

SedonaKind General Meeting Minutes

November 18, 2022 - 10:00am – West Sedona Library

Chaired by Sandy Brandvold

Pre-Meeting – prior to the meeting we had Garden Wands, hats, boxes of love and cards for sale.

Meeting called to order at 10:10am

20 SK members present

Welcome – Sandy welcomed everyone & reminded all that we don't have a December meeting, and will see everyone in January.

New Members – Sheri Smith & Suzanne Owens introduced themselves and were warmly welcomed by all.

Kindness stories – stories were shared by Sandy (on behalf of Marg and Micki), Pam, Linda, Jawn, Karen and Meri.

Happy 7th Anniversary to SedonaKind – Sandy asked if anyone knew what we were celebrating this month and Teresa Ray knew it was our 7th anniversary and received the book, *Kindness Boomerang* as a gift. We have a two-page write-up of many of our accomplishments/projects which was offered to anyone interested.

Anniversary Video – we played Gail's newest SedonaKind video which highlights many of the projects we've done over these last 7 years which was received enthusiastically by all.

Survey Reminder – Sandy requested that anyone that has not as yet returned the SedonaKind member survey, please do so. It will really help us better understand our members, their thoughts and ideas so as we move forward we can take it all into account. Thank you to all those that have responded.

Heartfelt Connections – Sandy reminded everyone about the availability of this program to all members. If you would like a note to be sent to a member that could use a 'thinking of you' or a congratulatory note, you can access the form on our website under the "More..." column.

KIS Committee Report – Karen

The KIS Committee is currently working on Teacher Appreciation gifts for the holiday which will consist of a mug with tea and chocolate. Elizabeth Tavasci from West Sedona School sent a heartfelt thank-you note regarding the hats that were delivered to them this week. Hats were also delivered to Oak Creek School, the Charter School and the High School. The High School delivery was accepted with tears and much appreciation.

Future projects with schools will include a *Diversity & Inclusion project* involving snowflakes in February, a butterfly project for *Honoring the Natural World* in April and a Kindness Challenge in May.

Knit/Crochet Committee – Katie

The knitters continue to amaze us all with 1068 hats that were distributed to the local schools and to Manzanita Outreach for TEWA and 91 lapghans that were delivered to the veterans. Katie read a lovely thank you note that Sedona Winds sent in appreciation of the sweaters that Marge finished and donated to them for their residents.

Historical Society Time Capsule – Jawn

Our submitted story about SedonaKind and the winning charm were accepted as entries into the Historical Society's 40th Anniversary Time Capsule. Jawn attended the ceremony this week where the large capsule, which will be housed in a climate-controlled environment for 40 years, was dedicated. When it is opened in 40 years, people will be able to get a glimpse of what life was like in Sedona in 2022. We're very happy to be a part of it.

Season of Kindness Movie Fundraiser – Jawn

Our movie fundraiser, held on World Kindness Day, November 13th was The Kindness of Strangers. We thank our partner, SIFF, for joining us in this endeavor and send much gratitude and appreciation to our anonymous donor who matched the funds received. Always remember, "A stranger is simply a friend you haven't met yet."

Veteran Blessing Bags – Heather

Heather thanked all those that stayed after last month's meeting to help put together the Veteran Blessing Bags. They were delivered last week to some very appreciative Veteran volunteers who will see that they get to those that need them.

Gratitude Trees - Christine

The Gratitude Trees have all been delivered and already have hearts with grateful sentiments on them. There are trees in the Sedona Library main lobby and children's area, the Village of Oak Creek library, Alma de Sedona lobby, Yavapai College Sedona Campus lounge area, West Sedona School and Sedona Winds.

OLLI Class – Christine

The "**Benefits of, and Creative Ways to Share Kindness** class was held at Yavapai College's West Sedona campus on Thursday, November 10th. It was inspiring for all who attended. Attendees in the discussion group shared not only their participation in and observance of kindness acts, but also their personal journeys of discovering the power of kindness.

Kindness Discussion Breakout Groups - Jawn

The attending members had lively discussions in their small breakout groups answering the questions:

What act of kindness have you done, or have you observed that really made a difference?

What might keep you from being kind? Lack of time? Energy? Thinking it wouldn't really make a difference?

How do you feel when you do an act of kindness? When you receive one? Is there a difference?

If you see someone being unfairly treated, what might you do or say to that person?

Each group then shared their favorite story, thoughts & ideas with the entire group. The discussions were very insightful and inspirational.

Suzanne shared a poem:

Don't Go Back To Sleep

The breeze at dawn has secrets to tell you

Don't go back to sleep!

You must ask for what you really want.

Don't go back to sleep!

People are going back and forth across the doorsill

where the two worlds touch, the door is round and open

Don't go back to sleep!

-Rumi translation

Quote by Jawn is a Thanksgiving poem:

Thanksgiving

Thanksgiving is not a day.

Thanksgiving is not a feeling.

Thanksgiving is a set of actions.

Thanks is something to be given,
an encouraging word or a welcome hug
a helping hand or a loving smile.

Thanks can also be received,
and sometimes that is harder,
for aren't we all supposed to help?

Thanksgiving knows no creed.
Thanksgiving is not political.
For being able to believe, I am thankful.

What shall we do to celebrate our gratitude?
How shall we thank the one who blesses us?
Who shall we thank for the gift of thanksgiving?

The next person that I meet can be the stand-in,
if I know not whom to thank,
for thanksgiving is a set of actions.

By acting thankful I give thanksgiving
to those who may not feel so great,
and lift them up in celebration
of the thankfulness felt every day.

Sandy adjourned the meeting at 11:45am

Minutes respectfully submitted by Christine Schneider, Secretary