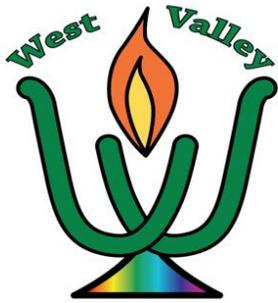


# WVUU Times

December 2019

West Valley Unitarian Universalist Church



## WEST VALLEY UNITARIAN UNIVERSALIST CHURCH

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## Gavel Talk

Emily Whitmore, President  
West Valley UU Church  
emilyawhitmore@gmail.com



English writer and poet D.H. Lawrence wrote, "Water is H<sub>2</sub>O, hydrogen two parts, oxygen one, but there is also a third thing that makes it water, and nobody knows what that is."

Before any chemistry buffs jump all over me and D.H. Lawrence to explain how water works, I think the point he's trying to make is about synergy. Synergy is an interaction in which two or more parties working together bring results that would not have occurred if they had worked alone.

I'm reading a book right now titled *Active Hope: How to Face the Mess We're in without Going Crazy* by Joanna Macy and Chris Johnstone. Not to come off as a one-trick pony playing a broken record, because it mainly deals with the topic of climate change, but there's a chapter on emergence, or synergy, that reminds me of West Valley UU.

The authors write, "Shared visions, values and purposes flow through and between people. ... It's like a kind of electricity that lights us up inside and inspires those around us. When a vision moves through us, it becomes expressed in what we do, how we are, and what we say. The alignment of these three creates a whole that is more than the sum of its parts."

(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.

## December Theme: **Compassion**

December 1: **The True Meaning of Christmas**, by **David Wong**  
Emily Whitmore

Christians who complain about people missing the true meaning of the holiday are right that they're supposed to be about generosity and hope in a world turned dark and cold. But the holidays stood for this before they were called Christmas.

December 8: **The Trembling Heart**

Rev. Cathy Corbin-Mannino

In Buddhism, the traditional meaning of compassion is "the heart that trembles," and it is aspired to be the noblest quality of the human heart.

December 15: **Luminescence**

Jim Reay

Luminescence is a winter holiday created by and for Unitarian Universalists. Four of our members and friends will share what lights up their lives as we approach winter solstice and the shortest day of the year.

December 22: **Jesus Wept**

Rev. Cathy Corbin-Mannino

Famous for being the shortest verse in the Bible, "Jesus wept" is not insignificant. The reason(s) for weeping are always complex and worth exploring.

December 29: **Compassion**

Dr. Darren Reale

From Jesus to the Dalai Lama to Desmond Tutu, we've learned that compassion is not just for discussion but for action. How do we perceive compassion, and how can we expand our personal perspective on it to a plan of action?

# 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)*

This imagery of electricity, of inspiration, of coming together, especially around this time of year, reminds me of Christmas lights. One single tiny bulb on its own doesn't do much to light up a room. But many lights, strung together, can create something awe-inspiring. People go out of their way to see fantastic light displays.

So this holiday season, let's all, as a congregation, channel that energy of our shared visions, values, and purposes. Let's radiate a beacon of hope and inspiration during this darker-than-usual time. Maybe more people will start going out of their way to come see our fantastic light display!

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## **November WVUUC Board Meeting Highlights**

Sandra Mahoney

s\_1mahoney@cox.net

- The secretary and treasurer's reports were accepted. We are hoping Jan will be back in the office in January. Committee reports reflect that everything is going well.
- Hospitality Committee needs a volunteer to keep an eye on bottled water supply and to refill 5-gallon jugs from dispenser with filtered water as needed.
- Facilities chair reported there was a great turnout for the campus clean-up, and much was accomplished. There are still multiple weeds and wild grass that need to be eradicated. Feel free to work on the campus at any time.
- Technology Committee will transfer our website content to our new account at GoDaddy soon and then will set up SSL for increased security.
- We have almost completed the steps for renewal of our Welcoming Congregation designation. Thanks to Emily Whitmore for her hard work in accomplishing this.
- The board is working on a fundraiser for the year. This will be a bake sale and garage sale on Thursday December 12 and Friday December 13. at the Johnson's home in Sun City. Volunteers are needed.
- There will be a Congregational Meeting on December 15, 2019 at noon. Please mark your calendars.



