



ANCHORAGE
UNITARIAN UNIVERSALIST
FELLOWSHIP
*diverse beliefs,
common purpose.*

Today At Your Fellowship
Thursday, July 6, 2023

This Weekend @ AUUF
Find Zoom [links here.](#)

Thursday 7/6/23

Friday 7/7/23

12:00 pm Freethinkers Live at AUUF only

Saturday 7/8/23

8:30 am AA Slap Happy Group

Sunday 7/9/23

9:00 am Virtual Forum **ON ZOOM**

11:00 am Sunday Worship Live at AUUF & on Zoom

12:30 pm The Alliance

4:00 pm Anchorage Friends Meeting

Monday 7/10/23

4:00 pm Private Rental

6:30 pm Fireweed Sangha of Mindful Living- Private Rental Visitors welcome

Tuesday 7/11/23

2:00 pm Hungry Book Club

Wednesday 7/12/23

6:00 pm Memorial Service for Megan Hayden

Half Portion Recipient for July:
[Planned Parenthood](#)



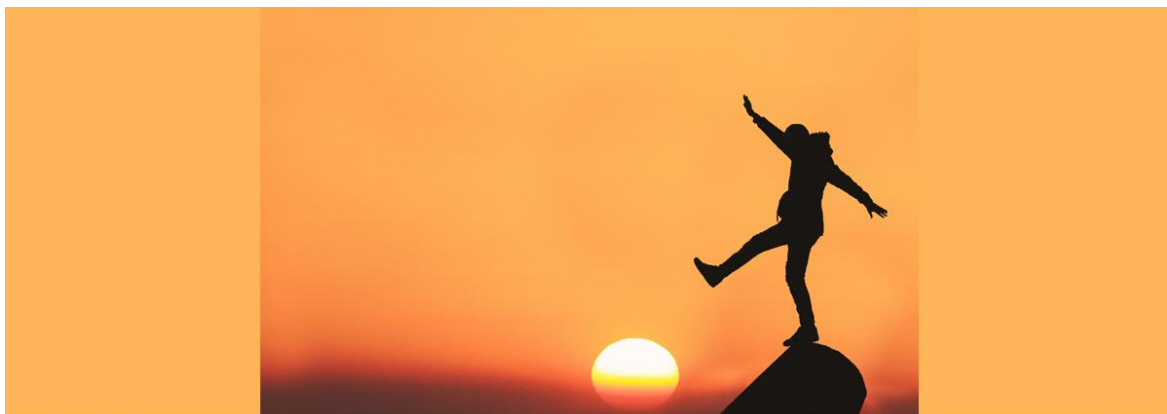
Virtual Forum on Zoom 9 am Sunday, July 9, 2023
*Fresh Start: Connecting Alaskans with Free Programs
for Better Health*
Jessica Downs, Alaska Department of Health

The Forum Only on ZOOM

9 am Sunday, July 9, 2023

[Click here to join on Zoom.](#)
[Click here for Speaker's bio.](#)

***Beginning in May The Forum started meeting in person on the first & third Sundays of each month.



Sunday Worship IN PERSON at AUUF & on ZOOM
11 am Sunday, July 9, 2023
Genuine Freedom
Rebecca Bernard, Ministerial Candidate

Sunday Worship

11 am Sunday, July 9, 2023
In-person and on Zoom

Genuine Freedom

We often respond to events and interactions based on our habits and assumptions about how things are or should be. But when we pause before reacting, we can find a new freedom to meet each moment on its own terms and to choose a more mindful

response to anything that arises. Join us as we explore the power of pause and the freedom that can flow from this practice.

[Click here to join on Zoom.](#)



Our new logo on our old nametags!

Until we receive new nametags, we can enjoy our new color logo on an adhesive backing that fits on both the paper and wood nametags. They are in a container in the entry where the Joys and Concerns book is kept, right before the office door and nametags. Enjoy!

