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PUUF's Newest Member - 'song writer' Debbie Cook

Late in December, PUUF's Sunday service featured Debbie Cook's account: "Finding My Voice Thru Music." Starting with a brief account of her childhood life and how she 'lost' her voice, she spoke of her early love for music and how, as a child and a teenager (and as the daughter of a Baptist minister), she has sung solo, in ensembles and the church choir. After marriage, three children, the loss of her infant son, a recaptured remembrance of major childhood trauma and abuse and a divorce, Debbie found herself in a state of depression without much interest in music or singing.



The therapy she eventually entered included something that eventually led Debbie to PUUF. Music therapist Meg Bohrman made the suggestion to Debbie that she might find a group of 'like minded people' with interests similar to hers at PUUF. Meg also helped Debbie recapture the love of music she had

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PUUFers On Innana Journey



On Saturday, January 18th, Rev. Amy Beltaine — who was the featured speaker the following day at PUUF's Sunday Service — led PUUFers on an intellectual journey based on the ancient Inanna legend.

The topic was chosen because of the relationship to the presentation by puppeteer Dori Mion and Meg and Thatcher Bohrman

...Innana Journey p. 2

THE PRESCOTT UNITARIAN UNIVERSALIST FELLOWSHIP IS A LAY LED CONGREGATION. AS UNITARIAN UNIVERSALISTS, WE COMMIT OURSELVES TO EMBRACING AND CELEBRATING THE DIVERSITY THAT MAKES UP ALL HUMANITY. WHATEVER YOUR THEOLOGY, THE COLOR OF YOUR SKIN, YOUR SEXUAL ORIENTATION, YOUR ETHNIC BACKGROUND, OR YOUR PHYSICAL ABILITIES, YOU ARE WELCOME AT OUR FELLOWSHIP.

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of “Inanna’s Descent Into The Underworld” last fall [Sept-Oct newsletter] based on a perhaps 5500 year old poem written in cuneiform.

Inanna, the queen of heaven, wishes to enter the underworld. At the first



gate the gatekeeper asks why she wants to enter the underworld. Inanna replies that she wants to visit her sister, Ereshkigel, the ruler of the underworld. Ereshkigel permits the visit but tells the gatekeeper that all the rites must be observed. The gatekeeper leads Inanna in. At each gate she must divest herself of clothing and finery. When she has finally passed through the final gate she arrives naked in front of her sister. Inanna is judged in the underworld and is transformed into a rotting corpse. Informed of Inanna’s disappearance, the God Enki sent two beings to return her to life. These entities succeeded in reviving her and returning her to her rightful place.

While in the story Inanna divests herself of her garments, metaphorically these are different aspects of the soul. The workshop participants considered: What masks/roles do we wear and how they affect our view of the world; Does fear keep us from risking showing our true selves; Silence vs finding our voice; Are we compliant to others or do we creatively problem solve; Chaos in our lives vs being in the flow; How do we sustain and revive ourselves. What do you think about these aspects of yourself?

Letter From the Board President

Hello everyone. I think spring is just around the corner at least after we get these 15 degree nights behind us. Out where I live the moss is green and the first flowers of the year are beginning to appear.

I would like to give a warm welcome to Debbie Cook as our newest PUUF member. Debbie thank you for signing the membership book recently and I'm sure the members who have not met you will want to take the opportunity to do so soon.

As for the future, we have a great deal to do to get the garden project up and running this spring so watch Coming Up at PUUF for the latest news concerning this project. Also we have the upcoming spring cleanup, the date to be announced.

—Thanks, Al



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lost and to re-bond with her youthful love of musical instruments.

Music and singing are so embedded in Debbie now that she writes her own songs—several of which she performed during her presentation at PUUF.

Her advice is that everyone can sing. And everyone can use personal songs to express their feelings and convey their experiences.

Welcome into the family Debbie!

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PUUF'S WEBPAGE

WWW.PUUF.NET

UUA WEBSITE

WWW.UUA.ORG

ANY PERSON MAY BECOME A MEMBER OF THIS FELLOWSHIP, WHO IS IN SYMPATHY WITH ITS PURPOSE AND PROGRAM, BY SIGNING THE MEMBERSHIP BOOK, AND THEREBY ACCEPTING THE OBLIGATION TO PARTICIPATE AND TO HELP SUPPORT THE FELLOWSHIP BY FINANCIAL OR OTHER MEANS. PLEASE SEE AL SCHOBER FOR INFORMATION.