



## TODAY - VUU Sustainable Eating Workshop

How to sustain a plant-focused diet using the science of behavior change

Linda Ruehlman, PhD  
Goalistics, LLC

Are you trying to eat more fruits, vegetables, and whole grains while decreasing the consumption of animal products? **This 2-session workshop is designed to help you be more effective in achieving and sustaining your own unique dietary goals, whatever they may be.** You will not be asked to eat in any particular way or to eat any particular foods ... or NOT to eat any particular foods. You will learn strategies based on the science of behavior change to help you to reach and maintain your goals.

This workshop is *not* about selecting or preparing foods, although I will provide some resources to address those issues.

The first session is in the Sanctuary on Sunday, Oct. 20, 12 noon – 1 p.m and the second will be on Sunday, Nov. 3, same time.

Please RSVP for the 2 sessions using this link. <https://www.surveymonkey.com/s/5229159/VUU-Workshop>



6400 W Del Rio Street Chandler AZ 85226 480-899-4249

[vuu.org](http://vuu.org) find the Order of Worship at the TOP! [office@vuu.org](mailto:office@vuu.org)

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or text your donation from your phone: (480) 725-4522.

Rev. Dr. Andy Burnette, Senior Minister

Email: [revandy@vuu.org](mailto:revandy@vuu.org) Twitter @revandyburnette Find me on Facebook

Rev. Kellie Walker Hart, Minister of Music, Marci Beaudoin, Director of Faith Formation, Hayley Wynne, Faith Formation Assistant, Sue Ringler, Congregation

Administrator & Social Action Coordinator

Office Hours: Monday – Wednesday, 10AM – 3PM; closed Thursdays, Fridays, Saturdays; contact us if you need help outside of office hours:

[office@vuu.org](mailto:office@vuu.org) or 480-899-4249

### A Welcoming Community Sunday, October 20

*A Diet for Democracy: How What You Eat Affects the World*  
with Rev. Andy

8:00a – 10:15a NefeshSoul Board Meeting – Board Room

8:30a – 10:00a Dalai Lama & Friends Meditation – Rm 5

9:00a – 10:00a Collect Stories Not Stuff – Board Room

**10:30a – 11:30a Service – Sanctuary**

**12:00p – 1:00p Sustainable Eating with Linda Ruehlman, part 1 – Sanctuary**

12:00p – 1:00p Cakes for the Queen of Heaven, Part 2 – Board Room

12:30p – 2:00p 8<sup>th</sup>&9<sup>th</sup> Grade OWL – Room 5

12:30p – 2:30p 10<sup>th</sup>&11<sup>th</sup> Grade OWL – Room 1&2

1:30p – 3:00p Voices Lifted Rehearsal – Conference Room

3:00p – 5:00p MJ Adamovic's Memorial Service

#### Monday, October 21

5:00p – 6:30p CCC Meeting – Board Room

6:00p – 7:30p Leadership Development – Conference Room

6:30p – 8:30p NefeshSoul Simchat Torah - Sanctuary

#### Tuesday, October 22

10:00a – 2:00p Cluster at UUC

6:00p – 7:15p Chalice Ringers – Sanctuary

7:30p – 9:00p Adult Choir – Sanctuary

#### Wednesday, October 23

7:00p – 8:00p Ahwatukee Al-Anon – Rooms 1&2

#### Thursday, October 24 – Office Closed

6:30p – 8:00p VUU Board Meeting – Board Room

#### Friday, October 25 -- Office Closed

6:30p – 8:30p VUU Singles Dinner Out - Offsite

#### Saturday, October 26 -- Office Closed

8:30a – 11:30a NefeshSoul Shabbat – Sanctuary

10:00a – 1:00p SEMA Saturday School – Rooms 3, 4, 5, 6, 7, 8

7:00p – 10:00p NefeshSoul Game Night - Sanctuary

#### Sunday, October 27

*A Great Cloud of Witnesses: UU Ancestors Call Us to Democracy*  
with Rev. Andy

8:30a – 10:00a Dalai Lama & Friends Meditation – Rm 5

9:00a – 10:15a 7<sup>th</sup> Principle Discussion Group – Board Room

**10:30a – 11:30a Service – Sanctuary**

11:45a – 1:00p VUU Women's Group – Sanctuary

12:30p – 2:00p 8<sup>th</sup>&9<sup>th</sup> Grade OWL – Room 5

12:30p – 2:30p 10<sup>th</sup>&11<sup>th</sup> Grade OWL – Room 1&2

## VUU SOCIAL ACTION MINISTRY

Promoting Social, Economic and Environmental Justice

### Paz de Cristo October Donation of the Month: Pasta Sauces, any kind



Please support our focus charity, Paz de Cristo, by bringing in a donation of pasta sauces at any time during the month of October. Drop your donation in the designated container in the foyer of the sanctuary. Thank you for your generous support!