Sunday hospitality volunteers needed

Greeters and Social Hour help needed this Sunday for the 11 am service and social hour that follows. To view upcoming slots and access instructions, please click on the button below. Thanks!



Please help with our New Floor

Hopefully, most of us have noticed our new floor in the social room, sanctuary and north landing. Doesn't it look great? (Thank you to the Building and Grounds Team for getting this organized!) Of course, we'd like to keep it this way, and we need everyone's help to do so since our janitor only cleans on Friday nights due to our AUUF budget limits. So, if you and your AUUF friends are using this new area (or any area, really) please take a look around before you leave to make sure the floor looks picked up and (mostly) clean.

- First, ask someone to stay with you to help :-)
- Sweep up food crumbs and/or craft leftovers as they happen
- Clean up spills promptly
- Enjoy using the new Swiffer in the janitor's closet to help
- Whenever possible please lift, instead of scraping furniture across the floor
- Sing a song, tell a joke, build community while you work

Finally, pat yourself and your friend on the back for helping out so our space looks nice for the rest of our members, friends, and renters.

Thank you for being part of our AUUF Village!

AUUF Summer Family Food & Fun Fest!!!

Save the dates: please plan to join us.

July 17, 18, 19. From 4-7:30 pm

This event is free! Donations are gladly accepted but not required. (Use the Peace Camp option on the Donate page or bring it with you to AUUF)

We will be offering a gathering for all families. We are planning our peace song singing, games, and crafts for families followed by dinner provided by our youth event team.

Register on the AUUF website, or at the link below!
Look for AUUF Summer Family Fun Fest.
It's going to be fun for all and delicious!!!

Don't miss out!

If you are interested in helping call or text
Elayne at 907-223-6507

[Register HERE!](#)

Director of Religious Exploration Position

Title: Director of Religious Exploration
Fair Labor Standards Act Status: Salaried Exempt Position
Hours Required: Full time. Start date as soon as possible.
Salary and Benefits: Based on Midsize I, Geoindex 5 congregation per UUA guidelines.
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include pension, professional expenses, paid vacation and study time. Salary up to \$58,000 based on experience.

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Apply with a cover letter and resume to Rev. Lise.

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A message from Cindy Kinard

During my talk at the eleven o'clock service, July 2nd, I promised to get the resources for brain injury treatment and recovery into TAYF this week.

Brain Injury Resources

[BIAAK](#)

[Daybreak, Inc.](#)

[Access Alaska](#)

[The Brain Bus](#)

[The Concussion Legacy Foundation with the Alaska Mental Health Trust Authority](#)



UU Kelly Hartlieb's BASKET TBI Screening and Referral Program
Info, knhartlieb01@alaska.edu

The trailer for a coming cool film on [TBIs, featuring Alaskan folks.](#)

I also did not quite finish my talk because it went over the very strict 5-minute limit :(

If it seems worthwhile, and you have a way to add the end of it somehow, I've copied it below.

Acquired Brain Injuries--

With this focus on TBIs, we shouldn't lose sight of the proliferation of acquired brain injuries...The ones from stroke are likely most notable and visibly debilitating; cardiac events like the young NFL player recently had, and disease like long Covid can leave lasting marks on brain capacity, but there are silent, stealthy brain injuries we each may inflict on ourselves every day.

...We can inflame our brains unknowingly with diets too full of sugary or refined carb foods and, uh oh! --alcohol. And we can lose brain power through missing the good, long sleep that is critical (every night!) for removing the garbage of daily cell work from our brains...Dementia and Alzheimer's can result from this lack of good brain "care and feeding!"

Remember what George W Bush once said: "A mind is a terrible thing to waste"! (And he should certainly know.)
Please don't waste yours!

