



**Prescott Unitarian Universalist Fellowship**  
**945 Rancho Vista Dr., Prescott, AZ 86303**  
**928-778-6672**

<p><b>Aug 4</b> Sunday 11 am</p>	<p><b>Why the World Doesn't End: a Mythopoetic Illustrated Musical</b></p> <p>Meg and Thatcher Bohrman will reprise the above named, much in demand, program they have been doing around the state. Thatcher does a live painting during Meg's music.</p>
<p><b>Aug 11</b> Sunday 11 am</p>	<p><b>Anti-Semitism &amp; Israel: Responding Effectively and Personally</b></p> <p>World news is painful these days. Rabbi Nina worries about it all—but as a Jew feels especially affected by rising anti-Semitism and the Israel-Gaza nightmare. She'll share thoughts for the curious, confused and conflicted.</p> <p>Music: Adrienne Bridgewater</p>
<p><b>Aug 18</b> Sunday 11 am</p>	<p>Enjolis Sidai Pii (Hedgehog Completely Good) also known as Jonathan Best believes that every person has a unique genius inside that plays a crucial role in the web of human interconnectedness. Enjolis will talk about the <b>Connection Co-op</b>, a place where we can explore all the Connective Arts.</p> <p>Music: Enjolis Sidai Pii</p>
<p><b>Aug 25</b> Sunday 11 am</p>	<p>Robert Shegog will present <b>This Ain't Roy Roger's Cowboys.</b></p> <p>Robert will provide a brief look at the significant role blacks played in opening up the West.</p> <p>Music: Mark Mathewson.</p>

**Programs are held at the Fellowship.**

## Caring Network

If you have any needs, such as shopping, running errands, transportation needs, or other help, or if you just need to talk with someone, please call someone from the Caring Network.

Eunice Ricklefs at 928-771-9559

Marion Pack at 928-642-6788

## PUUF Facilities Available

PUUF facilities are available for use for small gatherings. Refer to the [PUUF web site, https://puuf.net/facility-rentals](https://puuf.net/facility-rentals) for rental information.

**Board of Trustees meeting** will be on August 18, 2024, after the service.

### PUUF (go to) POINT PERSONS

<b>Archives/Library:</b> <i>Vacant</i>	<b>Membership:</b> Glenna Hudson
<b>Building Maintenance:</b> Dale Hudson	<b>Music:</b> Glenna Hudson
<b>Grounds Maintenance:</b> Al Schober	<b>Caring Committee:</b> <i>Vacant</i>
<b>Programs:</b> Eunice Ricklefs	<b>Social Action:</b> <i>Vacant</i>
<b>Facilities Schedule:</b> Mark Mathewson	<b>UUSC:</b> Eunice Ricklefs
<b>Website:</b> Mark Mathewson	<b>PAWS/PASS:</b> Eunice Ricklefs
<b>Coming Up @ PUUF/Newsletter:</b> Mark Mathewson, Sue Tone	<b>Hospitality:</b> Debra Mathewson

**We have openings for “Point Person” positions if you are interested please contact a board member, thank you.**

# PUUF NEWS

August 2024



## Board of Trustees

### President

Al Schober  
928-925-1938

### Vice President

Sue Tone  
928-642-7867

### Treasurer

Mark Mathewson  
509-429-8635

### Secretary

Debra Mathewson  
509-429-6421

### Trustee

Jerry Matiatos  
928-237-8033



### PUUF Office

928-778-6672

### Administration

Mark Mathewson  
509-429-8635

### Coming Up at PUUF

Mark Mathewson  
509-429-8635

### Newsletter

Sue Tone  
928-445-3162

### Facilities Scheduling

Mark Mathewson  
509-429-8635

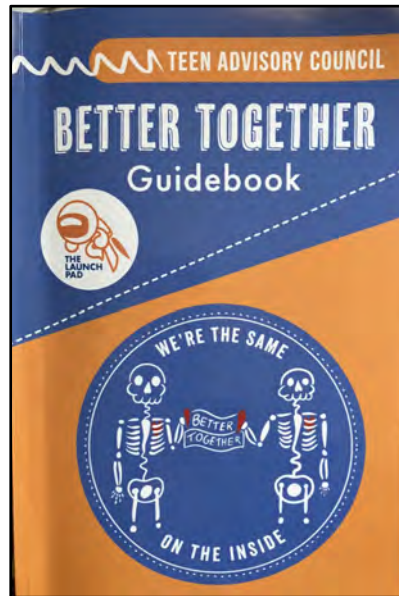
Jerry Matiatos  
928-237-8033

### Lay Ministers

Glenna Hudson  
928-636-4877

Jerry Matiatos  
928-237-8033

## Better Together a Resounding Success



A year or more ago, PUUF members heard about the Better Together program initiated by the Teen Advisory Council with The Launch Pad. Jussynda Burns, Maddie Stanik and Natalie Amadio came to PUUF and explained the history of the project that began with a community survey asking people to list what they found were the difficult conversations occurring – or not – in the Prescott area. The Council became aware of the disharmony in the community in September 2020 after observing local protests. They determined that “We became unified through opposition,” and decided to tackle the issues of communication and how to engage in civil discourse.

