Living with Intention
Reverend Susan Frederick-Gray

On the first Sunday of January, during our meditative welcoming the New Year service, I shared the story of The Touchstone. While the author of the story is unknown, the tale is very much about intention and mindfulness, two things that go hand in hand. The story tells of a man who finds, tucked inside an ordinary book, a thin piece of parchment which details the secret of the Touchstone. The parchment explains that the touchstone is a pebble that turns any ordinary metal it comes in contact with into pure gold. It goes on to say the touchstone is hidden among thousands of other pebbles and looks just like them. The difference is that when you pick up an ordinary pebble it will feel cold in the hand, but when you pick up the touchstone it will feel warm.

The man sells his few possession and sets out to find the touchstone. He sets up camp at a beach covered with pebbles. He realizes that if he picks up a stone and it feels cold and he drops it back down, he could end up picking up the same pebble hundreds of times. So, he decides that if he picks up a stone and it is cold, he will throw it into the sea. All day long he spends his day picking up pebbles, and each one feels cold in his hand, so he throws it into the sea. The days turn into months and every day is the same. He picks up a stone. It feels cold in his palm. He throws it into the sea. Several months pass, and then one day, he picks up a stone and it feels warm in his palm, but before he can stop himself, he tosses it into the sea? So bound by habit, he tosses away the thing he has been looking for all along. His intention, so clear when he began,

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Intention Versus Impact
Reverend Linda Lawrence

Good intentions are not enough. To be truly welcoming, we must learn how our actions impact others in order to avoid undesired and perhaps unintended consequences.

In a recent informal study about why people don’t return to congregations after visiting for the first time, the #2 reason people gave for not coming back is that they were not made to feel welcome. No one sat by them. No one talked with them. No one offered to show them around or took the time to discover why they chose to visit and what their interests were. Wow! Really? That’s sad. Is that us?? For the most part, I don’t think so. Still, let’s make sure that our intentions are aligned with our actions so that we have the positive impact we hope to have.

In relationship to intention versus impact, one area we might examine is our STARs program.

We haven’t been “talking it up” much lately. Do you have a bright, shiny star on your nametag? Whether or not you have a star, do you know what it means to have one? If you are wearing a star on your nametag, it indicates your intention to be especially attentive to newcomers, especially available and welcoming to them on Sunday mornings. That star signifies our intent, but how we behave doesn’t always match up with our original intention. It is often easier to greet our friends, to get caught up in lunch plans or congregational business, or to just head for the cookies and coffee after a service!

Here are the guidelines for STARs (sometimes called the 7-UUP Creed):
1. Show UUp: Your presence on Sunday mornings is important. You can’t be welcoming if you’re not here!
2. Free UUp: Commit to spending the first 15 or 20

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With an Eye to the Future

Benjie Messer

Comedian Hari Kondabolu begins one of his jokes by reading the first sentence of an article titled "Top-Ten Endangered Places" that he found in an airline’s in-flight magazine. The article begins, "Climate change and tourism are threatening to destroy these natural wonders." Wow, thinks Hari, encouraging tourism is clearly in the interest of the airline industry. Way to go, Delta, for being such a responsible global citizen! But the sentence continues, "Climate change and tourism are threatening to destroy these natural wonders... so you might want to plan a trip now, before these sites are gone for good." The joke’s closing line is that our environment is in trouble when major corporations write about the Earth with the same attitude that a high school senior has about their last semester – it’s almost over, so why worry about it?

For a good example of the opposite attitude, I remember the advice I got during one of my few days of training before I began teaching music at a private elementary school in Boston. I knew next to nothing about teaching, and the previous teacher, who had quit just days before school started, met with me for an hour. "My best advice for a beginning teacher," she said, "is to plan as if you will be here for ten years – even if you won’t." I was scared enough to take whatever advice I was given, and luckily, that advice turned out to be good. I only stayed in that job for four years, but I wrote long-term goals for the school’s music program before my first week of teaching was over, and having those goals stopped me from quitting and guided my teaching during that difficult first year. My goals changed as I learned, of course, but even from the beginning, having goals of any kind gave me perspective, patience and dedication.