**Paz de Cristo needs YOU** Are you a UU looking for another way to help others who are less fortunate? Make a commitment to help feed the hungry at Paz de Cristo on a second Friday of the month. Each month, VUU needs 20 volunteers to satisfy our long running commitment to this wonderful charity. Please check [here](#) for availability and sign up – we'd love to serve with you! Send questions to [pazdecristo@vuu.org](mailto:pazdecristo@vuu.org)

**I-HELP (Interfaith Homeless Emergency Lodging Program)** Through our work with the Chandler I-HELP program, VUU provides overnight shelter for 20-25 individuals three – four nights a month. Contact Sue [office@vuu.org](mailto:office@vuu.org)



### **Arizona Legislative Alert - Keep up with the latest Legislative news**

Want to keep up on what's happening to social justice legislation in Arizona? Sign up for your own copy of the Arizona Legislative Alert by emailing [legislativeadvocacy@vuu.org](mailto:legislativeadvocacy@vuu.org). The Arizona Legislative Alert is an email newsletter covering social justice and public policy issues in Arizona edited by Anne Schneider.

**Thank you for Supporting the VUU Social Action Ministry**

If you have ideas, comments or questions about these or other Social Action projects, please contact Sue, [office@vuu.org](mailto:office@vuu.org)



## **CAKES FOR THE QUEEN OF HEAVEN, PART 2**

In these sessions of "Cakes for The Queen of Heaven" we will continue\* our journey into the past to reclaim the stories of powerful women to be found in ancient Judaism and in early Christianity. We will also look at the global silencing and brutalization of women that accompanied the rise of patriarchal religion and society. Finally, we will celebrate the exciting new worldview and theology that has emerged in our time and explore the personal and social changes that may be suggested by that new worldview and theology. We will continue the complex process of telling a new story.

\*Cakes for the Queen of Heaven Part 2 does NOT require that you have attended "Cakes part 1". **Note: This will be a "closed class" (no more newcomers) after the 2<sup>nd</sup> session.**

**1<sup>st</sup> & 3<sup>rd</sup> Sundays, October 6 & 20 this month, 12 p.m., in the Board Room**, in the office building of the education complex. Contact Lisa Bonine [bonine.lisa@yahoo.com](mailto:bonine.lisa@yahoo.com) to pre-register.

## **Re-thinking Approaches for UU Anti-Oppression Work**

In recent years, a divide has become apparent among Unitarian Universalists as to the right approach in the work for racial justice.

In this three-session discussion-based course, VUU member Dr. Anne Schneider and Rev. Andy will lay out the history of the divide within Unitarian Universalism and lift up some UU voices that point to a love-based way of working for the justice we all seek.

The class continues to meet from 6:30 to 8 p.m. The final class is on October 30 in the Sanctuary at VUU.

To register, please e-mail [office@vuu.org](mailto:office@vuu.org) Readings will be sent by e-mail before each session.



Sunday, Oct. 20<sup>th</sup> at 3 p.m. in our Sanctuary, there will be a memorial service to celebrate MJ Adamovic's life. She left us on Sept. 21<sup>st</sup> after a fierce, short struggle with cancer.



**Friday, October 25**, 6:15 PM: Dinner at Hibachi Super Buffet (1164 W Southern AVE, Mesa, NE corner of Southern and Alma School)

Join us at this incredible restaurant with 12 buffet tables and over 300 rotated items. Hibachi Super Buffet has everything from soups, sushi, and typical Chinese fair to pizza, sumptuous desserts, and a build your own entree hibachi grill. It's a great bargain at \$13.49 per person. Please RSVP to Claudette by text (preferred 973-768-6047) or email ([claudettewassil@hotmail.com](mailto:claudettewassil@hotmail.com)).



### **WOMEN'S GROUP MEETING:**

**Sunday, October 27, 2019**

Our Women's Group meeting is a great way to get acquainted with one another. We meet the fourth Sunday of each month for a simple potluck luncheon and conversation about a particular subject. Our topic this month will be Halloween and All Souls Day. How did you celebrate these holidays in the past? Or how do you celebrate them now?

Please bring a dish to share and meet us at the front of the sanctuary after the service, about 11:45. All women are welcome with or without a dish.