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Kelly's remote office hours Mon-Fri 9 am -1 pm

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AUUF Podcast

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Today At Your Fellowship

Thursday, July 13, 2023

This Weekend @ AUUF

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Thursday 7/13/23

1:30 pm HR Committee on Zoom
2:00 pm Whalecoast

Friday 7/14/23

12:00 pm Freethinkers Live at AUUF
only
6:30 pm Book launch Cirque Press

Saturday 7/15/23

8:30 am AA Slap Happy Group

Sunday 7/16/23

9:00 am The Forum in person at
AUUF & **ON ZOOM**

11:00 am Sunday Worship Live at
AUUF & on Zoom

4:00 pm Anchorage Friends Meeting

Monday 7/17/23

4:00 pm Private Rental
6:30 pm Fireweed Sangha of Mindful
Living- Private Rental Visitors welcome

Tuesday 7/18/23

4- 7:30 pm Family Peace Week
activities
2:00 pm Hungry Book Club

Wednesday 7/19/23

6:30 pm Board of Directors Meeting on
Zoom

Half Portion Recipient for July:
[Planned Parenthood](#)

Meet & Greet Book Launch at AUUF!

Cirque Press is launching 4 books by Alaskan writers at a reading and reception in our Sanctuary and Social Room on Friday, July 14th at 7 pm. Come join this literary evening and support both Cirque Press, the authors, and AUUF's first rental event with them!



The Forum IN PERSON at AUUF & on Zoom

9 am Sunday, July 16, 2023

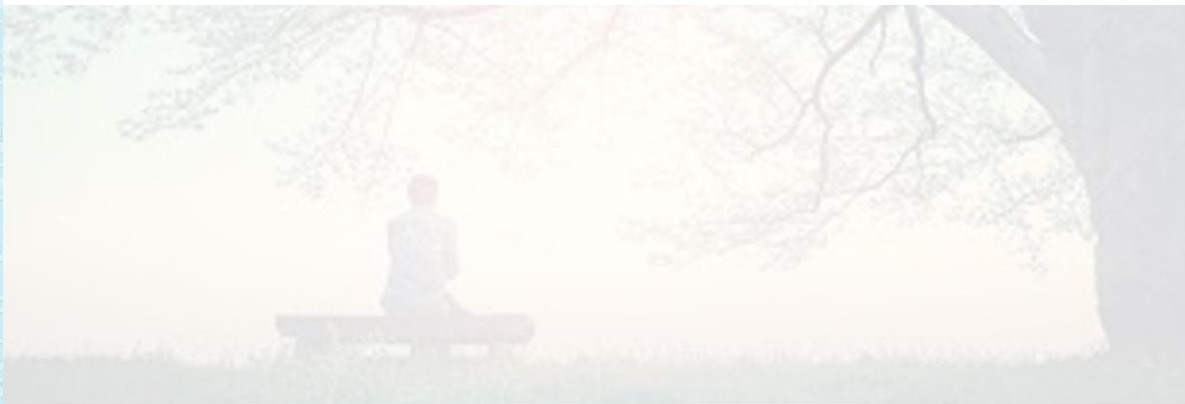
The complex and colorful history of the Fairview neighborhood
Anchorage Historian David Reamer

9 am Sunday, July 16, 2023

[Click here to join on Zoom.](#)

[Click here for Speaker's bio.](#)

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Sunday Worship IN PERSON at AUUF & on ZOOM

11 am Sunday, July 16, 2023

Transcendentalism and Other Renewals
Rev. Lise Adams Sherry, Cassie Thomas

Sunday Worship

11 am Sunday, July 16, 2023

In-person and on Zoom

[Click here to join on Zoom.](#)

Freethinkers

discussion group meets every Friday at 12:00 pm - 1:30 pm in Room 7 downstairs at AUUF.

We just finished reading *The Lords of Easy Money* by Christopher Leonard. This is a fascinating tale of how the policies of the Federal Reserve have impacted and damaged the US economy. According to the author's well researched position, these policies have accelerated income inequality and put our country's economic stability at risk. We found this book contained a lot of information about US financial operations which was new to us and left us considering our own financial futures. The book had more personal impact than most of our selections. It is highly recommended.

