Love Is Not Enough—We Need Just Love
Reverend Susan Frederick-Gray

I’ve always been a fan of Tina Turner. Her rendition of “Proud Mary” is among my favorite songs of all time. But, as we dive into the theme of Love and Justice, it’s her hit “What’s Love Got to Do With It” that is on my mind. Every February since we began following monthly themes, we have chosen a Love theme for February. It’s a nice connection with Valentine’s Day. Over the years, we’ve explored themes like compassion and loving-kindness. This year, though, we will look at the intersection of Love and Justice.

Looking at these two concepts together also fits with the Thirty Days of Love campaign that the Unitarian Universalist Association and Standing on the Side of Love promote for the 30 days between Martin Luther King Jr. Day and Valentine’s Day. This campaign is inspired by how clearly Dr. King expressed his commitment to justice and undoing structures of injustice as an expression of the call to love one another.

In her song, Turner sings “What’s love but a sweet old fashion notion.” In a theological or religious sense, the ideas of love and justice are often joined. We see this most clearly in the expressions of the Golden Rule throughout the world’s religious traditions. When Jesus says the highest commandment is to love your neighbor as yourself, he follows that with the story of the Samaritan—showing that this love is not just an emotional sentiment, but it is followed by acts of mercy toward others. In other words, we are called to love one another and because of that we seek to be of service to one another, we seek to do no harm.

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Showing Up for Justice: My Grandmother’s Life
Ceyshe’ Napa

When I think of Justice and Love, I immediately think of my Grandmother.

When I was young, Grandmother held workshops at her home centered around Navajo culture and healing. People came from across the country and sometimes across the globe. Inevitably, she would be gifted items her guests thought she needed. Most of the time it came in gifts of clothes, which she stored in the hogan and allowed people who needed them to go through and take home. This is how I imagine she came about having a Santa suit one year.

Along with clothes, people would stop by her home with food and household items. I remember on more than one occasion we would divide a huge 50 pound bags of potatoes, rice, beans, apples, or oranges into smaller bags, hop into the truck and take them to families and elders around Lukachukai and Tsalie. Everyone was always so happy to see Grandma and the presents she almost always had in her truck.

Who knows when the Santa suit showed up, but when it did Grandma decided she would use it.

Early Christmas morning, dressed as Santa, she loaded up her truck and braved the melted snow and red clay mud of the Navajo Nation. As she pulled up to one particular hogan, she observed the curtains pull back just enough to see the small faces of children. And when she trudged through the mud to knock on the door she heard young voices debating whether that was really Santa and then

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In 2013, Scott Jones, a 27-year-old resident of Nova Scotia, was violently attacked. His throat was slashed and he was stabbed twice in the back, leaving him paralyzed from the waist down. In trial, before being sentenced to 10 years in prison, Jones’ attacker apologized to him and said, “I don’t know why I did it,” but Jones and his family and friends reported that they believe he was targeted because he is openly gay.

After the attack, Jones started the nonprofit organization “Don’t BE Afraid.” Its mission is to eliminate homophobia and transphobia through honest conversation and creative expression. “Something positive needed to stem from this horrible situation,” Jones says, and the Don’t BE Afraid campaign “represents the healing power of love and acceptance.” In honor of his career as a voice teacher and choir director, a Canadian choral association commissioned a piece which serves as the “theme song” of the campaign and of its social-justice choir which Jones directs. It’s one of several powerful pieces of justice-related music that our choir is preparing for our all-music services on Sunday, February 26. I think very highly of any piece of choral music that gives me a spontaneous emotional reaction—that makes me want to smile and cheer, cry, tremble in fear, rage in anger, or dance in happiness. I keep a very short list of those pieces, and “Don’t Be Afraid” is on that short list.