Contacts: Margaret Stewart [mjs.ontheroad@gmail.com](mailto:mjs.ontheroad@gmail.com), Johnnie Godfrey 480-231-8381  
johnniegirl85218@gmail

## **The next Journey to Membership**

- **Sunday, November 3 and 10, 2019**
  - Noon until 2:30 p.m., VUU Sanctuary

To sign-up contact Sue, [office@vuu.org](mailto:office@vuu.org)



Every Sunday **Dalai Lama** - 9:00am - Rm 5  
Contact: David Black DavidBlackDLF@gmail.com

1st Sunday **Share the Plate** with our focus charity (Paz de Cristo)  
(alternating monthly with Compassion in Action)

3rd Sunday **Newsletter Deadline**  
Contact: Gilda Czerwonka penguin1@cox.net

4th Sunday **VUU Women's Group**, lunch/meet after the Service, Sanctuary  
Contact: Margaret Stewart mjs.ontheroad@gmail.com

3rd Monday **Leadership Development Committee**, 6:00pm Conf. Room  
1<sup>st</sup>/3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> Mon **I-HELP** Interfaith Homeless Emergency Lodging Program  
Contact office@vuu.org

Every Tuesday **Choir** - 7:30pm Sanctuary music@vuu.org

Every Tuesday **Chalice Ringers** - 6:00pm Sanctuary bells@vuu.org

2nd Thursday **EastVUU** - 6:00pm - 8:30pm; Info: Sharon Kopina,  
1004slk1950@gmail.com or Margaret Stewart  
mjs.ontheroad@gmail.com

3rd Thursday **Finance Committee**, 5:30pm Board Rm or Video Call  
Contact: David Sheh finance@vuu.org

4<sup>th</sup> Thursday **VUU Board**, 6:30pm - 8:30pm Board Rm or Video Call  
Contact: Musette Steger board\_president@vuu.org

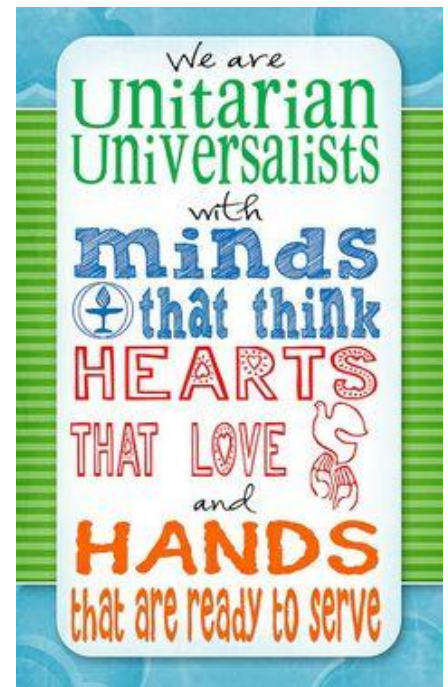
3rd Friday **Wayfarers Happy HoUUr**  
Contact: Susan Lacy lacynoe@yahoo.com

4th Friday **Singles VUU**: Monthly dinner.  
Contact: Claudette Wassil (973-768-6047)

1st Saturday **Social Suppers**  
Contact: Nick Carr circlesuppers@vuu.org

(see calendar) **Worship Ministry**  
(varies) Contact: Rev. Dr. Andy Burnette revandy@vuu.org

**Stewardship Committee** Contact: Linda Horton



**Membership at VUU:** Contact Lauree Perry, lperry98@earthlink.net or Rev. Kellie Walker Hart, music@vuu.org or office@vuu.org if you are interested in membership.

**Sanctuary Flowers:** Remember someone special or a special occasion by sponsoring altar flowers. Sign up at the Altar Flowers table located at the back of the sanctuary and follow the instructions to leave your \$20 by cash or check and remember to take the flowers with you after the service (but leave the vase! 😊)

Thank you for making the Sanctuary more beautiful!

**Caring, Concerns, and Joys Email:** Send your joys and sorrows to [caring@vuu.org](mailto:caring@vuu.org). We'll include them in our monthly newsletter, unless you wish to keep it private. You may also include a request to be contacted by the minister, a pastoral care associate, or your neighborhood contact.

**Announcements:** Call the office [480.899.4249](tel:480.899.4249) or send an email to [office@vuu.org](mailto:office@vuu.org) by 4 p.m. on Tuesdays to have an announcement about a VUU event/meeting included in the next Sunday's Bulletin.

**Room Rentals Available:** There are classrooms in our Education Building available for either short-term or long-term rental by members and non-members alike. The Sanctuary is also available to rent. Contact the office to reserve. [office@vuu.org](mailto:office@vuu.org)

**Use of tables on the Sanctuary Patio/back of the Sanctuary:** *The Congregation Administrator coordinates the use of the space at the rear of the sanctuary on Sunday mornings. If you need to table information for a VUU ministry or event, or for an outside ministry or event, please notify the office at least three weeks in advance by e-mailing [office@vuu.org](mailto:office@vuu.org). Except for a Faith Formation check-in table, there will be no permanent displays or tables inside either the sanctuary or the foyer.*

