised in Ethiopia and both my parents are from Eritrea. I grew up practicing Islam and attending Catholic school. I have explored a few religions and I love the spiritual freedom I get from UUCP to continue to seek and explore. I am thankful for the great sermons that fill my spiritual thirst.

Brandon Puckett: I didn’t know what to expect when I sought out a congregation, but I’m pleased with what I’ve found here at UUCP. I’m an Arizona native and I have two great kids, ages 18 and 10. I’ve been a Marine, a general contractor and have started 15 companies. I’ve learned more lessons than I’ve taught. I’m a nonfiction reader and I love to learn. My spiritual name is Giant Ze Qi Jah. I am grateful for the welcoming spirit of UUCP.

Virginia Witting: I am a lifelong Phoenician and liberal thinker. My only religious training was occasional Catholic mass, which I found incomprehensible. I’d heard tidbits about UUCP but never made time to come until a period of many personal losses moved me to seek a rational spiritual community. When I discovered that my new life partner was also searching, we began attending UUCP in March. We’ve found a home base for our spiritual journeys here.

Opportunity for Energetic and Dedicated Individuals

The UUCP Nominating Committee is beginning to plan for upcoming elections in late spring for our Board of Trustees, Foundation, and Nominating Committee. Could this be the opportunity you are looking for to get more involved in achieving the mission of our congregation? Here are a few facts to get you thinking:

- UUCP Board and Nominating Committee terms are two years; the term for Foundation Board members is three years.
- You don’t need to wait to be asked to serve. You can contact any member of the Nominating Committee to discuss your interests.
- All three committees are focused on helping UUCP achieve its mission of building religious community, growing in spirit, sharing journeys, and advancing justice. The UUCP Board doesn’t handle operational items anymore... leaving more time to plan and think about the future, and evaluate our progress.
- Primary qualifications include alignment with the congregation’s mission and ability to communicate well with congregation members. We need people that model generous giving of time, talent and treasure. This includes new members as well as long-term members, and people of all walks of life and perspectives.
- Serving is rewarding and FUN. Ask any of the current leaders!

Over the coming weeks and months look for more details about our progress. In the meantime please contact any Nominating Committee member for more information: Jimmy Leung (chair), Elyse Arring, Dale Fisher, Terry Lockwood, Caroli Peterson, or Kim St. Clair Relland. □
Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.
— Martin Luther King Jr.

He is not wise to me who is wise in words only, but he who is wise in deeds.
— St. Gregory

If everyone were clothed with integrity, if every heart were just, frank, kindly, the other virtues would be well-nigh useless.
— Moliere, Tartuffe

My grandfather once told me that there are two kinds of people: those who work and those who take the credit. He told me to try to be in the first group; there was less competition there.
— Indira Gandhi

I cannot and will not cut my conscience to fit this year’s fashions.
— Lillian Hellman

You can out-distance that which is running after you, but not what is running inside you.
— Rwandan Proverb

To know what is right and not do it is the worst cowardice.
— Confucius

Neither shall you allege the example of the many as an excuse for doing wrong.
— Exodus 23:2

My country is the world, and my religion is to do good.
— Thomas Paine

To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.
— William Shakespeare, Hamlet

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