The TAC compiled a list of topics from the survey results and a Better Together Guidebook with helpful “rules” on how to communicate with others on “undiscussable” issues in a safe and comfortable environment.

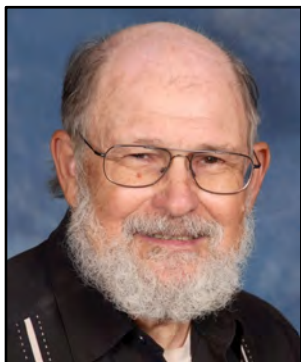
Prior to the Aug. 21 service, PUUF members were sent the Guidebook to review the How-to sections on listening, sharing and reaching an understanding while discussing controversial topics. The goal of the Better Together project is about learning how to engage in respectful

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# PUUF ACTIVITIES

## President's Letter



Hello everyone. I just saw that June was the hottest month ever around the whole planet! We are lucky that we live at around 5,000 ft. or more in elevation as I don't know how people in the Valley can survive the heat they have been having.

Here at PUUF the interesting programs just keep coming. The program on Aug. 21 where we broke into three groups and discussed events and also how to express ourselves and listen to others was for me very interesting. Eunice, Ron and I sat down with three youngsters and discussed a variety of things, especially how they see their situation as far as education. What an eye opener for me on the school system today. A huge thank you to Sue Tone and others who worked to have this program. I think the consensus is to do it again.

As for the garden, it is producing tomatoes, zucchini and peppers which Lesley Schuler is taking to the local food bank. It looks to be another bumper crop this year



## Ceramics Lab opened for making bowls for the 27<sup>th</sup> Annual Empty Bowls

Yavapai College Ceramics Lab on the Prescott Campus (Building 17 - Rooms 101 and 102) is opening its facilities to experienced clay workers to make, glaze and fire bowls for this event.

*Some prior experience making ceramic bowls on the wheel or off the wheel is needed.*

You are invited!

This year, the Yavapai College bowl making day is Saturday Aug. 17, from 9 a.m. to 4 p.m. for clay work and the Yavapai College glazing day is Saturday Aug. 31, from 9 a.m. to 4 p.m. for glazing and kiln loading.

Don't forget the Empty Bowls event on September 8 from 11 a.m. to 2 p.m. on the Yavapai County Courthouse Plaza.

Attendees will line up to purchase tickets. Each ticket is \$20.00 and includes your choice of a handcrafted bowl created by local potters and wood turners, a choice of two gourmet soups from our participating local restaurants, locally made bread, and bottled water donated by Credit Union West.

This event is sponsored by the Granite Peak Unitarian Universalist Congregation (GPUCC) and Prescott Unitarian Universalist Fellowship (PUUF). All proceeds go to local area food banks.



27th Annual Empty Bowls 2024



# PUUF ACTIVITIES

## Garden Update



The hot summer weather this growing season has been hard on tomato, pepper and zucchini plants. Al Schober picked up a compressed bale of straw to spread around the base on each plant on July 28 in hopes of protecting the root systems from the sun and excessive heat. It will also help hold moisture in the soil.

## Shasta Guthrie joins PUUF as a Member

On July 28, 2024, PUUF welcomed its newest member, Shasta Guthrie. Shasta has been attending services for the past several months, and enjoys the services and fellowship as much as we enjoy her!

She lives in Mayer and is interested in sharing rides on Sunday mornings with anyone from Mayer, Dewey-Humboldt, Prescott Valley communities. Please give her a call at 678-206-7505 or email her at [shastagu3@gmail.com](mailto:shastagu3@gmail.com).

Welcome to PUUF, Shasta!



# PUUF ACTIVITIES

## Better Together *continued from page 3*



**HOW TO SHARE THOUGHTS AND FEELINGS**

Being able to effectively communicate your thoughts and feelings is very important to have a successful conversation. Being open about how you feel or if a conversation is too much for you helps you keep better connections with the other person versus just yelling at them and possibly causing more tension between you both. Just as you should be open and communicative about your feelings, if somebody else is honest about how they feel, **you should never judge them and their boundaries.** Respect how they feel on certain topics even if you do not agree with them. Respecting their emotions can help them feel more comfortable having conversations with you. Below are tips for when you and your conversation partner(s) are having a discussion on a tricky or more in depth topic.