I see our worship theme of Intention as being very related to goals. We get to have the confidence to set our own goals, both big and small, for our lives and our world, and to make those goals so concrete that we can live in the present with an eye to the future. To return to Kondabolu’s joke, I certainly hope humanity can someday approach our natural environment with a responsible intention, and plan to be here for as many years as we can imagine – even if we won’t.

Speaking of planning to stay somewhere for a while, I’m happy to announce that after a season as UUCP’s interim choir director, directing our choir has been added to my regular job description. Since September, leading the choir’s Wednesday night rehearsals has been a reliable highlight of my week, so I’m glad to get to continue. I hope our March music helps you each get in touch with your own intentions, and reminds you of your power to set and live your own goals.

Attention is love, what we must give children, mothers, fathers, pets, our friends, the news, the woes of others.
What we want to change we curse and then pick up a tool. Bless whatever you can with eyes and hands and tongue. If you can’t bless it, get ready to make it new.

— Marge Piercy
What does it mean to live a life of intention? I’ve been thinking about this relative to our congregation’s ministries and also to the work of the Board of Trustees.

Put simply, here’s how I view intention – I think it’s about purpose.

As I started thinking about intention, I created a list of words – some were synonyms, some were about context (where and when intention matters) and some were more about application (how intention makes a difference).

Until recently, I associated intention with meditation or yoga practice and therefore, considered it strictly personal. Because I have never been successful with meditation or yoga, I never really gave this concept the attention that I can now see that it deserves. A few weeks ago, I tried yoga (again) and as we got started, the instructor asked us to think about our intention for the 60 minutes that would follow. That was pretty helpful for me – why was I there? Terry (my wife) wanted to go, but if that was my only reason for attending, I was not going to get much out of the experience. I wanted to learn some poses and maybe more importantly, to become (a little more) comfortable with practicing (imperfectly) in public … or even in the company of one. In this case, the context was me, in that studio for 60 minutes. Having set that intention allowed me to focus and feel like I had accomplished something.

My mini-success with yoga got me thinking more about intention. It seemed to me that it had a role (by other names) in other aspects of my life. Specifically, I started relating intention to setting and stating expectations or agreements – especially with group work. On the UUCP Board of Trustees, we have recently been focused on explicitly stating the desired outcomes for each item on our agenda. It has helped us to hold each other accountable for achieving the work that we come together to accomplish. When we’re clear with each other, we have a better chance of achieving our desired outcomes.

The timing of this month’s topic seems fortuitous to me. Over the past several weeks, the Vision Task Force has been having conversations with members and friends about UUCP’s Vision – Vision being an aspirational statement of what we hope to achieve over the next several years. Since we change as our membership changes and grows, it is only natural that we should revisit our vision of the future UUCP. So the next part is obvious, right? Our Vision will be a shared intention about our future. There is power in this process. Conversations like this – talking with and listening to each other about our future, creating shared meaning – help us to strengthen our community. So even if the process doesn’t result in a new Vision (which it will), we will still know each other better and understand where we have shared hopes and dreams for our community. A current and relevant Vision will shape our next strategic plan and thus it will serve to focus our actions and decisions.

As a congregation, are there things we will do differently if we collectively create a Vision for our future? Will our stewardship be different – will it have more purpose? Will our committees work together with other committees to achieve outcomes that help move us together toward our future? Will we find new partnerships in the greater community? Will we create new ministries?

I think all of these things are possible if we put our collective minds to it – if we set a shared intention. I hope you’ll participate in as much of the Visioning process as your time permits. Get engaged. Stay engaged. Help to create a Vision of what this congregation can be for us, for those that follow and for the greater community. □
Intention is a mental state that represents a commitment to carrying out an action or actions in the future. Intention involves mental activities such as planning and forethought.

With our annual financial stewardship campaign kicking off on March 8, your Stewardship Team is doing some things this year to try to be more intentional about financial stewardship. We have done a lot of planning for this year’s annual drive and also some research on what seems to work for other UU congregations of a similar size in both membership and budget.

