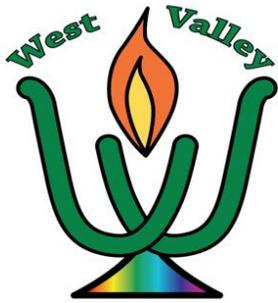


WVUU Times

October 2019

West Valley Unitarian Universalist Church



WEST VALLEY UNITARIAN UNIVERSALIST CHURCH

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Gavel Talk

Emily Whitmore, President
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A few weeks ago I had a phone conversation with Rev. Sarah Schurr, primary contact for all of the Pacific Western Region congregations in the UUA with fewer than 76 members.

After I briefly described the makeup of our congregation, all the who-does-whats and the how-manys, she said it sounds like our congregation is smack-dab in an intermediate membership zone that she had a name for but I didn't write down. But here's how she explained the metaphor-heavy zones.

Small fellowships or congregations of about 20 to 30 people function like a large extended family gathering at Thanksgiving. There may be a matriarch or a patriarch member who is the de-facto in charge person, but by and large all the members delegate the tasks evenly among themselves and all contribute some sort of side dish.

Large congregations of 100 members or more have the means to hire a full-time minister who acts as the center of a wheel who can direct folks to the correct spoke to which they would like to contribute.

Our WVUUC is somewhere in the middle. We have a handful of very involved members whose roles go largely unpublicized. This situation can prove difficult to new or prospective members.

(continued on page 3)

Sunday Services

Sunday Services begin at 10:30 a.m.
followed by a light lunch and fellowship.

Child care and religious education are available for children ages 3 and up.

October Theme: **Democracy**

October 6: **In Remembrance of Matthew Shepard**

Diane D'Agostino

The murder of college student Matthew Shepard in 1998 brought national attention to hate crimes against the LGBTQ+ community. What progress has been made since that time to insure safety and security for this community?

October 13: **Democracy Dilemma**

Rev. Cathy Corbin-Mannino

UUs are staunch advocates of the separation of church and state. Is it then appropriate to have a political topic such as democracy a monthly sermon theme. Are we or are we not a church?

October 20: **Ingathering**

Terry Mead

Our annual Ingathering service includes an introduction of new members, memories of those who have passed, and a water communion. Bring water from your travels this summer or from your home to pour into our communal bowl. Be prepared to say a few words about how it feels to be returning to our church community.

October 27: **Democracy for All**

Rev. Cathy Corbin-Mannino

Is democracy for all a concept that can be realized or simply idealized?

Sunday Discussion Group

Everyone is welcome to join our weekly discussion group at 9:30 a.m. every Sunday morning in the office area of the Religious Education Building. UUs have more questions than answers, so don't be afraid to come and toss your thoughts into the mix.

Who We Are



West Valley Unitarian Universalist Church is affiliated with the Unitarian Universalist Association. We are a welcoming congregation whose mission is provide a safe place for celebrating diversity, drawing inspiration for living better lives, fostering social and environmental justice, and compassionately supporting each other in our spiritual searches.

We are a theologically diverse community who encourages you to seek your own spiritual path. We provide a caring environment for each adult and child to learn more about yourself and your place in the interdependent web of existence. Sunday services celebrate our community, challenge us intellectually, and engage us spiritually.

Gavel Talk

(continued from page 1)

Newcomers might want to bring a side dish to the table or find their spoke in the wheel. But it's like they don't know a secret password, so they feel like outsiders and don't stick around long enough to create a lasting connection to our congregation.

Sarah suggested we take the plunge into hiring a full-time minister in order to grow. But I think we can all agree we're very satisfied with the sermons that Rev. Cathy Corbin-Mannino provides, and she just recently renewed her contract with us for another year. So I'm going to file that suggestion away for another time.

What I would like to do, for now, is to make our roles more transparent to remove the secret password barrier. I'd like to make sure the spokes on the wheel are clearly labeled and easy to read. I have an idea in the works on how to go about doing that. What I ask from all of you is to help encourage anyone and everyone to feel empowered to bring a side dish to our table.



August 2019 Financial Highlights

Mark Oelerking markoelerking@gmail.com

Total Income:	\$5,116
Pledge Income	\$4,635
Sunday Plate	\$481
Total Expenses:	\$4,698
Bank Mortgage	\$956
Member Mortgage	\$2,339
Insurance	\$196
UUA/PSWD APF	\$297
Salaries/Wages	\$462





Doug Pope

1945 - 2019



Douglas Alan Pope was born in Cuyahoga Falls, Ohio, the only child of Lloyd and Effie Pope. He was born on Mother's Day May 11, 1945, and died suddenly in the early morning of September 10, 2019 in his home. He graduated from Cuyahoga Falls High School and earned a degree in Industrial Engineering from Franklin University in Akron, Ohio.