At our July 7 meeting, we selected our next two books. We will take up *Index, a History of the Bookish Adventure from Medieval Manuscripts to the Digital Age* by Dennis Duncan on July 21. We also selected *A History of the World in Six Glasses*, by Tom Standage to follow.

Note that we will begin reading *Index* after a one-week pause to allow some of us to get hard copies of the new book. On July 14, Bill Jamison will be arranging a video of comic Jim Galligan. On July 21, we will meet to discuss the forward/preface and chapter one of *Index*.

[For further information from Freethinkers, click here](#)

Children's books for UUs

On July 23, Rev. Lise and Marty Freeman will be doing a service on the wisdom in children's literature. Kid's books often hold life lessons as well as treasured memories. We'll explore some of our favorites, and we hope you'll share some of yours as well. We invite you to bring a book that has been valuable to you or your family and introduce it to the rest of us. We look forward to hearing about your special books.

Sunday Hospitality Volunteers — Sign Up Now!

The 9:00 am Forum meets in person this Sunday, so there will be 2 social hours in need of snack/coffee monitoring and clean up. Since several new folks have been joining us on Sunday, and we want to make sure they feel welcome! Can you help by being a greeter or social hour host for either service? To view upcoming slots and access instructions, please click on the button below. Even if you don't sign up, you can always help by seeking out people you don't know and introducing yourself.

Good news! The Alliance has agreed to take on Social Hour Host duties on every First Sunday (beginning August 6th). Talk to Denise Martin if you think YOUR team or committee could help with Sunday hospitality once a month.



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Fair Labor Standards Act Status: Salaried Exempt Position

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Salary and Benefits: Based on Midsize I, Geoindex 5 congregation per UUA guidelines.
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Thursday, July 20, 2023

This Weekend @ AUUF

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4-7:30 pm Family Fun Fest
5:30 pm Antiracism Team
6:30 pm Board of Directors Meeting

Friday 7/21/23

12:00 pm Freethinkers Live at AUUF
only

Saturday 7/22/23

8:30 am AA Slap Happy Group

Sunday 7/23/23

9:00 am Virtual Forum only **ON ZOOM**

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AUUF & on Zoom

12:30 pm Social Action Council

4:00 pm Anchorage Friends Meeting

Monday 7/24/23

6:30 pm Fireweed Sangha of Mindful
Living- Private Rental Visitors welcome

Tuesday 7/25/23

Wednesday 7/26/23

Half Portion Recipient for July:
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Virtual Forum only on Zoom 9 am Sunday, July 23, 2023

Alaska's Permanent Fund at the Brink— A Looming but Avoidable Disaster
Journalist and Blogger Dermot Cole

Virtual Forum

Only on Zoom

9 am Sunday, July 23, 2023

[Click here to join on Zoom.](#)

[Click here for Speaker's bio.](#)

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Music service and Pot- luck Sunday, July 30th

We sure hope you will join us for the 11 AM service on Sunday, July 30 th which will be a mini-concert with several of our musician members performing for us! Following the service, the connections team is having a pot-luck lunch (bring your own plate and utensil as well as a dish to share). This will be a great day to enjoy good music, good food, and good conversations with others. We look forward to seeing you!

Project Homeless Connect
Social Action Council

The Anchorage Coalition to End Homeless is bringing back Project Homeless Connect.

This was an annual event to brought those without housing together with those who could provide them with goods and services. What is now planned is a series of monthly events this summer. The first will be from 11 AM to 6 PM on Wednesday, July 26, in the upper parking area at Muldoon and DeBarr. Volunteers may begin at 10 AM to prepare and work the entire schedule or in shifts. They will be distributing such items as clothing, snacks, hygiene, etc., as well as giving a warm welcome to all who arrive.

