



Our Outlook

First Universalist Church of Rochester

Summer Minister

Peter House

summerminister@uuroc.org

Minister of Life Span Faith Development

The Rev. Michelle Yates

edu@uuroc.org

(585) 310-2484

Director of Music

Brock Tjosvold

music@uuroc.org

Office Manager

Emma Barry

office@uuroc.org



150 South Clinton Avenue

Rochester, NY 14604

585-546-2826

uuroc.org

Sunday Services | July & August 2020

July 5 | *Addicted to Routine*

During the COVID shutdown, we have all had our routines disrupted in ways they have never been before. Are there “pluses” to having our routines messed up? What deeper truths are hidden by our addiction to routines?

– Peter House, Summer Minister

July 12 | *Everyone Loves Bishop Casey*

Have you ever felt out-of-step with the world around you? Have you ever felt as if you were on the outside looking in at life? Are you unique, or does everyone feel this way at times?

– Peter House, Summer Minister

July 19 | *Pride Was A Riot*

First Universalist will be celebrating PRIDE this Sunday! Join us for an exploration of this important celebration of resistance and resilience in the LGBTQIA+ community. Wear your Pride gear to church and come prepared to celebrate!

– Rev. Lane Campbell

July 26 | *In Our Bodies*

This moment we are experiencing has so much to say about what it means to inhabit a body. How we move through the world has changed. Histories of embodiment in our country and the world inform how we are viewing ourselves. When we are in quarantine, our thoughts are so often about the health of our bodies. Come, explore with us what it looks like to be in our bodies at this time.

– Rev. Lane Campbell

August 2 | *We Are Not as Important as We Think We Are*

Do you ever feel weighed down with responsibility to others? Does it ever feel as if you can never do enough? You may not be as important as you think you are.

– Peter House, Summer Minister

August 9 | *Autism’s Many Gifts*

In recent years, we have all become more aware of autism, and how it impacts the lives of those who have it. Autism is usually seen as a disability, but is it also a gift? We will explore the many ways that autistic individuals enrich our lives.

– Peter House, Summer Minister

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❖ Service begins at 10:00 am ❖

Sunday Services | August 2020 Cont.

August 16 | TBA

TBA

– Rev. Lane Campbell

August 23 | TBA

TBA

– Rev. Lane Campbell

August 30 | *When a Picture Paints Too Many Words*

I recently discovered an unflattering, twenty-year-old photo of myself, and it ruined my mood. How much of our time is spent fretting over what has already been? We will look closely at how our minds work against our happiness if we let them.

– Peter House, Summer Minister

❖ Service begins at 10:00 am ❖

Worship will be meeting online into the foreseeable future. Please join us—Internet link: <https://zoom.us/j/131764422>; Phone number: 646 558 8656 with Meeting ID: Meeting ID: 131 764 422. ❖



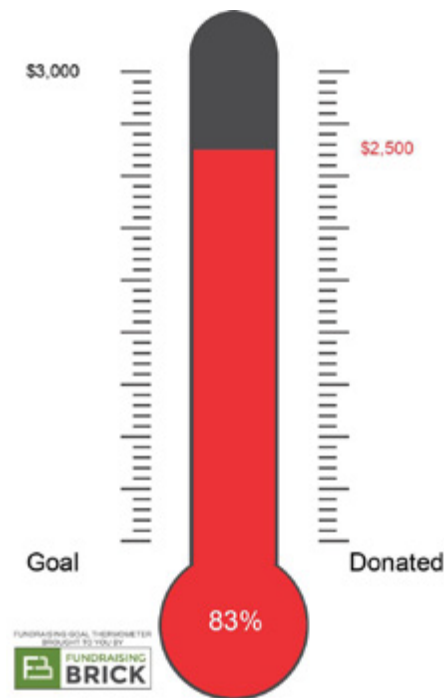
Update on RAIHN Matching Grant

Submitted by Connie Valk

We are over one-third of the way there! So far we have collected \$2,500!

As you know by now, our donor, who is not a member of our church but who is impressed with our social justice efforts, is once again offering a matching donation of \$3,000 to support RAIHN's new mode of operation for the summer – placing the RAIHN families in cost-efficient motel rooms, with breakfast included. Church volunteers will bring food. The exact procedure is morphing, but by July when it's our turn, you will be notified.

How to donate? If you choose to donate online, go to the uuroc.org website, then click on the donate button at the bottom left of the homepage. Under the amount of your donation is a message, "write a note." In that



section write "RAIHN First Universalist." Checks can be made out to First Universalist with "RAIHN First UU" on the memo line.