I’m calling this all-music service “Make Them Hear You,” after another song we’ll be doing that morning, the finale from the 1996 musical Ragtime. Based on the book by same name, written by E. L. Doctorow, its characters are metaphors for groups of people in the early 20th century U.S. “Make Them Hear You” is sung by the lead male African-American character, a musician-turned-activist named Coalhouse Walker, Jr. Abandoning a failed campaign of violence, Walker sings that the world can still be made right if we continue to tell and hear stories of injustice. “Go out and tell the story,” he sings, “let it echo far and wide. Make them hear you! How that justice was our battle and how justice was denied—make them hear you!” As our country continues to polarize politically around issues of injustice—classism, racism, sexism, homophobia, etc.—I find myself coming back to this song, an anthem of hope for the future in the midst of defeat.

I hope that at least one song on the morning of February 26 can help you in your own personal work towards justice. Perhaps something will help you imagine not being afraid in a way that you’ve been afraid before, or strengthen your resolve to tell and listen to stories of injustice, or remind you of your love for someone you care about, or help you find hope in the midst of defeat. In the words of Unitarian Universalist songwriter Holly Near, “We are singing for our lives.”

Music Director

Congregational Meeting

Sunday, February 5, 10:30 AM
UUCP Sanctuary

Please join the UUCP Board of Trustees for our Midyear Congregational Meeting. This meeting will include Board and Lead Minster updates, midyear financial report, Capital Campaign project update, and members will vote on a budget for the Capital Campaign. All are welcome.
As adults, we have quite a few advantages over kids: ability to choose our peers and where we invest our time are big ones. Of course, this isn’t true across the board, but in the situations where we can’t choose our companions, we have more tools for coping with stressful interactions. This is why we see less temper tantrums among the “old-enough-to-vote” set.

Kids, however, often find themselves plopped down next to folks they would never choose: stuck in a car with Uncle Kevin’s smelly girlfriend, squished in a diner booth with dad’s friend’s bratty teenager, relegated to the back row of the classroom with the local militia leader’s daughter (thanks a lot, alphabet). We sympathize, acknowledge the discomfort and then ask our kids to be polite, to be kind, and to extend some measure of compassion.

The harsh and bizarre world of 2016’s election may have made those simple kindnesses very, very difficult. In the adult realm we saw people protecting themselves, avoiding family gatherings, and being very deliberate about how they reached across the aisle—but every morning, we put our kids on busses to spend the day with the children of the folks we were avoiding.

In late November, one of our UUCP kiddos told me about his frustrations at school. “I’m angry at almost all the other boys in my class. Every single one of them likes Trump.” At first, I assumed a gendered bias, the boys choosing their closest representation, but I remembered the child is in 5th grade and gave his classmates more credit. He said that without exception every student supported the same candidate as their parents, or if they were unsure who their parents supported, the most persuasive friend, seated the closest. We talked for a little bit about what liking Trump actually means for someone who can’t vote and what it meant for class harmony. No big surprise, I was told kids got mad at each other easily, mocked one another’s candidate, and the lines between the factions were very, very clear... and I prayed for that teacher.

In their 2015 research, Diana Hess and Paula McAvoy found that the political make up of a school makes a big difference in civic engagement and community investment. Students attending high schools homogenously reporting at least 80% conservative or liberal views, are more knowledgeable about both local and national politics, are more likely to volunteer in their communities, and, among those 18 and over, vote at a high rate. However, students in less like-minded schools show investment in collaborative politics, less fear of persecution for their political beliefs, and are more likely to give merit to credible research counter to their own views. This work hints that students in politically diverse schools experience politics as a matter of process, whereas students in homogenous schools take an identity-based approach to politics.

As a community, we can help our darling 5th grader become a well-rounded high schooler who understands both the process of political decision making and also the importance of community. We can begin by teaching him that political polarization is cyclical. As a nation we do not always define the line between Us and Them so clearly. Increased income inequality and increased access to news sources have created environments of polarization in the past and we see that repeated now.

