

SedonaKind General Meeting Minutes

January 19, 2024 - 10:00am – West Sedona Library – Fireplace meeting area
Chaired by Joy Sinnott

Meeting called to order at 10:05am, 18 SK members present

New Members – Karen Clark - Welcome!

Kindness Stories: Christine, Karen and Meri shared recent kindness experiences.

Short Film: We Can Be Kind by *David Friedman*

A wonderful musical video with touching pictures and a very simple, yet profound, message. Everyone was touched by it.

Gratitude Tree quotes – two slides were shown with a sampling of the wonderful things people wrote on the Gratitude Tree hearts for 2023. Just a few quotes: “I am grateful for my soul’s strength” “Friends, family, my life, health, love, happiness, dance” “The families that believed in me” “ Thankful for the house in Sedona & Nana” “Good health at age 93” “I am an exchange student from Germany currently on vacation here in Sedona. It has been my #1 thing on my bucket list to come here. It’s amazing, beautiful, incredible!”

The West Sedona library had more sentiments than ever before and the re-established tree at the Adult Community Center was a huge success.

What lifted you up?

Everyone received a hot air balloon cut out and was asked to write something that lifted them up in 2023. Many people shared heartfelt feelings and experiences that brightened their year and gave them joy.

Importance of taking care of yourself – Self-fullness

Self-fullness encompasses a deeper awareness and understanding of our own needs, without neglecting or diminishing the needs of others. It acknowledges that fulfilling our own desires can actually contribute to our ability to serve and support others. By acknowledging and embracing our own desires, we inadvertently create space for personal growth and happiness, ultimately benefiting those around us.

Self-fullness encourages us to strike a balance between nurturing ourselves and nurturing others. It emphasizes the importance of self-care as a means of replenishing our own energy, so that we may better show up for others.

In essence, self-fullness is a mindset that invites us to embrace our authentic selves, honoring our needs and desires while also fostering compassion and empathy for others. It is a delicate dance between self-prioritization and consideration for the well-being of those around us. By understanding this distinction, we can embark on a journey of self-discovery that fosters personal growth, fulfillment, and harmonious relationships.

Committee Chair gifts

Meri & Sandy were presented with Penzey's gift cards to thank them for Chairing Heartfelt Connections & Charming respectively. We so appreciate all their efforts during 2023, making these projects so successful.

Committee Announcements:

Sedona Marathon – Meri Thomason - we won't be participating as an organization, but if anyone would like to volunteer individually, please contact Meri for details.

Heartfelt Connections – Meri Thomason - Over the last 2 months there have only been 4 cards requested and one was sent to Meri, as was much appreciated.

Veteran Lapghans – Our knitters made over 100 lapghans which were given to the Veterans Hospital and veterans at Cottonwood Village. Joy and Linda had the privilege of presenting the lapghans at Cottonwood Village and were so touched by how much it meant to the veterans to "be remembered."

Wish List – Heather Molans – We have a listing in the Wish List in the Red Rock News for knitters and yarn.

KIS – Karen Bare – we will be back in the schools for reading to the children on January 24th (WSS) and 25th (OCS). We have a snowflake activity for Oak Creek School and will be working on a Kindness Quilt at West Sedona School. We're hoping to participate in the reading program more in the coming year. If anyone is interested in joining KIS, they meet on the first Wednesday of the month in the Twice Nice meeting room.

Elderly ("Wisdom Holders") – Jawn McKinley – Jawn read thank you notes from VVCG for the holiday luncheon and Sedona Winds for the New Year's Eve party. Both events were a huge success and very appreciated by all participants – neighbors, residents and the SK volunteers. Touching stories were told about both events.

Manzanita Outreach – Manzanita Outreach's School Supplies Program ended with their December deliveries. They had several pallets of school supplies left over which have been sent over to OCS. The program is just too big for SK to be involved in, however, we will continue to do what we can for our local schools.

November's "what word come to mind when you think of SK" exercise – two Word Cloud graphics, depicting all the words that were submitted during the November meeting's exercise, were shown. The larger the word on the graphic, the more often the word was used. Several of the most used words were: kind, support, vets, gratitude, outreach, caring, generous, empathy, hope, validation and art.

Project Review for 2024 – We are small, but mighty and we will do what we do well.

Ongoing Projects – KIS, Charming, Pet Blessing Bags, DAG, Knitters, OSD, Kindness Week (including the movie and a new twist on the Gratitude Trees), Veteran Blessing Bags, Veteran’s Breakfast & Boxes of Love.

Potential Projects – based on the members input at the November 2023 meeting, there were suggestions of doing things for Hospice, VV Sanctuary and the affiliate of Rainbow Acres – Lago Gardens. A few things we might be able to get involved with is Hospice’s Caregivers Retreat and Camp Soar. However, this could become the year of the spontaneous OSD and Pop-Up Projects. There were sign-up sheets for all of these projects on the table and everyone was asked to sign-up for any projects they are interested in. In order for a project to move forward, there will need to be a chairperson to manage it.

Project Guidelines – we have created a form that can be used to recommend a project that you are interested in. If interested, please take a form and let us know your ideas.

SedonaKind Project Day – Christine Schneider & Joy Sinnott - We have quite a few projects that require components that we can use help with. We are planning to have a “work day” to get them done and we are encouraging anyone that is available to come help. It will be a productive social time with something for everyone to help with, regardless of your skill level. We’ll be removing tassels and beads from wood hearts, cutting fancy yarn into strips that will be made into embellishments for closing hat distribution bags, putting together coloring kits for the homebound, making tags for teacher appreciation gifts and so much more. We’re working on finding an available date – stay tuned!

Open Forum

Heritage Museum – Meri Thomason – the museum is up for “Best Small Town Museum” again this year and everyone is encouraged to vote for them through Facebook. Meri put a link on the SK Facebook page for voting

Blood Donations – Joy Sinnott – a reminder to sign up with Vitalant for the Jan. 31st event at the High School.

Food Bank – Jawn McKinley – Food insecurity is increasing in our community and the Food Bank needs donations. Please donate whatever you can.

Green Bag Group – Joy Sinnott – if anyone is interested in volunteering for this group, see Joy and she will get you the information you need.

T-shirt necklace – Georgia Rittler – Georgia would be happy to show anyone interested, how to make the lovely scarf she was wearing. If anyone is interested, please let Georgia know.

Kindness Quote - Jawn

My wish for you, is that you continue. Continue to be who and how you are, to astonish a mean world with your acts of kindness. Continue to allow humor to lighten the burden of your tender heart.
by Maya Angelou

Meeting Adjourned: 11:15am

Minutes respectfully submitted by *Christine Schneider*, Secretary