We have explored ideas like multi-year pledges and making it easier to pledge and pay your pledge online. Some of us also attended a seminar on fundraising in religious organizations. We are trying hard to be open to new fundraising ideas without losing sight of who we are. Our financial stewardship’s sole purpose is to support our programs, which further our Mission.

One idea which struck us as worth trying this year was to incorporate more one-on-one personal contact between members. What this kind of fundraising requires is what is called “Honest Money Talk.” Honest money talk assumes the following:

- People learn from other people;
- People learn from our stories;
- Honesty is important;
- Specificity is critical;
- Humility is essential.

With this in mind a number of our members have agreed to be Stewardship Ambassadors and engage in some honest money talk with many of you. The goal is not only to raise money for our programs, but hopefully to start some deeper and more meaningful conversations within the Congregation about what it means to be financially generous and how your financial generosity is part of leading a more rewarding and fulfilling life.

Engaging in the above is not easy. In fact, done wrong it can be very intimidating and even guilt inducing for all involved. Our goal is not to intimidate or guilt trip anybody. Rather our goal is to engage in some honest conversations about money and how UUCP fits into how we each spend our financial resources.

Please remember our Ambassadors are fellow members of our faith community and we all share a goal of making UUCP a beloved community where, as our Mission says, we can all share journeys, grow in spirit and advance justice.

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**INTENTION**

What one does is what counts. Not what one had the intention of doing.

— Pablo Picasso

The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.

— Pema Chödrön

Walk as if you are kissing the Earth with your feet.

— Thích Nhất Hạnh
Seven Principles Intention Ritual
Anne Byrne

We set intentions for our children all the time. “Have a good day,” “Be careful,” “Be nice to your brother,” or “Have fun.” No doubt kids are setting a few of their own, some positive, some not so positive. The kind of messages we hear from others and from ourselves makes a difference in our perspective, confidence and overall feelings and mood. Cognitive behavioral therapy teaches that feelings are hard to change, but thoughts, not so hard. Turns out we have a lot more control over thoughts than feelings. Since feelings are hugely influenced by thoughts, a great way to create affirming feelings is through setting intentions.

The power of positive thinking is an easy undertaking for an optimistic person and the notion of “self-fulfilling prophecy” makes basic common sense. Intention setting, however, can operate on a deeper level to help connect to a spiritual core. Setting an intention to score a goal or ace a test is great, but why not set intentions for core issues to ground yourself and your kids in our faith tradition.

I propose a family UU Seven Principles Intention ritual. Create a spinning wheel, a mystery box or other mechanism to randomly select a principle every day at breakfast. Here is a summary word or phrase for each of the principles: 1. Dignity, 2. Loving Kindness, 3. Learning, 4. Searching, 5. Voice, 6. Peace, 7. Interdependence.

Intention setting ... can operate on a deeper level to help connect to a spiritual core.

Spin, draw or otherwise randomly pick one of the principles and invite each member of your family to set an intention related to the principle. The intention can be about what you give and/or receive, experience or facilitate. Try not to tie the intention to a very specific outcome but rather the underlying circumstances that will potentially lead to the desired outcome. Here are a couple of examples:

**Dignity:**
Today is a big day for the soccer team, so your daughter is anxious and excited to do well in the game. A simple intention for her would be to play well. Within the context of the first principle, a broader intention might be to value her own and others’ contributions to a good game with athleticism, sportsmanship and fair play.

**Loving Kindness:**
“Nobody likes me!” wails your seven-year-old. Explain that if this feeling is the focus of his attention, he is likely to find evidence of feeling slighted by others. How about setting an intention to change his thinking and actions to show kindness to others he likes and be open to kindness directed towards him?

A regular practice of setting intentions around the Seven Principles will provide a great opportunity to talk through the principles, enhancing everyone’s understanding and application in daily life. In my experience, young children have less intuitive understanding of the third and fourth principles (free to learn and search for truth), and relating these principles to intentions regarding school and other interests will be helpful in making these principles more concrete.

Our feelings are very much influenced by what we pay attention to, so directing our attention to affirming intentions is likely to produce positive feelings. Your children will likely need some help in forming intentions at first, so pitch in with suggestions and visual images. While you are at it, set a few intentions for yourself, as well! ☐
What is Your Legacy?