McAvoy suggests further helping students understand the base ideologies that shape political leanings: federal regulation of the economy, states’ autonomy, priorities in international conflict, and responsibility for society’s vulnerable populations. With the help of our UU values, we can go back to that difficult request. Faced with the tumultuous world of 5th graders debating national politics, we ask him to be kind and compassionate. We remind him that each person is important and all together we work for a just and peaceful world, and we acknowledge that it’s not always easy. For his teacher and the future, we help to bring the current wave of polarization to a close. □
Of all the events and moments in 2016, there’s one that stood out to me as particularly incredible. Early in December, at a casino in North Dakota, a group of U.S. military veterans knelt before Lakota spiritual leader and medicine man Chief Leonard Crow Dog, and asked for forgiveness. Wes Clark, Jr. summarized the ways that the military had participated in the assault of indigenous peoples, and said “We’ve hurt you in so many ways but we’ve come to say that we are sorry. We beg for your forgiveness.”

This event took place shortly after a large number of veterans showed up to bolster the camps at Standing Rock, and offer extra protection against the extremely violent attacks waged against the water protectors by police.

It was an important event to me because I’ve often thought that there are many unforgiveable atrocities in our history. The genocide of native peoples of this continent is on my list.

Justice is a wide-ranging concept that has a lot of modifiers. Punitive and retributive justice focus on punishment and vengeance as a means for applying fairness and accountability. Restorative justice seeks to repair the damage or injury and preserve relationships when harm occurs.

For the restorative model to work, love is an essential ingredient to the process. Love, according to M. Scott Peck in *The Road Less Traveled*, is “the will to extend one’s self for the purpose of nurturing one’s own or another’s spiritual growth.”

What I saw in the veteran’s request for forgiveness from the Sioux and Lakota leaders was one of the most profound opportunities for restorative justice in the military history of the United States. And it seemed to me that the leaders who accepted this apology could only do so by being totally anchored in the ethic of love, to nurture their own spiritual growth, and the spiritual growth of those who requested forgiveness.

It reminded me to keep exploring the power of forgiveness when it comes to my own justice work. I think of the Buddhist and Hindu concept of samsara, the endless cycle of suffering through rebirth, and the generations of guilt and shame that get passed down and reproduced by those who have been complicit in violent and evil acts. This is the topic addressed by writers Rita Nakashima Brock and Gabriella Lettini in their book, *Soul Repair: Recovering from Moral Injury after War*. They describe moral injury as the deep, internal feeling of self-hatred after a person has committed egregious, violent acts, that defy one’s own moral conscience.

The lifelong consequences of living with this kind of shame are incredibly damaging, and require specific intervention, therapy, and healing. Forgiveness is a huge part of this path of healing.

It takes a great deal of humility to do what Clark and his fellow vets did; and, I imagine, an even greater dose of love to accept that level of apology and offer the forgiveness requested. Love and justice are a powerful combination that, when applied to our real world, can provide a medicine for healing some of the worst moral wounds that are festering.

In the case of Standing Rock, the camps and community there have been grounded in ceremony for months. That was one of the main things I’ve learned about what Standing Rock is really about. It’s often portrayed as a protest action camp against a pipeline, but what I now understand is that it has been an ongoing space of ceremony, healing, spiritual growth, and fortification—it’s a space that has been built on love and justice in a way that is very unique and powerful.

As we look at love and justice together this month, I will be thinking of the ways that the deepest needs of healing in the world can be met through maintaining commitment to spiritual practice. The work of repair and restoration that I equate with justice needs a huge dose of love in order to be actualized. Standing Rock is an amazing example of the kind of justice movement that we can all learn from and be healed by.
Calling Enthusiastic & Dedicated Members!
Nominating Committee

Are you looking for an opportunity to become more active and involved in carrying out the mission of our congregation? The UUCP Nominating Committee is beginning to plan for upcoming elections in late spring for the UUCP Board of Trustees, Foundation Board, and Nominating Committee. If you think a leadership position at UUCP might be the right fit for you, here are a few details to help guide your decision:

- The **UUCP Board of Trustees** works closely with the Minister and is responsible for the strategic management and oversight of the congregation. Board members are elected for two-year terms.
- The **Foundation Board** oversees the congregation’s endowment and promotes legacy giving. The term of office is three years.
- The **Nominating Committee** is charged with the task of identifying and recruiting candidates for the Boards and for itself. The term of office is two years.