[Click the link below to sign up to volunteer.](#)

Underground Pride 2023

Coming this Weekend! A fun, family-friendly event for ALL ages! There is no entrance fee! Free to all to attend.

Underground Pride is the Pride Festival put on in the Mat-Su Valley by The Queen's Guard. This event will take place at the Alaska State Fairgrounds in Palmer Alaska, on Saturday July 22, from 12 pm-8pm.

There will be a canned food drive at the event if you would like to participate and contribute, please bring canned, non-expired, donations!

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(907) 248-3737

Minister, Rev. Lise Adams Sherry, (she/ her) 907-248-3737 x2,
RevLise@anchorageUUF.org
Office hours are usually Tues 11- 3 pm, Th & Fri 10 am - 2 pm and by appointment.

Congregational Administrator, 907-248-3737 x1

Admin@anchorageUUF.org AUUF

Office hours are usually Mon-Friday, 10 am - 2 pm

Please call before coming.

Kelly Spring, (she/ her) Communications Specialist,

Communications@anchorageUUF.org

Kelly's remote office hours Mon-Fri 9 am -1 pm

Director of Lifespan Learning & Exploration,

Contact the Connections Team for more information on how to get involved
at AUUF

Connections@AnchorageUUF.org

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ANCHORAGE
UNITARIAN UNIVERSALIST
FELLOWSHIP
*diverse beliefs,
common purpose.*

Today At Your Fellowship

Thursday, July 27, 2023

This Weekend @ AUUF

Find Zoom [links here.](#)

Thursday 7/27/23

Friday 7/28/23

12:00 pm Freethinkers Live at AUUF only

Saturday 7/29/23

8:30 am AA Slap Happy Group

Sunday 7/30/23

9:00 am The Forum **Live at AUUF & ON ZOOM**

11:00 am Sunday Worship Live at AUUF & on Zoom

12:30 pm 5th Sunday Potluck - Everyone Welcome!

4:00 pm Anchorage Friends Meeting

Monday 7/31/23

4:00 pm Private Rental

6:30 pm Fireweed Sangha of Mindful Living- Private Rental Visitors welcome

Tuesday 8/1/23

4:30 pm Forum planning on Zoom

7:00 pm AK Bird Club

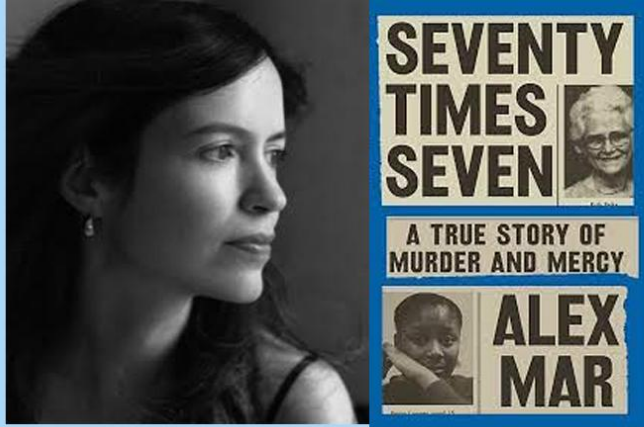
Wednesday 8/2/23

5:00 pm Connections Team/ Pastoral Care Team

7:00 pm Building & Grounds Meeting

Half Portion Recipient for July:

[Planned Parenthood](#)