This fundraiser will be operational until the end of July. If we make it work, we'll have \$6,000 for RAIHN to keep our families safe.

*RAIHN—Keeping families together. Getting families home for good. ❖



A Message From Peter House

Recently a friend of mine posted on Facebook “I am not as important as I thought I was”. Immediately, people scurried to reassure him that he was wrong, that he was not only important, but extremely special.

I decided to take a risk, and I wrote: “You are right, and it’s a relief to know that, isn’t it? All of the world’s religions are based on the principle that we are all but a small piece of something larger, and more transcendent than ourselves”. I braced myself a little for the possibility that he would take offense. I was gratified and relieved when he posted a few minutes later “YES! That is exactly my point!”

So much of our life energy is devoted to nurturing the idea that we are unique and special. And while this is true, it is perhaps truer still that none of us is special in the grand scheme of things. And the past few months have brought this reality into sharper focus.

For a culture of special, unique individuals who have been inculcated in the belief that the response to every single challenge is to “do” something (and do it best), it has felt counterintuitive to absorb the fact that the best way to address the national health crisis is to stay home, and follow directions. Yet, that is precisely what is needed.

And for those of us who have lived our lives in the special uniqueness of white privilege, it may be hard to understand that our voices have been heard, and our gifts have been showcased and appreciated, and it is time to step back, and play supporting roles to people of color, and allow them to speak their truths, share their gifts, and lead the movement for true racial justice.

It is a moment in history when it best for most of us to play small in the world; To take our cues from the scientific community when it comes to epidemiology and stay home, and to take our instructions from people of color on how to best support them. In some cases, that will mean staying quiet so their voices can be heard. In other situations, we will be of the most service if we echo the statements they feel must be heard. But, whether we are dealing with a virus or systemic racism, we will not be as important as we have always thought we were. And that will be a relief to a weary world. ❖



Walking Together: *The Summer That Wasn't. The Community That Still Is.*

Message from Rev. Michelle Yates

In my household, we have come to refer to the summers of 2018 and 2019 as “the summers that weren’t.” We didn’t have the usual flow to our summers. Summer of 2018, I was in Buffalo most of the time with my mother before she died. The summer of 2019, I could not speak for five weeks because I damaged a vocal cord, and the rest of the summer was spent pushing to prepare my mom’s house to sell. It was hard.

Now we have 2020. While it feels closer to normal for my family, it is nothing like normal for the rest of the world. It will be “the summer that wasn’t,” and it is hard. I usually wrap up my church work for summer, leaving people to their adventures, but this year we ramped up to offer ongoing support and community.

With our Flower Communion deliveries, Rev. Lane and I handed out UU Summer Camp bags to families with craft and faith-related activity ideas. The families that were not in driving range will receive these via email or our facebook group. I look forward to working with families on Faith Development Programming that works for them.

Our **Drop-In Discussion** Group will keep meeting over the summer on Zoom on Tuesdays from 6:30-7:30pm.

Mindfulness and Meditation, facilitated by Joy Lecesse, will continue to meet on Zoom on the third Saturdays of July and August at 9:30am.

Most of our **Small Group Ministry** groups will keep meeting online every other week over the summer. There will be an opportunity for new members to join or form a new group in September.

What helped me during my “summers that weren’t” were the events/activities I knew I could rely on, support I knew I could call on as needed, knowing that there was a larger Love holding me, holding us all, and that the best I could do was always enough.

You are loved. You are enough. And we are still here when you need us. ❖

Yours in the journey,
Rev. Michelle Yates

Director of Life Span Faith Development

Drop-In Discussion Schedule

Submitted by Beth Ares

Current drop-in discussions are held each Tuesday evening from 6:30 to 7:30pm via the church Zoom account. Contact DropInDiscussion@uuroc.org for the Zoom link!

Sometimes our discussions are based on certain books or articles, but you don't have to read anything or do any advance preparation to participate. Just drop-in. People of all viewpoints are welcome to make presentations or join the discussions.

July 7 | *The Art of Persuasion*

We're in a time when families and friends are sharply divided over issues of politics and religion. Phil Ebersole will lead a discussion on how to engage in respectful discussion and successful persuasion. You're invited to share experiences in which you have successfully (or maybe tried unsuccessfully) to bring someone over to your point of view or in which others have persuaded you. Or when you've seen someone else, maybe on TV or in a video, win someone over to their point of view.

July 14 | *Peter's Sermon — "Everyone Loves Bishop Casey"*

Have you ever felt out-of-step with the world around you? Have you ever felt as if you were on the outside looking in at life? Are you unique, or does everyone feel this way at times?