Boy Scouts gave Doug the admirable qualities of courtesy, cheerfulness, friendliness, and being helpful. He enjoyed friendly banter and spread warmth wherever he found himself. He made friends when not expected, enjoying strangers and children when standing in line or being seated at restaurant tables. Many times Doug did things voluntarily and fixed things without being asked. One summer he saw that over one hundred address lights in the condo complex where he and Dorothy Ward lived needed to be replaced, so he made the replacements.

During the Vietnam War Doug installed essential communication equipment for Western Union that prevented him from joining his male peers in Southeastern Asia. He worked for Brookhaven National Laboratory, Upton, New York on Long Island as a purchasing agent the last twenty-five years of his work life.

Doug was one of Amazon's best customers. He loved assembling things including an adult tricycle that he was going to ride when it got cooler. He was a good fix-it man and

was particularly skillful with computers. He liked cars, especially antique cars, and for many years owned a 1929 LaSalle.

Doug and Dorothy Ward were domestic partners for twenty-two years. They enjoyed traveling and watching the PBS NewsHour and other evening TV programs.

Doug's life changed when he found that alcohol had no place in his life. He liked being sober the last seven years of his life. His sobriety may have been a factor in deciding that chest pains he experienced while walking in the morning could be serious enough to go to the Emergency Room.

When the Emergency Room person learned that Doug did not have insurance, she started to call the Maricopa County Hospital. Fortunately, a retired cardiologist was in the waiting room and loudly said, "He is not going to County. He is going to the Fifth Floor." The doctor immediately relieved his pain and later inserted stents in the area of his heart.

Doug and Dorothy were members of the West Valley Unitarian Universalist Church, 5904 W. Cholla, Glendale, AZ. **A Celebration of Life followed with refreshments will be held there at 12:00 p.m. on October 6, 2019.**

Donations in Doug's name may be made to the West Valley Unitarian Universalist Church, 5904 W. Cholla, Glendale, AZ

Hospitality

Sharon Moore leadmoore@gmail.com

Ingathering Potluck

Hey, hey! It's almost time for our annual Ingathering Sunday potluck **October 20**.

Dust off your best dish and fill it with something delectable to bring to the party celebrating the official beginning of our new church year.

See Emilie Sulkes to sign-up so we will have a balanced meal. We need entrees. We need side dishes. And we need desserts. What will you bring?

Shout Outs

We wouldn't have such a wonderful after-church lunch were it not for the work of our hardworking Hospitality team. A huge thanks for weekly hosting goes to Diane D'Agostino, Roz Cook, Morgan Oviatt, and Dorothy Ward. Thanks to Elaine King for our clean napkins each week, too.

Food in September was provided by Diane D'Agostino, Diana Baker and Kimberly Escalante, Annette and Paul Darling, Cara Lancellotti, Jeanette Morgan, and Jim Reay. Be sure to thank them for their contributions!

Men's Fellowship

Join us at 6:00 p.m. Thursday, October 3 at Terry Mead's house, 5124 W. Columbine Dr. in Glendale. We will share dinner and discuss *The Fourth Agreement: Do Your Best* from Don Miguel Ruiz's book, *The Four Agreements*. Contact Terry Mead (terrycmead@gmail.com) or Bill Dugan (wdugan@cox.net) for more information.

Call to Action!

WVUUC needs you! WVUUC has two vacancies on its Board of Trustees: President-elect and Stewardship chair. If you are moved to respond to this call, contact WVUUC President, Emily Whitmore (emilyawhitmore@gmail.com).



Justice in Action

Stacy Fitzwater stacyfitzwater@gmail.com

Events

The **National Organization for Women** (NOW) Sun City/West Valley Chapter will meet at 1:00 pm, Wednesday, **October 2** at the UU Church, 17540 N Avenue of the Arts, Surprise. We will celebrate the Chapter's 40th year and welcome members and guests to our first meeting of the fall. Chapter and State Board members will speak about the National Convention held last July. For more information, call 623-972-6273 or visit our website: aznow-scvv.org

To kick off **National Domestic Awareness Month** in 2019, a National Day of Action is scheduled for **October 5**, 2019. Visit <https://dvdayofaction.org/participate> to learn about local actions.

Do you have your **Issues + Action Day** tickets yet? This year's event, Saturday, **October 26**, includes many new, exciting additions: vegan meals, yoga, engaging workshops, and the first ever "Jazzy" Awards! Visit UUJAZ.org for more info.