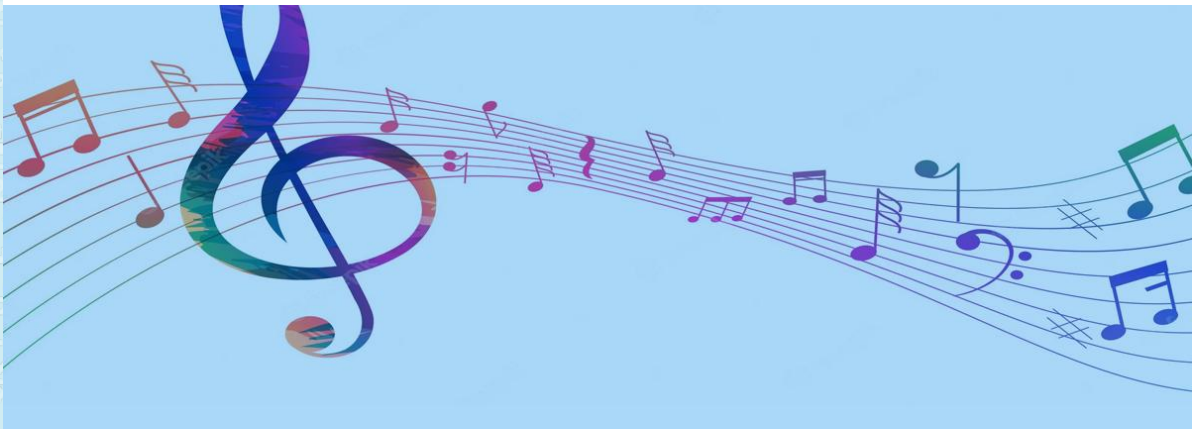
The Forum IN PERSON at AUUF & on Zoom 9 am Sunday, July 30, 2023
Seventy Times Seven Author Alex Mar shares a true story of murder and mercy—and the legacy of Bill Pelke
Author and Journalist Alex Mar

The Forum

LIVE at AUUF & on Zoom

9 am Sunday, July 30, 2023

[Click here to join on Zoom.](#)
[Click here for Speaker's bio.](#)



Sunday Worship IN PERSON at AUUF & on ZOOM at 11 am Sunday, July 30, 2023
Music Sunday
Michele Champion & AUUF Musicians

Sunday Worship

In-person and on Zoom
11 am Sunday, July 30, 2023

[Click here to join on Zoom.](#)

5th Sunday Potlucks

July 30 is our First!

The AUUF Connections Team invites everyone to attend a potluck at AUUF at 12:30 pm after the 11 am service. Please bring a salad, side dish, or dessert to share. Hot dogs, burgers, and veggie burgers will be provided. In addition, please bring your family's plates, cups, napkins, utensils, etc. to minimize cleanup AND reduce the use of disposable products! This will be the first of a series of potlucks whenever there is a 5th Sunday (the next will be in October). Hope to see you there!



Temporary Housing is needed for two UUs Can you help?

1. East Coast Celia, is in her 20s, lives with a service dog and needs housing for August until her regular housing is available in September. Celia will be attending school in Anchorage this fall. She's happy to sleep in a tent in your yard with access to plumbing if a room in your house isn't available.

2. Fairbanks Rayna needs housing for 6-9 months while she seeks medical treatment. A one bedroom apartment or parent-in-law cottage would work as would a studio apartment.

Both folks have some finances to pay for their housing. If any of you are able to help, or have ideas, please contact Rev. Lise. Thank you!

The New Revenue Task Force is Revving Up!

AUUF could benefit from more revenue each year. The New Revenue Task Force has met twice, brainstorming programs and activities to increase our annual revenue by at least \$35,000.

Small work groups have already spun off to focus on big ideas and next steps! BIG IDEAS so far:

1. Hosting childcare at AUUF. Contact Kalen at 907-244-8221.
2. Offering little-used vehicles for visitors to Anchorage, with a "rental fee/donation" going to AUUF. Contact Tom Gill at 907-317-6708.
3. Maximizing rental space in our building. Contact Katherine at 907-342-9890.
4. Having a potluck/movie/trivia/guest speaker on Friday nights.
5. Having a cadre of handy persons available for members and friends who need help
6. Having experts among us hold classes on skills, creative arts, and areas of expertise.

You can share your ideas or indicate interest in a project without committing to be on the overseeing Task Force. What do you know that will help us move forward? Contact Katherine at 907-342-9890.

The next meeting is Sept 13, 2023, 6-7 pm at the fellowship.