July 21 | *Homelessness During COVID in Rochester NY*

Andy Carey, social worker, will provide some information and insights.

July 28 | TBA

TBA

August | TBA

TBA

Do you have a topic for us? Contact our team members with your Drop-In Discussion proposals: dropindiscussion@uuroc.org. ✦

AND NOW ABIDE TH FAITH
HOPE LOVE THESE THREE BUT
THE GREATEST OF THESE IS LOVE

House News

Submitted by Ed Deller

Although we have not been meeting in the church for months there have still been many activities to maintain our building and grounds:

- Tom Ruganis, Ruthlee Barton, Karen Dau, Sarah Singal and I have been going in every other day each week to collect the mail and check on the property.

- Do you remember how hot the church was last summer? A new valve was installed in June to cut the steam off where it enters the church rather than in the boiler room. This should significantly reduce unwanted heating in the summer.

- The board approved the installation of a permanent cold blast barrier in the Clara Barton Lounge. The glass structure will replace the temporary vinyl version tested last winter. Installation is expected before next winter.

- Our committee is planning summer activities such as carpet cleaning, hallway polishing, downspout cleanout, general repairs and painting.

If you are interested in joining us on the committee or to help with specific projects let Ed Deller know. Current members are Tom Ruganis, Michael Scott, Karen Dau, Marcy Klein, Moritz Wagner, Sarah Singal and Shirley Bond. ✦



From EcoJustice Group

Submitted by Sarah Singal

If you're looking to connect with the Climate Movement along with Social Justice this summer, here are three local organizations to check out: Rochester Area Interfaith Climate Action (raica.net), Rochester People's Climate Coalition (rocpc.org), and Citizens Climate Lobby (citizensclimatelobby.org/chapters/ny_rochester). And if you'd like to join the EcoJustice Group, the next two meetings will be August 2 and September 6. Contact Sarah Singal for details. ✦

Finance Update

Submitted by Ann Rhody, Finance Committee Chair



Service Auction fulfillments are different this year. Lunches, dinners, and other offerings are postponed, but gardening is not! Peggy Meeker weeded and planted annuals in Connie Valk's garden in late May.

How do you solve a problem like.... the Auction??

In the face of the pandemic and the closing of the church building, the Finance Committee dealt with all of the immediate needs: budget considerations, accessing federal financial assistance, setting up online giving, and the like.

Now that we have gotten through the immediate situation, and have passed a budget for next fiscal year, the less obvious issues are coming into view. Among those issues: What about next year's auction? And what about auction events that could not happen?

At the 2020 Service Auction held on February 2, there were 70 items offered. We are encouraged to discover that the majority of those items have not been affected by the shutdown! However, among the most popular offerings are events and gatherings. Looking at the descriptions and dates, there are clearly 15 items which couldn't, or can't, happen as exactly as they were planned. Another 7 events were "maybes": that is, perhaps they just involved a few people and/or were already planned for the outdoors. Those items may be just fine, depending on the hosts and bidders.

If you offered one of those events that can't happen as planned, there are some options:

- Postpone the event until gatherings are safe again
- Reimagine and offer the event virtually
- Hold the event outdoors and/or with fewer people (*two dinner sessions instead of one, for example*)
- Offer an alternative to the item (*e.g. home delivery of a meal instead of gathering*)

Please keep in touch with the successful bidders, so they know about any plans you have. If you'd like help determining how to adapt an event, or what to do if it just cannot be offered, we are ready to share ideas!

For the **2021 Service Auction**, like everything else next church year, we don't quite know what to expect. Perhaps it will be safe to gather again during the customary Auction time in February, but that's a stretch for now. Here are some other things we may consider as the Auction team starts planning in the fall:

- Delay the Service Auction until we are fully "back"
- Hold some kind of online Auction
- Offer another kind of fundraiser instead
- Insert your idea here!!

The Service Auction has value to our congregation, well beyond the \$5,000-\$7,000 it typically brings in each year. It is based in fun, community, and fellowship, and is a treasured tradition. We will find a way to keep as much of that fellowship and fun as possible, even if it looks a bit different next year.

Please feel free to get in touch with me (finance@uuroc.org) or with our Service Auction experts Katherine Flynn and Paula Marchese, if you have questions or ideas to share.

Thanks from all of us!