All three groups play critical roles in the growth and vitality of our congregation, and further its mission of building religious community, sharing journeys, growing in spirit, and advancing justice.

We need leaders of all walks of life and perspectives. Primary qualifications include commitment to UUCP and its vision and mission, creativity and energy, and the ability to communicate well with congregation members. Serving is rewarding and a way to deepen your connection to the community.

Over the coming weeks and months, look for more details about our progress. In the meantime, please contact any Nominating Committee member or email Jim Sorgatz at wayfarjim@yahoo.com for more information, including detailed job descriptions for each of these positions.

Your UUCP Nominating Committee: Jim Sorgatz (chair), Lydia Yanak, Julie Smart, Bonnie White, Bill Snowden and Jenny Jones Moats.


UUCP Annual Spring Picnic

**Saturday, February 25, 11:00 AM-1:00 PM**
Stillman Ramada
McCormick-Stillman Railroad Park
7301 E. Indian Bend Road
(Scottsdale Rd. & Indian Bend)

Please bring a potluck dish to share.
Beverages and plates/utensils provided.
Fun for all ages! Bring a musical instrument!
Come one, come all!
Delving In: Self-Empowerment for Mind, Body, and Soul
May 5 - 7, 2017 (with additional R&R day on Thursday, May 4)

Registration is now open for our Pacific Southwest District Spring Women’s Retreat! Join us for an extraordinary weekend of self-care and revitalization. Enjoy a little me time and let the camaraderie of strong, like-minded women recharge your batteries.

Discover the difference between gentle and Kundalini yoga, and find out which replenishes you. Join old friends and new on a wilderness hike. Draw or create beautiful tie-dye and handmade jewelry. Practice mindfulness with and without meditation. Choose vegan cooking and wine-tasting workshops, or just make your way to the jacuzzi with a little something from the chocolate table. Celebrate your creative side and receive all the beauty, peace, and raucous fun that camp has to offer: fresh air and a fresh perspective.

Keynote speaker and workshop leader Rev. Hannah Petrie will explore three particular dimensions of self-care and empowerment: creativity, intuition, and belonging. Using the works of Clarissa Pinkola Estés and Mary Catherine Bateson, Rev. Hannah will lead a practice of journaling and probing questioning to delve deeply – to the heart of our most pressing self-care needs, drawing insight from Dr. Estés’s inspiring Women Who Run with the Wolves. Discover the myths and stories that speak to you and the “Wild Woman” inside: one who is both magic and medicine. Rev. Hannah lives in Alta Dena, CA, with her two young children and husband of 10 years. Currently in her 12th year of full-time parish ministry, she serves the UU Church of Studio City and blogs at JusticeHustle.org.

Register early to take advantage of the early-bird rate. Volunteer to be a workshop leader and receive an additional discount. This event sells out, so grab a friend and get registered early! As plans and retreat details unfold, more workshop information will be available.

http://www.uucamp.org/camps-retreats/adult-camps/pswd-womens-retreat/
Toward Multiracial Community & Justice
Heidi Singer

Adult Faith Development Facilitator

During this past fall season, I had the pleasure of co-facilitating an Adult Faith Development course with Emrys Staton, our UUCP Director of Pastoral Care and Justice Ministries. Our course centered around a book by Chris Crass called *Towards the Other America: Anti-Racism Resources for White People Taking Action for Black Lives Matter*. We had some very interesting discussions about our personal experiences of race in America and in the UU context. Not everyone in the class identified as white and I learned that many of us are part of multiracial families. As a group, we shared the desire that more congregation members would participate in discussions and actions against racism and toward justice. I hope you will watch for future opportunities to get involved in this work.