Unitarian Universalist Foundation of Phoenix

Let there be an offering to sustain and strengthen this place which is sacred to so many of us, a community of memory and hope, for we are now keepers of the flame.

—adapted from “Offertory Words” by Rev. Brandoch Lovely in Singing the Living Tradition

People usually leave legacy gifts to what has mattered most to them in their lives: family, friends and organizations that share their core values. Gifts to the Unitarian Universalist Foundation of Phoenix allow all of us to serve as stewards and trustees of future generations, ensuring that they will inherit our free faith of kindness, hope, reason, justice, love and respect. UUCP Chalice Keepers is comprised of members who have signed a “Letter of Intent” to leave the Congregation a legacy gift through their will or estate plan.

At this 2nd Annual Chalice Keepers reception, we will enjoy light refreshments, wine and good company in the Plattner-Morris’s backyard. The Foundation Board will share with guests the idea of a Legacy Giving Tree and ask for feedback on what that might look like.

If you cannot make this event but would like to learn more about UUCP Chalice Keepers please contact any of the UUFP Board Member:

Richard Plattner
Smoot Carl-Mitchell
Susan Goldsmith
Diana Ashley
Pauline Peverly

The Foundation Board of Directors would like to invite all UUCP Members interested in learning about Chalice Keepers to join us Sunday, March 1st, 3:00-5:00 pm at the home of Richard Plattner and Susan Morris.

To attend, RSVP to Heidi at 602-840-8400 ext. 202 or heidiparmenter@phoenixuu.org by Noon on February 27th.
minutes after service greeting guests or newcomers and talking to someone you don’t already know.

3. Round UUp: Look for guests/newcomers before a service. Offer to sit with them. Notice anyone with a guest nametag and invite that person to chat during coffee hour.

4. Chat’em UUp: Ask open-ended questions to get conversation going, questions that require more than a yes/no answer. Here are some examples: What brought you here today? What did you like about the service? How did you hear about us?

5. Listen UUp: Avoid telling newcomers and guests all you know about UUCP and UUism. Instead, listen to what they have to say to get some clues about why they’re here and what they might like to know.

6. Hook’em UUp: As you learn about their specific interests, consider introducing visitors to someone with knowledge in that area or someone with similar interests.

7. Sign’em UUp: If they have any interest in getting UUCP newsletters, show them to the Welcome Table in the foyer where they can sign up for our mailing list. Invite them to take a look at our brochure rack and help themselves to any materials that pique their curiosity.

Being sensitive to multicultural factors in welcoming has more nuances than the seven steps above might suggest, but those steps are a pretty good start. If you feel you are not connecting with someone new or if you feel that they might be uncomfortable with your approach, it’s OK – good even – to simply ask, “How might I help you feel more at home here?”

If you’re interested in becoming a STAR, watch the Compass and Sunday morning announcements for five-minute STARs trainings hosted by the Membership Committee in March and April. Attend a training and get a shiny star on your nametag. Show your intention to be a welcoming presence on Sunday mornings. Then act on that good intention by following the seven steps above and by being sensitive to the impact your attention and approach seems to have on others.

Do you want to know the #1 reason people say they don’t return to a congregation after a first visit? Check out http://visionroom.com/top-ten-ways-churches-drive-away-first-time-guests/. Better yet, take a look at the three important relationships that keep first-time guests coming back at http://www.churchleaders.com/outreach-missions-articles/246438-3-relationships-keep-first-time-guests-attending-church.html#.VNDiZLcxmzp.facebook.

Make UUCP your Thursday Night Destination this Spring

COMMUNITY NIGHTS

Dinner at 6:00 pm
Suggested Donation: $5/adults, $2/children under 10, $10/family

Classes and Small Groups at 6:30 pm
Chalice Kids for children

Every Thursday night February through April
All are welcome!
Welcome New Members

The ministers and Membership Committee were delighted to spend time with the February Pathway to Membership class and welcome 16 people to UUCP membership. Our newest members are: Rene Apack, Judith Breuer, Kathleen Burns, Benny Butt, Bunny Hodas, Karen Kurtz, Celso Mireles, Kelly Rhodes, Jane Roosen, Ileana Salinas, Jennifer Smith, James Spearman, Marlene Tromp, Yolanda Welch, Bonnie White, and Val Wylie. Some new member photos and bios are included below, and others will be printed in the April issue of Horizons. Look for the photos and names on the media screen in foyer and be sure to greet and welcome our newest members.