Ann Rhody for the Finance Committee ❖

EcoJustice: The Tallest Waterfall in the World

Photo by Marie Rouilly on Unsplash



Submitted by Kate Fleury for the EcoJustice Committee

Where is the tallest waterfall in the world? Niagara Falls? No, it is only 167 feet tall. Angel Falls in Venezuela? It is the tallest waterfall in the world on land, at 3,212 feet. How about the Denmark Strait Cataract, between Greenland and Iceland, at 11,500 feet tall and 100 miles wide? Yes, that is the tallest waterfall in the world.

The Denmark Strait Cataract is a good example of how “The Great Ocean Conveyor Belt” operates.

The oceans are kept fresh by a riverlike current that circulates the world. Warm, salty water is on the surface of the oceans, and cold, dense, less salty water is below. In general, the warm water flows to the poles on the planet, where it loses heat, becomes dense and heavy with less salt, and sinks to the deep ocean. It flows back towards the equator. This action creates a great current that flows around the world. It takes 1000 years for water in this current to complete the cycle. In the Denmark Strait, cold arctic water of the Greenland Sea meets the warm salty water of the Irminger Sea and cascades dramatically down into the deep ocean, heading south.

Scientists have expressed concerns about the oceans warming due to human activity. Studies done with scientific-instrument-laden floats in the world’s oceans show an increase in the turbulence and speed in the ocean’s surface waters since 1950. The Atlantic Meridional Overturning Circulation (AMOC), a major component of the oceanic conveyor belt, is slowing. Renee Cho, in a Columbia University blog, has speculated, “Could Climate Change Shut Down the Gulf Stream?”

Imagine the ocean in our world with no great currents to circulate the water. It would turn into a stagnant swamp. In Cormac McCarthy’s apocalyptic book “The Road”, the ocean is grey, but there is no explanation of what happened. It is unusable. The current collection of fish and

ocean creatures would die off. It seems global warming is affecting the ocean’s system of refreshing itself, which has evolved over eons.

Who will survive if global warming continues? Will we turn into Mars? I would be sad to no longer be able to boast about “the tallest waterfall in the world”. ❖

References, with many beautiful videos and graphics:

- *The World’s Tallest Waterfall*, Jesslyn Shields, Science: How Stuff Works, June 28, 2017.
- *Where is the Largest Waterfall on Earth?*, Eleanor Imster, EarthSky, June 15, 2020.
- *The Thermohaline Circulation: the Great Ocean Conveyor Belt*, video, NASA.
- *Ocean on the Move*, UCAR, 2020.
- *The Living Breathing Ocean*, Mathieu Dever, Woods Hole Oceanographic Institute, October 31, 2018.
- *Could Climate Change Shut Down the Gulf Stream?*, Renee Cho, Columbia University Blogs, June 6, 2017.
- *Earth’s Oceans are Speeding Up*, Ian Randall, Daily Mail, February 7, 2020.
- *Scientists Say Ocean Circulation is Slowing*, Bob Berwyn, Inside Climate News, May 7, 2018.



Photo by Stephen Leonard on Unsplash

RUN for

W A L K . R U N . B I K E

Rochester Area Interfaith Hospitality Network

RAIHN

an affiliate of Family Promise®

RAIHN invites you to the inaugural event “Run for RAIHN” virtual 1 mile and 5K run/walk!

You also have the option to hop on your bike and cycle a 20K or 40K! Join us and go the distance! Participants can choose how to complete the 1 mile, 5K (walk, run) or the 20K or 40K (bike).... You choose where you run (anywhere while maintaining social distancing) and choose when (anytime between Friday, July 10, 2020, and Sunday, July 12, 2020) to complete your race. Registration and time-keeping will be provided by RunSignUp, hosted by YellowJacket Racing and Fleet Feet Rochester.

All proceeds from the race will support RAIHN’s services to vulnerable families in our community!

To sign up, visit <https://www.raihn.org/runforraihn>



First Universalist Church of Rochester

150 South Clinton Avenue
Rochester, NY 14604



First Universalist Church of Rochester, NY

Nurture the spirit and serve the community.

First Universalist Church is a member of the Unitarian Universalist Association, a liberal religion with historical roots in the Jewish and Christian traditions.

Worship service begins at 10 am Sundays

Minister | Rev. Lane Campbell

Minister of Life Span Faith Development |
Rev. Michelle Yates

Music Director | Brock Tjosvold

Office Manager | Emma Barry

Office hours: Tue.–Fri. 9 am–4 pm; closed Monday.

Nursery Care Provider |

Carol Williams & Sundae Hodge

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Editor, monthly newsletter *Our Outlook*, & *This Week at First Universalist* (digital): Emma Barry

More info is available on our website: uuroc.org.
The usual deadline for all submissions to “Our Outlook” is the 15th of each month.