STANDING ON THE SIDE OF  
**LOVE**

# Hospitality

Sharon Moore leadmoore@gmail.com

Thanks so much to our weekly hosts for the November Hospitality Hours after Sunday Services. It couldn't happen without Roz Cook, Tom Begush, Sharon Moore, David Moore, Morgan Oviatt, Kay Vogt, Dorothy Ward, and Kitan Winans dishing up and cleaning up. What a team!

Maryke Des Champs has graciously volunteered to make sure we have clean napkins each week.

And a special thank you to the wonderful folks who signed up to bring food for our meals: Debbie Barr, Anna Rico, Theresa Reigadas, Cara Lancellotti, Sharon Moore, Kimberly Escalante, Maryke Des Champs, Dorothy Ward, Emily Whitmore, Richard Brandes, Morgan Oviatt, Janet Wandrey, Ann Harper, Emilie Sulkes, Mary Lynne

Shroyer, Deanna Fridley, Terry Mead, Kathy Dugan, and Jeanette and Lily Morgan.

Some weeks food just shows up! I don't know who you are, but the Hospitality Team wants you to know we appreciate your contributions, too.

It wouldn't happen without you! Thank you for your generous time, talents, and tasty treats.

**2020 Sign-Ups.** Get your New Year started right by signing up on Sharon's Clipboard for food offerings in 2020. There are lots of openings, so get your bid in soon to pick your favorite Sundays. And you get your name mentioned in the newsletter, too!



## Clipboard Auction

To start off 2020 with a bang -- and to raise some funds for WVUU -- we will have a Clipboard Auction in January. We want to feature community interactive events as well as items of interest.

If you have a special interest, sport, or craft which you would like to instruct others in, or if you would like to prepare a special meal to benefit the congregation, please contact Emilie Sulkes ([emes3@juno.com](mailto:emes3@juno.com)).

## Congregational Meeting

Date: 12/15/2019 Time: Noon

### Agenda

- President's Report, including Welcoming Congregation Status
- Treasurer's Report
- Leadership Committee Chair election
- Stewardship Committee chair election
- Change to bylaws to add a tenth standing committee: Technological Committee
- President Elect or Vice President election
- Canvass Campaign coming up

# Justice in Action

Stacy Fitzwater stacyfitzwater@gmail.com

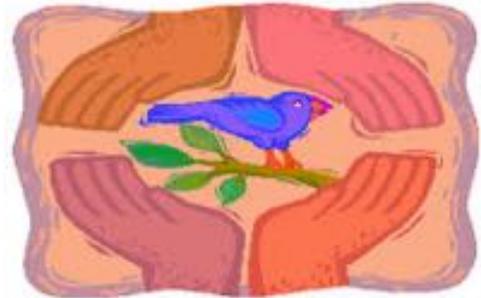
**Climate Strike.** Save the date for December 6, the next Climate Strike with UUAZ partners Sunrise Movement and AZ Youth Climate Strike. Join us at Phoenix City Hall, 200 W. Washington Street, Phoenix, AZ 85003, from 2:00 – 6:00 p.m.

For the Phoenix strike, RSVP here: <https://actionnetwork.org/events/phoenix-climate-strike-4/?fbclid=IwAR0c7fMAkFvkNC-d717ILxCYC9T0flmr1yq2AOcsE6739k-Nt7R2P43q-Qs>

Or contact AZ Youth Climate Strike to organize a strike in your area: [arizona@youthclimatestrikeus.org](mailto:arizona@youthclimatestrikeus.org)

**Puente Human Rights Movement.** Thanks to everyone who emailed and signed up for the Eloy visits and research projects with our Puente partnership! Look for details soon. There is still time to sign up. If you are interested, contact Janine Gelsinger at [uujaz.director@gmail.com](mailto:uujaz.director@gmail.com).