Check off the ones you try and have fun!

**Top 10 Tips:**

- Have a calm mindset (give yourself time and space to think things through)
- Respect yourself and others (this creates a healthy atmosphere)
- Take responsibility for your feelings (use "I" statements)
- Remember your why (if you don't remember your reason for communicating, it won't be an effective conversation)
- Be confident in your own beliefs (just because you have different ones doesn't mean you can't get along)
- Repeat your powerful points but don't over explain
- Don't take things personally
- Listen to get another perspective
- It is ok to feel vulnerable
- Communicate your needs

conversation to “begin to close some of the cracks that threaten to pull us apart.”

In the initial survey, TAC members found that 81.6% of respondents said there was strong division in the community that calls itself “Everybody’s Hometown.” They determined there was a need for a skill set of communicative techniques for safe conversations in which people can express differing opinions. “Effective communication is the foundation for a connected and welcoming community,” the Guidebook concluded.

Part of learning to have difficult conversations is the sharing of viewpoints along with the sharing of food. Attendees at the Aug. 21 service provided a delicious spread in potluck fashion, but each of the three sub-groups forgot to get their lunch before sitting down at their tables!

Because the PUUF fellowship is, for the most part, comprised of like-minded individuals, some people chose or were selected to take on the role of Conservative; others were designated as Liberal. Everyone broke into their groups and started their discussion on “Current Events” with specific topics to be agreed upon by the sub-groups. Two groups began with the breaking news of President Biden’s decision not to run again for office. The third group talked

about difficulties in present-day education.

At the end of the discussion time, participants filled out an evaluation form. Here are some of the questions asked and comments provided.

**What are three things you learned about yourself during this conversation?**

- Older generations don’t disagree as much as I thought.
- I can listen instead of talking.
- It’s hard not to interrupt.
- I would benefit from reading more.
- I enjoy civil debate and don’t suck at it.
- In our group I seemed to monopolize the discussion. I would like others to have had more input.
- Ask good questions of younger people.
- It’s hard for me to see the other side.
- We need more time to prepare before discussion.
- Everyone thinks I’m smart.
- I don’t like talking.
- Some problems can’t be solved.



**HOW TO LISTEN**

How to listen with the intent of understanding and not with the intent to respond—this is called “**active listening.**” Most people listen to respond and mainly focus on what they are going to say next instead of really listening to what the person is saying. If you want to practice active listening, don’t think about what you are going to say, instead focus on what the person is saying.

**Active Listening involves:**

- Not interrupting
- Not judging
- Nonverbal responses (nod, smile, empathy)
- Brief verbal comments (“yes” or “ok”)
- Don’t shut yourself down
- Don’t assume you know more than who you’re talking to
- Listen with your body (turn towards them)
- RESPOND (think about your response after they are done talking—go with the flow of your words)
- Paraphrase what the person just said
- Asking questions
- Dropping all intentions of responding while another person is talking

**Some active listening advice from others:**

- “Seek first to understand, then to be understood.” (Stephen Covey)
- “The attention of one human being to another is not a passive act, it is a very powerful action.” (Nancy Kline)
- “Do not listen with the intent to reply but with the intent to understand.” (Stephen Covey)
- “A good listener listens slowly to what is being said. /He does not jump ahead nor does he rush to judge nor does he sit there formulating his own reply. /He focuses directly on what is being said.” (Edward de Bono)

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# PUUF ACTIVITIES

## Better Together *continued from page 6*

- I have trouble talking for the other side.
- I enjoy speaking with our young people.

### What are three things you learned about others in your group?

- Teenagers don't discuss this stuff [current events].
- Irreconcilable differences.
- It's hard to change sides.
- [Young people] are very bright and looking towards making choices for themselves.
- People are stuck in their opinions.
- People cannot let go of opinions.
- We all think the same.
- Their education seem lacking in basic skills.
- Despite our best intentions, we defer to males.
- There is much wisdom among us.

### What is something useful you are taking away from today's program?

- Trying to listen better.
- We all respected each other and other viewpoints. We were absolutely in tune with the Guidelines.
- Talking to young people.
- That the social norm for each generation is different depending on the person.
- We need to announce the topic so we can do homework.
- Very hard to talk about [today's topic].
- It's hard to represent the other side.
- Will not worry about our next generation.