Sunday Hospitality Sign-Up

One more greeter (11 am) and social hour help (which will include our potluck!) are still needed this Sunday. To view upcoming slots and access instructions, please click on the button below.

August slots are now set up for future Sundays. Good news! The Alliance has agreed to take

on Social Hour Host duties on every First Sunday (beginning August 6th). Thank you, Alliance! Talk to Denise Martin if you think YOUR team or committee could help with Sunday hospitality once a month.



CYRE News

Fall Frolic!! Save the Date! September 22 – 24

Did you have fun last year and in previous years? Have a favorite Fall Frolic activity? Please save the date and be on the lookout for opportunities to volunteer at this year's Fall Frolic in September!

RE Volunteers for this Fall/Winter/Spring

Have you volunteered with our kiddos in the past? Curious about volunteering in the future? Please be on the lookout for volunteer registration for this year's program and/or reach out to CYRE Team members with your questions!

UU World Travelers Program

This Sunday with Rev. Lise! Transylvania!

Thank you to Annie, Katie, and Koala for sharing their travels with our kiddos!

Family Fun & Food Fest Success!!

Thank you to everyone that made this a fun and successful event! Coordinators Bev, Elayne, Jamie, Joclyn, and Kalen! Our fantastic youth Bella, Brick, Scarlet, and Shayne! I hope attendees felt the same sense of community playing and eating with everyone that I felt!

New Name Tags - What's Your Preference?

Now that we have a new logo, we need to update our name tags. We have a short survey that is available in the Social Room through Sunday asking your opinion on material, cost, and how to wear it. The survey is on the Social Action Table and/or on the wood box that holds the tables. Please give us your opinion! The Connections Team will consider your responses at their meeting this coming week.

Your Half-Portion Donations: Making a Powerful Impact

We received the following message from Identity Inc., the June recipient of our Half Portion for Social Action:

Thank you so much for your generous donation of \$980.13 for the Half Portion for Social Action to Identity.

These funds will be used to cover the cost of our Camp Identity, our Youth Camp that happened on July 5-9th. One of the parents wrote us: **"We filled out the surveys, but since we can't post on the page, the teens just wanted me to say they had an amazing time at camp and they want it to be longer next year! The entire drive home they talked nonstop about the staff; someone had amazing earrings, but I can't remember their name sorry—the teens were talking very fast and excitedly. They talked about the talent show, and the thankful songs, and how they felt cared for and safe to be themselves, and they felt accepted. I'm grateful they had**

this opportunity and would love to see it expanded."

It is only through donations such as yours that we are able to offer these life-changing programs to our community.

Thank you again!

Lynn R. Murphy (she/her)
Operations Director
Identity Inc/Identity Health Clinic

Thanks go to all who brightened the lives of the young people at Camp Identity by donating online and at our Sunday services in June. Thanks go to all who donate to the Half Portion for Social Action every month.

Director of Religious Exploration Position

Title: Director of Religious Exploration
Fair Labor Standards Act Status: Salaried Exempt Position
Hours Required: Full time. Start date as soon as possible.
Salary and Benefits: Based on Midsize I, Geoindex 5 congregation per UUA guidelines.
Benefits

include pension, professional expenses, paid vacation and study time. Salary up to \$58,000 based on experience.

[Click here to read the full job description.](#)

Music Director Position

We are hiring a part-time music director to play the piano for our 11 am services, direct our choir during the school year, and be part of the worship team to select music to add to the theme of the service. If you know someone who you think would be a good fit with us, please refer them to our website or forward the linked job description. The position is open until filled.

Apply with a cover letter and resume to Rev. Lise.

[Click here to read the full job description.](#)



Open House

Amid Muslim American Month –July

Venue: ICCAA

Variety of Islamic Culture

- Henna,
- Calligraphy
- Hijab
- food

Entertainment for kids

- Inflatable Bounce
- Trampoline
- Basketball
- pizza

Saturday 29 July at 12 PM
Welcome All

Please Join Us!