**National Organization for Women.** The National Organization for Women (NOW) Sun City/West Valley Chapter will meet Wednesday, December 4, 1:00 p.m. at the UU Church of Surprise, 17540 N. Avenue of the Arts, Surprise, AZ. The speaker will be Joye Kohl, member of the Questers Project. There will also be a demonstration of ALIS (the Request to Speak software used to communicate to AZ State Legislatures). Everyone is welcome. For more information, call 623-972-6273 or visit our website: [aznow-scvv.org](http://aznow-scvv.org)



## October Financial Highlights

<b>Total Income</b>	<b>\$4,001</b>
Pledge income	\$3,173
Sunday plate	\$828
Total income	\$4,001

<b>Total Expenses</b>	<b>\$4,277</b>
Bank mortgage payment	\$957
Member mortgage payment	\$2,339
Telephone/Internet	\$119
Prop./Liability insurance	\$197
Electric	\$362

## Solar Panels Carbon Offset

The *Enphase Energy* solar panels installed on our WVUUC sanctuary roof are reducing our carbon footprint:

Your Carbon Offset for this month: 1,844 lbs

You have offset the equivalent of: 21 Trees



# Getting to Know Theresa Reigadas

Theresa Reigadas was born in Miami, spent some years in Greenville, Mississippi, then her family moved to Jersey City, New Jersey. Her father was in the Army, and the family was Irish Roman Catholic. Theresa is the oldest of two sisters and three brothers.

She attended New Jersey State University and worked as a director of a nursing home, which she enjoyed. She especially liked singing and dancing with the residents and found the job fun but not challenging. She also worked for four years in a day care center, working with young children. Eventually she became a teacher in Union City.

Theresa gave up her tenure to move to the Phoenix area a little over six years ago. The teaching jobs here were the enticement; Theresa currently teaches high school in Laveen. She is certified to teach biology, chemistry, and science and is currently teaching environmental science.

Theresa has three children, two sons (a lawyer and an engineer) and a daughter (a 9-1-1 dispatcher). They all reside on the East coast and think civilization ends at the Hudson river. She has been divorced for 20 years.



Having left the Catholic church, Theresa took her children to a Lutheran church when they were young. The Lutheran church had a good children's minister, and she liked that. Once they were grown, she was part of the Ethical Culture movement. This was established in the 1800s by Felix Adler who wanted to unite those who had religious beliefs and those who simply cared for moral betterment.

This movement was new to this writer. When I explored it a little, I found the beliefs to

be similar to those of Unitarian Universalists.

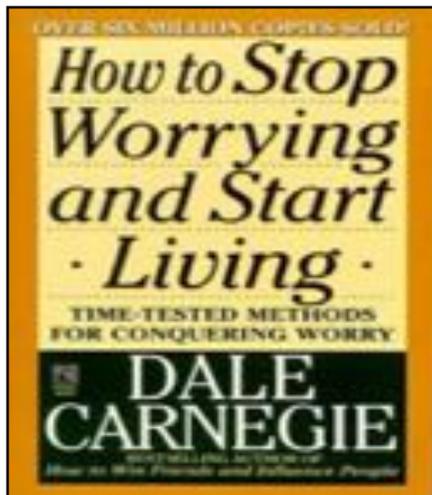
Ethical societies "affirm and promote the following principles: 1) Each person has inherent worth, 2) it is our responsibility to improve the quality of life for ourselves and others, 3) ethics are derived from human experience, 4) life is sacred, interrelated and interdependent."\*

Theresa says she doesn't know a lot about Unitarian Universalism, but she read a booklet from the UUA and was comfortable with the beliefs. She really likes our Sunday Services and initially joined because of Rev. Christiane Heyde's sermons. She continues to attend because of the good sermons and her interest.

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# Media Review

Carnegie, D. *How to stop worrying and start living* (25 editions).