Resources

Puente is offering a unique Fellowship program for social justice allies involved in migrant solidarity. Fellows will study strategy straight from the experts, and then form five working groups with support and leadership directly from Puente over the next few months. Options are accessible to all, from phone call and letter writing campaigns, to detention center visits, to internet research. To become a Puente Fellow please apply on the following link:
https://salsa4.salsalabs.com/o/51510/c/279/p/salsa/event/common/public/?event_KEY=11569

Check out a recent **Nonviolence News** post for "seven ways we can connect to the power of removing our consent and cooperation, refusing to go along with

injustice, and intervening in the destructive practices that cause harm." <http://www.nonviolencenews.org/2019/08/21/tapping-into-people-power/>

"Donald Trump and U.S. Immigration and Customs Enforcement (ICE) continue to dehumanize and abuse our immigrant friends and neighbors. We've learned that ICE agents are planning to use hotels to temporarily detain immigrants they capture. And it's not the first time ICE has used this tactic... Help the **#NoHotelsForICE** team keep up the pressure. Sign the petition to demand that hotel chains make the right choice: No collaboration with ICE." https://actionnetwork.org/petitions/sign-the-petition-demand-that-us-hotel-chains-refuse-to-let-ice-use-their-properties-as-jails-for-immigrants?source=direct_link&

UU Principled Minutes

Sharon Moore leadmoore@gmail.com

I've heard people say that as a UU you can believe anything. I take exception to this because we have our seven UU principles. Within those principles we can choose to be Buddhist, Christian, Wiccan, or many other things, but the principles are our foundation.

As Rev. Barbara Wells ten Hove explains, "The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities.

Live the living tradition that is Unitarian Universalism, and let your life be an example of a principled life.

Principle 1: The inherent worth and dignity of every person

You, too, have inherent worth and dignity. On a day when you are feeling particularly "up", make a list of your finer qualities. On days you are struggling with issues and/or feelings of self-worth. Get out the list and read it over while listening to some favorite song that is uplifting. Remind yourself of what to concentrate on. Being positive fosters more positivity.

Principle 2: Justice, equity, and compassion in human relations

Offer a helping hand. When another person is down, lost or experiencing tough times, reach out to them and let them know that they're not alone. Everyone is connected in one way or

another and good deeds come back to you when you least expect it. People's goodwill builds a healthier and happier community and communities that join together make for a better, stronger world.

Principle 3: Acceptance of one another and encouragement to spiritual growth in our congregations

Pursuing a path of spirituality and becoming more spiritual will aid you considerably in the process of becoming a more conscious human being, someone who lives UU principles daily. Never be afraid to add a new spiritual practice to your arsenal—prayer, meditation, fasting, reflection, solitude, singing, chanting, writing poetry, gardening, journaling, and more--you never know what may be most effective or a life changing experience. Share what you are doing and encourage others to also pursue a path of spirituality.

Principle 4: A free and responsible search for truth and meaning

"The first step is to come home to ourselves. You don't need to become a Buddha. You need to become yourself." -- Thich Nhat Hanh

It's hard to stay peaceful if we're overwhelmed by life. Find some peace, calm, and stability in your inner world so you can be kinder in your outer world. Do whatever soothes you, daily. Spend time in nature, meditate, sing, dance, play, chill on the couch. Do yoga, read by the

(continued on page 8)

Principled Minutes

(continued from page 7)

fire, eat good chocolate while watching an entire sunset. Disconnect from conflict and just breathe for a while. Center yourself and tap into the peace you already carry within.

Principle 5: The right of conscience and the use of the democratic process within our congregations and in society at large

Signing petitions for issues we care about is an easy thing to do. But you can do more. Consider taking a petition around to your neighbors to gather signatures to create laws or require our legislators to enact laws. If you can't collect signatures, talk to those you know about issues so they can be informed and vote to support your concerns. Perhaps you could offer a Sunday service to inform the congregation about an issue you care about that is under legislative consideration.

Principle 6: The goal of world community with peace, justice, and liberty for all

Practice the joy of giving to others. Generosity will improve others' lives and your mood. Find ways to give to others—from something as small as a smile or a back rub to something even bigger. Let the little things add up. Where joy exists, peace and justice can follow.

Principle 7: Respect for the interdependent web of all existence of which we are a part

Youth around the world, joined by many adults, recently took to the streets and the offices of elected officials to insist they do something about the climate crisis we face. What have you done to join your voice with theirs? Did you join a protest? Donate money to a climate crisis cause? Write letters to elected officials? Conduct an energy audit of your lifestyle? Organize a clean-up effort? Lobby for using less plastic? We all can do something. Add your voice to those of others.