Judith Breuer moved to this congregation three years ago from the Unitarian Universalist Congregation of Frederick, MD. She lived on a small horse farm in Maryland for 30 years with her husband and two children. She is an avid reader and gardener and loves to explore the desert. She is employed part-time by Scottsdale Appraisal Specialists, LLC.

Bunny Hodas’s parents were early members of the Unitarian Church in Birmingham, MI and helped build the church that stands there today. She grew up and raised her daughter in Birmingham and also calls The Unitarian Universalist Church of Charlotte (NC) home. Bunny holds real estate licenses in MI and NC and is also involved in investing and renovating. She moved to Scottsdale in 2009 to care for her elderly parents. Her mom is still alive at 97.

Celso was born in Juarez, Mexico. He has lived in Phoenix since he was three years old. He graduated from Arizona State University with a degree in Business Management. He has a passion for building technology for social justice.

Ileana Salinas and Celso Mireles both come from undocumented immigrant experiences. They are lifelong learners seeking truth in justice and spirituality.

Ileana was born in Mexico City and moved to Phoenix ten years ago with her family, running away from violence. Her mission is to nurture and share her talents, relationships and leadership skills to empower immigrants to become agents of change.

Kelly Rhodes has been married for three years to Jim Rhodes, and they have an amazing 11-year-old son, Aidan. Kelly’s Bachelor’s degree is in Psychology and she has one more year at the University of Southern California, where she is obtaining a Master of Social Work degree. Kelly has worked as an investigator for the Department of Child Safety Family Services. She has a passion for promoting an active voice within our legislature on issues relating to social justice.

Jane Roosen was born in Wisconsin, earned a Social Work degree at UW-Madison, and has worked in many areas of Human Services. In retirement, she volunteers at the AZ Museum of Natural History to pass on her interest in science (especially paleontology). She enjoys nature and learning and has found UUCP a wonderful place to continue to learn and grow on her walk through “this ever-amazing life.”
Jennifer Smith’s parents became distrustful of religion from bad experiences so she never attended church growing up. Still, she was lucky to live in a household where morals, ethics, honesty and integrity were held in high regard. With an open mind, Jennifer explored ideas and beliefs. She joined UUCP to work on spiritual growth, give service, and be part of a progressive thinking community.

Bonnie White began a 25-year flight attendant career (when flying was fun) after two years at the University of Missouri. When Trans World Airlines began its decline, she began a new career as a software support specialist at a Beverly Hills law firm. Ed Cernek and Bonnie found each other in 2007, retired in 2009, and hit the road in an RV. They have established roots in Phoenix; however, the RV is still ready for another adventure.

Valerie Wylie (Val) is a newcomer to Phoenix, having lived in Wisconsin for 40 years. She attended the UU Fellowship of Appleton, but too much snow there last year gave her the courage to move closer to her daughter and her daughter’s family here in Phoenix. She also has a son and his family in Minneapolis. Val retired from a career as a Nonprofit Executive Director.

In the end, just three things matter:
How well we have lived;
How well we have loved;
How well we have learned to let go.

― Jack Kornfield

Memorial Garden

friends whose ashes were interred in the Memorial Garden this season in past years are still remembered

February:
Lorry A. Blanksma
Thomas R. Fritts
Margaret G. Harding
Warren Hastings
Margaret Ann Herrick
Audrey Ames Kaslo
Franklin Anthony Klumpe
Majorie Spear Klumpe
Robert E. Morris

Muriel Osder
Stephen S. Osder
Dorothy Pollack
Patricia Maureen Shannon
Everett Eller Warner

March:
Lenore Caroline Bendheim
Jeremy E. Butler
Penelope Wells Butler

Christine Albrecht Campbell
Helen Dycus Lane
Martí Teresa McDermott
Orval Floyd McVey
Nicole Fiala Murphy
Catherine Bird Olsen
Lloyd Dewitt Oxley
Jacquard H. Rothschild
Phyllis Mills Rothschild
Terry Nielsen Simmons
March Worship Theme:

**Intention**

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

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**March 1: The Road to What!? Is Paved with Good Intentions**
Service Leader: Rev. Susan Frederick-Gray
There is a famous line about where exactly good intentions lead. How does this relate to our theme of intention? How do we need to complicate our thinking about good intent?