### Would you like to do this again? What sort of topics would you like to discuss? [All but one answered Yes to the first part of the question; one was left blank.]

- Social media.
- TikTok, Instagram, Snapchat, technology. Skateboarding, scootering, style, being grounded, taking away kids' phones when they get in trouble, video games.
- Phones and teenagers.
- I am open to nearly any topic.
- Almost any topic.

An observation: One group noticed a lack of participation from younger members. They seemed uninterested in the current events/political topic. A reminder for the next time we have a Better Together program is that everyone in their group has a voice, everyone must agree on the topic, and anyone can express a wish to change the topic if they feel they don't have the background knowledge or desire to talk on the subject.





# PUUF PROGRAM RECAP

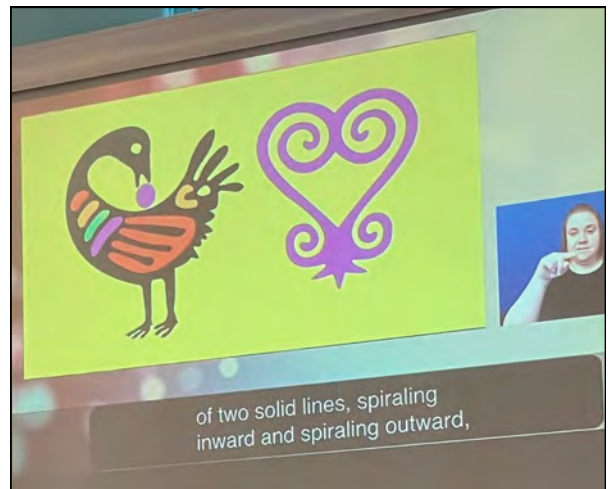
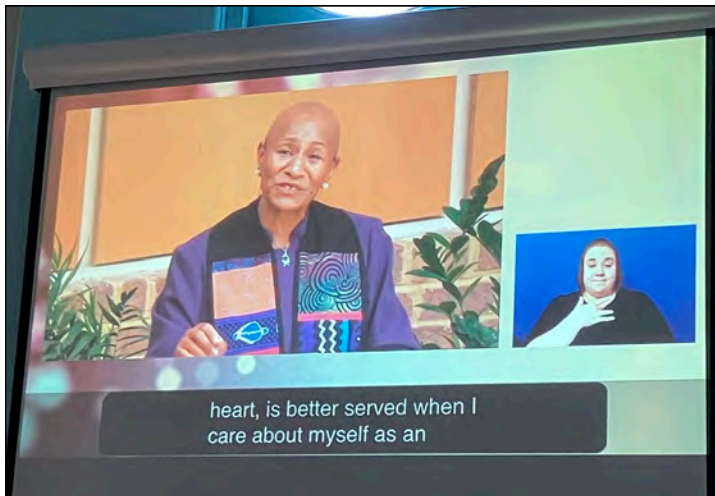
## July 7: Disability and Ableism

Rabbi Julia Watts Belser spoke via video recording on Disability and Ableism: More Than Ramps and Sign Language. She encourages people to take disability seriously as some are visible and some are not. There is no one way to be in a body, she said. All bodies change. Minds don't always work. Recognize disability as a justice issue (fair housing, employment, health care). The more we expect to see/meet people with disabilities, it becomes easier for people to show up.



Discussion continuing after the service.

## July 14: Service of the Living Tradition



Rev. Jacqueline Brett spoke about her perspective on the UU Family from a recorded and edited Service of the Living Tradition from this year's General Assembly. The program included remembering the recently deceased. She spoke on the philosophy of sankofa – things today are rooted in our past. She provided a quote from Clarissa Pinkola Estes: "Do not lose heart, we were made for these times."



# ***PUUF PROGRAM RECAP***

## **July 21: Better Together**

A year or more ago, PUUF members heard about the Better Together program initiated by the Teen Advisory Council with The Launch Pad. July 21 was our first exploratory dive into the program. The congregation read the Better Together handbook prior to the service, and then broke into groups to discuss various topics using the techniques outlined in the handbook. For further information, please refer to our feature article on page 3.



## **July 28: Poetry Illuminates UU Article II Values**

Glenna and Dale Hudson, along with harpist Adrienne Bridgewater, created a lovely program titled “Love Unites, Poetry Ignites – Poetry, Prose and Harp Music to Illuminate Article II Values.” With the help of Eunice Ricklefs and Sue Tone, they each read poetry and short selections supporting each of the seven UU Values. Adrienne provided her favorite music between sections as well as playing during the traditional sections of the service.