STANDING ON THE SIDE OF

LOVE

Getting to Know Annette Darling

Sandra Mahoney

s_1mahoney@cox.net

Annette Darling grew up in central Iowa and attended high school in Webster City. She met her future husband, Paul, in tenth grade geometry class but didn't know him well until after graduation when they begin dating. She studied dietetics and nutrition and graduated from Iowa State University in Ames.

The religion practiced in her family was Lutheran. They went to church weekly and said a prayer at mealtimes. She attended catechism when in her teens.

Paul and Annette were married in 1982, and she moved to Texas where Paul was living. She worked as a dietician in food service management positions in several hospitals in Houston (Texas Children's Hospital; M.D. Anderson Cancer Center). After 16 years, she decided she wanted to do something else and went into purchasing, where she has remained.

Having vacationed in Arizona for six or seven years, she and Paul decided they wanted to move here and away from the humid, steamy, buggy area of Houston. When she and Paul first moved to Phoenix, she worked at the Arizona Department of Public Safety for six months, helping them introduce modern technology into their purchasing processes.



Annette currently works in the corporate purchasing department for Dignity Health which offers care in 21 states and employs more than 60,000 caregivers and staff.

She attended a community church in Litchfield Park and still plays in the handbell choir

there. She and Paul wanted a broader and more philosophical view of religion. Paul wanted to be more involved in the church community. Once they attended West Valley UU, they liked it and wanted to continue. They have not joined yet because they experienced some difficult situations as members in the past.

In her spare time, Annette is part of a handbell choir which practices once a week from September to May. The choir performs once a month and sometimes for special occasions.

She likes to cook and read women's biographies and autobiographies. She enjoys camping. She and Paul have four little dogs, three of which are chihuahuas; the fourth is perhaps a dachshund and cocker spaniel mix.



Media Review

Mars. (2016 TV series).
National Geographic TV.



Reviewed by Sharon Moore

My new favorite TV series, *Mars*, launched in fall 2016. Two seasons have been released, and the third likely will air this November. The series has a prestigious pedigree; it is produced by National Geographic and directed by Ron Howard. It premieres on the NatGeo channel and is available on others.

Mars is genre-bending in that it is part hard science fiction and part documentary. The science fiction part follows the lives of six astronauts of different nationalities who land on Mars in 2033. Their mission is to lay the groundwork for an Earth-like environment on the

red planet so it can be colonized responsibly. The six must live together, work, and survive in a place with low gravity, little water, no atmosphere, extreme temperatures, and high radiation. As you might imagine, they encounter spine-tingling challenges.

The documentary part intersperses remarks by public figures that explain the real science behind the fictional story. Entrepreneurs like Elon Musk, authors like Andy Weir (*The Martian*) and Stephen Petranek (*How We'll Live on Mars*), Jet Propulsion Laboratory engineers and scientists, and NASA astronauts appear. Noteworthy science communicators like Anne Druyan and Neil deGrasse Tyson also appear.

The series does what good science fiction has always done. It stretches real science, extrapolating present-day scientific knowledge to future situations. It explores possibilities.

Every time David and I tune into an episode of *Mars*, I am reminded of our UU principles. *Mars* regularly

focuses on the dignity of others, a just and equitable society, compassion for others, world community, and searches for truth and meaning.

The most compelling focus is on the interdependent web of which we are a part. Earthlings haven't been such good stewards of planet Earth; what makes us think we'll do better with another planet?

Mars poses many ethical questions about colonizing space. Can planets be owned? If rapacious corporations provide their own transports and settlements to extract resources, how will the scientific community and world governments moderate them? How will environmental protections be enforced? How can humanity's experience on Earth inform our actions on Mars?

As UUs, what is our perspective on planetary colonization?

Web Presence



Go to this online calendar for WVUU events:

westvalleyuu.org/events/calendar/



Keep up with WVUU church and member news, post comments, and share articles and photos with friends at these websites:

Facebook Group
facebook.com/groups/wvuuc

Facebook Fan Page
facebook.com/WestValleyUnitarianUniversalistChurch

Pin and browse UU-related visuals at this site:

pinterest.com/pin/242772236133017855/

UU Principles and Sources



Unitarian Universalist congregations affirm and promote seven principles:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and society at large;
6. The goal of world community with peace, liberty and justice for all; and
7. Respect for the interdependent web of all existence of which we are a part.

Unitarian Universalist principles are drawn from six sources:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
2. Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit; and
6. Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.