Reviewed by Paul Darling

Someone once told me, "When the student is ready, the teacher will appear." But when I first read Dale Carnegie as a teen, his ideas were so foreign to me that I didn't even finish that first book, *How to Win Friends and Influence People*.

Years later, however, and with much growth (calamitous misadventure) behind me, I as the student was ready, and Mr. Carnegie appeared again.

Dale Carnegie wrote practical books based on the experiences of

students that he taught in classes about public speaking. When the students got up to practice their speaking, Dale had the perfect opportunity to hear about their experiences, and he also had the privilege of assigning them topics.

In one of his classes Dale had students speak about ways they had overcome worry. Their methods inspired him to write an entire book, *How to Stop Worrying and Start Living*. He did a great deal of research for this book, reading hundreds of biographies and speaking to many prominent people about how they dealt with the most difficult situations in life: war, business failures, health problems, financial disasters, terrible personal losses, etc. He organized their methods into a practical guide on managing worry, overcoming terrible losses, and re-engaging in life.

This book contains some of the most memorable quotes I've come across, quotes that highlight many of the principles laid out in the book.

I'll use these to illustrate some of the principles of conquering worry.

*"My life has been full of terrible misfortunes, most of which never happened," Montaigne.* This salient quote sums up one of the most vexing things about worry - in worrying about the future, we create the very effects we fear we would suffer if the events we worry about ever came to pass! Sadness, anger, embarrassment, shame, health issues, we can bring all of those about through worry about events that might never happen.

*"Every day is a new life to a wise man."* When we are young, each new day is an exciting adventure. There are things to learn, new things to see, new experiences to try. As we get older, however, we may fall into the habit of dwelling on the past and trying to imagine what might have been.

(continued on page 8)

## **Media Review**

(continued from page 7)

The wise person finds ways to keep their past from limiting their future, from locking them into one particular life.

*"Acceptance of what has happened is the first step in overcoming the consequences of any misfortune," William James.* How common it is to waste time and energy ruminating over some failure or misfortune that we can't undo. We can get stuck, and the energy we could be putting to use in overcoming a misfortune is sadly wasted on trying to change the past. This brings to mind my own observation that *"My life has been a series of mistakes around which I've more or less successfully negotiated"*.

*"You do not get stomach ulcers from what you eat. You get ulcers from what is eating you," Dr. Joseph Montague.* I can personally attest that most of the physical problems I've had over the years were caused by psychological trauma and

hidden emotional factors. In fact, according to Dr. John Sarno, a back surgeon and author, about 80 percent of presenting symptoms in physician offices have no known physical cause.

*"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor," Thoreau.* This realization continues to encourage me. And there are many ways to understand it. As a student of Freud, I recognize the power of the unconscious and am acutely aware of the healing effects of make the unconscious conscious. I'm not sure if Thoreau was thinking along those lines, but his statement contains deep truth, even in the psychological realm.

These quotes are just a small sampling. The book is full of such and is a treasure of wisdom to which I have returned many times for comfort and inspiration. I hope it offers the same to you.

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### **Theresa Reigadas**

(cont. from page 6)

In her spare time, Theresa enjoys reading fiction and some nonfiction such as those by Stephen Hawkins and, most recently, Janna Levin's *How the Universe Got Its Spots: Diary of a Finite Time in Finite Space*. Theresa has a boxer/lab dog and enjoys taking him to the dog park.

\*<https://ethicalsocietywestchester.org/philosophy-of-ethical-culture/a-brief-history-of-the-ethical-culture-movement/>



## Web Presence



Go to this online calendar for WVUU events:

[westvalleyuu.org/events/calendar/](http://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](https://facebook.com/groups/wvuuc)

Facebook Fan Page  
[facebook.com/WestValleyUnitarianUniversalistChurch](https://facebook.com/WestValleyUnitarianUniversalistChurch)

Pin and browse UU-related visuals at this site:

[pinterest.com/pin/242772236133017855/](https://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.

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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.