**March 8: A Vision of the Beloved Community**
Service Leader: Rev. Susan Frederick-Gray
Being clear about where you want to go is an important step to getting there. More than eight years ago, UUCP identified building a beloved community as a central goal. What is the beloved community and does this vision still fit our intentions? (Hint: I say, YES!)

**March 15: Intentions in Tension**
Service Leader: Susan Goldsmith, Vision Task Force Member
Most of us hold on to many intentions. They may be big or small, individual or communal, ambitious or not, lofty or not. This morning we will explore how we might name our intentions, reduce the tensions among them and use them to move from vision to action.

**March 22: Staying True to Our Intentions**
Service Leader: Rev. Susan Frederick-Gray
One of the most difficult challenges with intention is staying true to it. Life happens, we let ourselves down, others let us down – there are many ways that we fall off a path of intention. How do we get back on, once we have fallen off?

**March 29: YRUU Sunday**
Service Leader: Rev. Susan Frederick-Gray
Our Youth Ministry will be introducing different takes on the meaning of intention, and showcasing the talents of our youth group. We hope to create a better understanding of the teenage brain, and how we make decisions.
became lost in the routine of his daily rhythm, so much so that he lost the treasure he sought.

Three months into this still relatively new year, do we remember the intentions we brought with us into the new year? Intention is one thing. Staying true to our intentions is something else. What do we do when we lose sight of an intention or promise we have made to ourselves? How do we recover and continue on the road we have chosen? Intention is about being specific about our hopes, our values, and the choices we make and knowing why we make them. But intention also requires mindfulness and forgiveness because we all lose our way at times.

At our New Year’s service, we passed out stones to be our touchstones for the new year. In them, we placed our intentions, our dreams and hopes for the new year. The stone acts as a reminder, when we feel ourselves forgetting what’s important, or getting lost in habit, or plain losing our way, a reminder to call us back to our intention.

Yogi Berra once said, “If you don’t know where you are going, you’ll end up someplace else.” This year, at UUCP, we are undertaking discernment conversations to explore our intentions for the future, our dream for UUCP. The Vision Task Force is leading this process. The reason for the conversation is to help us be mindful of where we are going and intentional in using our resources and our ministry to move us – as a community, as people forward in living our values fully, mindfully and with an eye to creating impact in our own lives and beyond our walls.

Throughout January and February, the Vision Task Force has been listening in group conversations, in leadership meetings and in one-to-one conversations. In March and April, we will continue listening as the team seeks to discern our touchstone, the essence of who we are and what we seek to embody as a liberal, inclusive religious community and the future we aspire to live into. It is our hope that a clear and compelling vision, like our mission, will help us as a community be mindful of our intention, mindful of who we hope to become, just as the stones we passed out on New Year’s are there to help each of us stay mindful of the values and dreams that we wish to remain true to in our lives. □

Unicare News

In remembrance:
- John Driggs, friend of Dale Wiebusch and former mayor of Phoenix, passed away in December
- Maureen Nettles, friend and employee of Susan Morris, passed away on December 7th
- Fay Hudson, uncle of Bill Kessler, passed away in January
- Barbara Cleland, grandmother of Jen Moore, passed away January 17th

Serious Illness/hospitalization:
- Dale Weibusch’s brother Marlin was hospitalized in Minneapolis

Milestone celebrations:
- David and Uli Boecker-Grieme celebrated their 20th wedding anniversary on December 10th
- Smoot Carl-Mitchell celebrated two years being cancer free in February

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.

Maureen Jeffries,
Unicare Coordinator