Another discussion group I participated in recently was for UUCP parents raising youth of color. The sense of connection and personal support I felt in the group was very meaningful for me. This group also shared a wish for greater participation within our congregation. I’m hopeful this group will gather again soon and that more will join us. Among other things, we talked about books that we have read that gave us greater understanding or encouragement. One of those books for me was *Between the World and Me* by Ta-Nehisi Coates.

Coates’ book, written as a letter to his adolescent son, is very personal and revelatory about the black male experience. As he told of his personal journey with his beautiful use of language, he touched me deeply and opened my eyes to perspectives I had never imagined. I encourage you to read it and to share it with others. Think about it, talk about it, and let yourself be changed.

Unicare News

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

Remembrances

- UUCP member Joseph “Joe” DeMarco, husband of Virginia “Ginny” DeMarco, passed away unexpectedly on January 21.
- Bert Gay passed away in January. He was the brother of Paula Atkins and nephew of Ray and Gretchen Manke.
- Jon and Donna Featherston honor the life of Jon’s father, Cotton Featherston, as he passed away in January at the age of 91.
- Brad and Carolyn Allenby honor the life of Brad’s father, Richard Allenby, as he passed away in January at the age of 93.
- Our love goes out to these families as they grieve and celebrate the life of their loved ones.

Celebrations

- Congratulations to Caitlin and Mark Gaspar on the birth of Margaret Lillian on December 29!
Traveling 2\textsuperscript{nd} Friday
February 10, 7:00 PM in UUCP Sanctuary

\textit{A Polish Wedding}
Nancy McCharen & Dave Bellama

Nancy and Dave share their experiences traveling to Krakow, Poland, in June 2016 to attend the wedding of the son of English friends and his new Polish bride. They celebrated Will and Malgosia’s marriage in a palace an hour outside Krakow and also spent the better part of a week exploring the city of Krakow, a fascinating medieval center filled with wonderful surprises.

“We visited castles, parks, historic sites and museums, walked the medieval cobblestone streets of the original market and the old town, and ate in the underground grottoes and leafy courtyards of national restaurants where the fare was one delightful surprise after another. We also took time to visit Auschwitz and Birkenau, Schindler’s factory and the former Jewish quarter and ghetto, and learned much about that sad part of the city’s history.”

Please join us! Everyone is welcome. Questions: call Barbara Cawthorne at 480-994-1452.

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Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

Helen Keller

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Emotional Intelligence Workshop

Mary Dawes and Natalie Fabert, UU members as well as psychologists, will be providing an hour and 45 minute workshop on “Emotional Intelligence.” Participants will learn to better understand their own emotional reactions and interpersonal patterns and apply emotional intelligence in their relationships with themselves and others. At home, at work, in discussions with others, a few simple guidelines can make the world a better place, and increase our own happiness. Emotional Intelligence is on Thursday, March 16, 6:45-8:10 PM. To register for this class, please visit phoenixuu.org/afd or call Geoff in the UUCP office at 602-840-8400 x201.
Community Night Dinners

February brings the return of Community Night! Every Thursday evening through April, join us at 6:00 PM in the Johnson Room for food and fellowship. Each week features the talents of the fabulous cooks in our congregation: two main dishes (one vegetarian), as well as sides, salad and bread. A donation of $5 per adult, $2 per child under ten, or $10 per family covers the cost of the meal. If you’d like to join, but have dietary restrictions or preferences, you are welcome to bring your own meal.

Following our Community Night dinners, Thursday evenings feature many activities: small groups, adult faith development, Pathway to Membership, and more. Chalice Kids childcare is available between 6:30-8:30.

February Community Dinner Menu

2/2 - Hungarian Cabbage Rolls (a family recipe) or Vegetarian Cabbage Soup, Baked Beans, and sweet Cornbread, from Charlene Broom.

2/9 - Beef Bourguignon, Herbs de Provence Scented Mashed Potatoes, roasted Eggplant and Zucchini, Baguette, Salad with Blue Cheese and Pecans, from Justin Gelsinger.

2/16 - Winter Soup Night: featuring Squash and Lentil Soups from Emrys Staton, with Winter Salad and rustic bread.