You're invited to an engaging community event hosted by the Islamic Community Center of Anchorage, Alaska. We warmly welcome you and your congregation to explore the fundamental principles of Islam and engage in meaningful discussions. Let's build bridges, foster understanding, and strengthen our bonds as neighbors in the Anchorage community.

Date: Saturday, July 29, 2023

Time: 12:00 to 5:00 pm

Address: 8005 Spring St., Anchorage, AK 99518

HALF PORTION FOR SOCIAL ACTION: Planned Parenthood

Last year, the Supreme Court of the United States overturned Roe v. Wade. This has been devastating for millions of people across the country, many of whom lost access to abortion care. Here in Alaska, abortion remains legal - and in fact, we have expanded abortion access this year. We expanded access to telehealth and now offer vasectomies at all three health centers. Planned Parenthood Alliance Advocates is working to protect our rights to safe, legal abortion and to ensure we work together to bring abortion rights back nationwide.

First and foremost, it is critical to acknowledge whom this decision has impacted most - Black, Indigenous, People of Color, trans people, and people with low incomes. A lot of these communities have already experienced what a post-Roe world feels like. As we move forward, it is essential we listen and learn from these communities.

Although we have seen some setbacks in Alaska, we have many wins to celebrate. Last election cycle, we elected 25 champions to the state legislature. This is the result of making tons of phone calls and knocking on thousands of doors. We also formed a ballot measure group with the ACLU to educate voters on how a constitutional convention would strip them of their state's constitutional right to access an abortion. We knocked on thousands of doors for this effort with our partners as well and defeated the constitutional convention protecting abortion access in the state for ten more years.

We're working in communities to empower people to vote, and are a steering committee member of the Alaska Voter Hub, a coalition of organizations explaining the

importance of civic engagement and voting. We had many wins in the Alaska legislature, thanks to electing champions.

We saw our 12 months of birth control bill make it through three Republican-chaired committees in the House and be scheduled for a floor vote (YAY!!!) it has also been introduced in the Senate. Postpartum Medicaid expansion passed for those that are pregnant and will now allow for 12 months of coverage instead of the previous 60 days. A necessary bill to address the horrific rates of maternal mortality in the country.

The LGBTQ+ equality bill moved through the committee much faster than expected. We held a hearing with our amazing Teen Council in the Senate Education Committee supporting our inclusive sex ed bill that was introduced. We also saw the power of our supporters by blocking every harmful bill the legislature put forward on our issues. Most notably the governor's 'Don't Be Gay' bill with over 10 hours of testimony and 10-1 calling to oppose this massively harmful bill.

All of these wins are a result of our deep organizing and the commitment of others in the community to support our work. We greatly value the many ways people support and show up with us. We are excited to pass proactive bills next year and continue to expand access to abortion with your help.

We also launched our own social media which is all things Alaska. Please follow us on Facebook, Instagram, or Twitter at Planned Parenthood Alaska to get up-to-date information on how you can help protect and expand reproductive rights in Alaska.

We have a long road ahead of us, but the future we are fighting for is one we haven't seen before. One where *everyone* has legal access to necessary reproductive care. Where abortion is not just a woman's issue. And where everyone can feel safe making their own healthcare decisions. Roe was the floor, not the ceiling, and with your help, we are going to work as hard as we can to make this new future a reality.

Go to anchorageuuf.org
Click on the Half-Portion note or Donate/ Pay
at the bottom of the home page.
Enter your donation under
"Half-Portion for Social Action"

Our AUUF Covenant

Together . . .

We seek to be an open and welcoming community.

We strive to listen deeply and speak with one another and to our larger community with consideration and respect.

We hold each of us and all of this amazing world worthy of our attention, compassion and care.

Together we are Anchorage Unitarian Universalist Fellowship.



Anchorage Unitarian Universalist Fellowship
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