2/23 - Zuppa Toscana (two versions, one vegetarian), from Julie Talbot, with Caprese Salad and Italian Bread with dipping oil.

If you have any questions about Community Night, or you’d like to contribute as a Sous Chef (sides, salad, and/or bread) please contact Janine at JanineGelsinger@phoenixuu.org.

February Thursday Activity Highlights

2/2 - Variety Hour, 7:00-8:00pm in the sanctuary: this is a no-talent talent-show: a relaxed, all-ages chance to share your creativity and culture with the congregation. Music, poetry, theater, jokes, inventions, drawings, etc., are all fair game, and non-performers are welcome to attend as well. There’s no need to sign up in advance—just let Music Director Benjie Messer know what you’d like to do when you arrive.

2/16 - Open Small Group & Women’s Ritual

2/23 - Young Adult Small Group

Memorial Garden

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

Lorry A. Blanksma
Thomas R. Fritts
Warren Hastings
Margaret Ann Herrick
Audrey Ames Kaslo
Franklin Anthony Klumpe
Majorie Spear Klumpe
Robert E. Morris
Stephen S. Osder
Muriel Osder
Dorothy Pollack
Patricia Maureen Shannon
Everett Eller Warner
Margaret G. Harding
whether or not to open the door. Eventually, Grandma left the food and little wrapped gifts on the porch. As she walked away she heard the door open and in Navajo one small voice say, “Ahe’hee’ Keshmesh Hastiin!”

I also remember my Grandmother telling me of her Boarding School experiences where she was caught speaking Navajo, which was forbidden. Her punishment? Cleaning the floors of the school. She concluded that story with a smile, looking me straight in the eye, and said, “And for all those years I was there, at school, those floors shined.”

Grandmother always seemed to be involved with social justice issues back home. Whether it be the occupation of Black Mesa to protest the unethical stripmining of coal and theft of Navajo water, or the peaceful planting of corn during the forced removal of families from the Navajo-Hopi Land Disputed Area.

In each of these stories, I see the underlying values of my Grandmother’s life: Justice and Love. Grandma loved the people in her local community so much that she delivered a little bit of food justice to them whenever she could.

Grandma loved her culture so much that she resisted the Boarding School system and spoke Navajo unafraid of the punishment or who heard her. Grandma loved Navajo Land and its people so much that she showed up for justice against systems of oppression.

As a UU, this month’s theme speaks to me, not only through my Grandmother, but also through the First Principle. Through Justice and Love, we work towards the realization of our First Principle of affirming and recognizing the inherent worth and dignity of all people.
February Worship Theme:  
**Justice & Love**

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

February 5: A Community of Love & Justice  
Service Leader: Rev. Susan Frederick-Gray  
Much theological work has been done to reveal the necessary connection of love and justice. What does this work offer to us as a community seeking to live at the intersection of love and justice?

February 12: Children’s Ministry Sunday: Multigenerational Valentine’s Day Service  
Service Leaders: Katie Resendiz & the Children’s Ministry program  
This year, our Elementary students are on a storyteller’s journey. They’ve learned to listen and tell their UU values through movement, craft, and tales. For Valentine’s Day, we'll share our story with you. Join us for a multigenerational celebration of love in all of its forms. Dragons welcome.

February 19: A Leadership Ethic of Justice & Love  
Service Leader: Rev. Susan Frederick-Gray  
What are the qualities we most seek in our leaders? What leadership do we need for today? In the leadership roles we hold (as parents, at work, in the community, in our families or households) what are the ethical principles that can help us lead in ways that encourage the values of love and justice?

February 26: Music Sunday: Make Them Hear You  
Service Leader: Benjie Messer  
Our music program presents a morning of confident, contemporary justice music that will strengthen our resolve, sing away fear, and ground us in truth.  
*Share the Plate Sunday:* The morning’s offering will benefit Rosie’s House.

*Without justice and love, peace will always be a great illusion.*  
*Hélder Câmara*