



# Our Outlook

## First Universalist Church of Rochester

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**First Universalist  
Church of Rochester**

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## Sunday Services | June 2022

### June 5 | *Speaking Joy Into the World*

When we experience joy in our hearts, it has the power to make its way out into the world. Who do we share our joy with? What can we do when we are filled with the spirit of joy to the brim?

— Rev. Lane-Mairead Campbell

### June 12 | *Make We Joy*

An exploration about how we actively make joy in our lives. What are the things we do to create joy? Through a mix of singing, dancing, storytelling, and practices, let us share together how we make joy.

— Rev. Lane-Mairead Campbell

### June 19 | *All This Joy*

A song by John Denver with the lyrics, "All this joy/all this sorrow/all this promise/all this pain. Such is life/such is being/such is spirit/such is love." Let us explore together the conditions of life and living, balancing the joys of our hearts with the sorrow, the promise, the pain. Please bring a flower to share for our annual flower communion.

— Rev. Lane-Mairead Campbell

### June 26 | *If Only, If Only*

Humans have the unique ability to ponder alternative possibilities to what actually exists. We will explore the downside to this ability, and discuss how to make peace with what IS.

— Peter House

❖ Services begin at 10:30am ❖

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*Worship will be online and in-person at First Universalist Church. Check our Facebook page and website for more updated info! Please join us – Internet link: <https://us02web.zoom.us/j/131764422>; Phone number: 1-646-558-8656 with Meeting ID: 131 764 422. ❖*



## Creating Joy

*Message from  
Rev. Lane-Mairead Campbell*

I am all about making things. If you didn't know this about me, I love doing handy work around the house, building Ikea furniture and creating hands-on arts and crafts projects. It is something that calms me and brings about a tangible result. Just this past month, I helped a dear friend build a pergola in their backyard alongside family and friends and it brought me so much joy.

Joy is something we create. It comes from knowing what brings us that feeling of contentment, satisfaction, and delight and then spending time pursuing it. I would say we must work at making joy, though I don't know that it always requires hard work. Perhaps more hard work in times when joy is hard to find, when we feel disconnected from the parts of our lives that bring us joy.

As we head into these summer months, I am wondering about what aspects of your life you will engage to create joy.

Are there people to see?

Places to visit?

Gardens to get out into?

Practices to make more time for?

I am wishing you ease as you head into these months of creating joy. And wishing you more joy, more delight, and more contentment.

In Faith and Courage,

Rev. Lane-Mairead ❖



## Joy

*Message from  
Rev. Michelle Yates*

Back in April, I preached to you about a Theology for Tidying Up physically, mentally, emotionally, intellectually, etc. I shared that in her book, *"The Life Changing Magic of Tidying Up"*, Marie Kondo offers a metric that connects to our internal workings for deciding what to keep and what to discard.

Kondo says "the best way to choose what to keep and what to throw away is to take each item in one's hand and ask: 'Does this spark joy?' If it does, keep it. If not, dispose of it. This is not only the simplest but also the most accurate yardstick by which to judge." I unpacked that a bit to recognize that not all of us have the same understanding of the word "joy" OR have the full range of emotions available to us at each moment to experience the "joy" we are imagining that Kondo and others are talking about.

Many of us encounter these feelings around the winter holiday season, as well. We feel like the season doesn't include us because we can't turn on "the happy" or struggle to viscerally recall what that feels like.

In my April sermon I offered an alternative to Kondo's metric which also applies in our month with joy as the worship theme—"Not pain."

As we look for joy and how to share it, consider sources that hold no burden, pain, or regret. Follow the path that feels lighter, more relaxed. Activities that might make you smile to think about or are connected to a pleasant memory. For me that looks like sun shining in the window, lying in the grass, my kids blowing "wish flowers" or laughing. Follow the love!

Most of all, remember that joy is not a delirious Hallmark mountain top moment. DO NOT use that as the metric of joy. Even in our lowest moments, joy lives in us. Like hope and love, they have not left us, and never will. You are and always will be worthy of joy!

"It is not joy that makes us grateful. It is gratitude that makes us joyful."

Yours in the Journey,

Rev. Michelle ❖



## PRIDE Parade is BACK!

*Submitted by Connie Valk*

Pride Parade, to be held July 16, is back after a two-year hiatus due to the pandemic! This year marks 50 years since the first LGBTQ+ event was held in Rochester.

We are registered as “Unitarian Universalist Churches”. You can sign up at the FIAC Fair or via email at [PRIDE@uuroc.org](mailto:PRIDE@uuroc.org) to march OR sit with a newly formed “Lawn Chair Contingent” to cheer on the marchers.

There is the possibility of a float organized by First Unitarian if they can find a trailer. If you know of someone who can lend them one, please contact Connie Valk. More details, including offers for carpooling, will be sent to all those who sign up as the parade date draws near. ✦

## Finance News & Notes: *Lightening the Load*

*Submitted by Ann Rhody, Finance Chair*

Dedicated and trustworthy finance volunteers are crucial to the operations of the church. Many of our current volunteers have served in their roles for years, or even decades! While they make it look easy, the workload can be great.

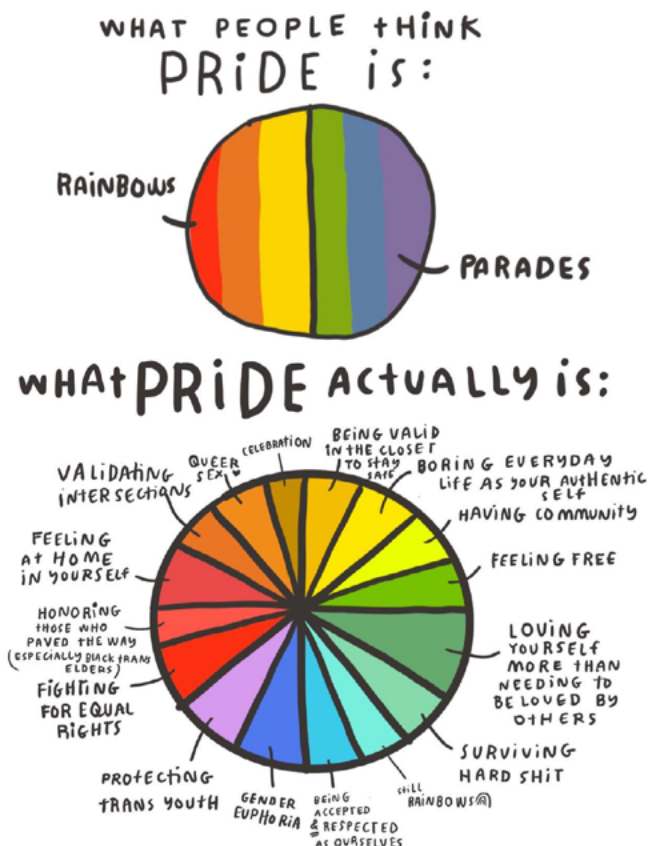
We have been considering a finance staff position, and were hoping to hire someone to take on some of the day-to-day tasks, leaving volunteers more time to provide oversight, planning, and policy. Alas, though, we were not able to include such a position in the 2022-23 proposed church budget.

We do hope to add such a position in the future, but meanwhile, how do we support these crucial volunteers? What happens if someone gets ill or needs surgery and can't fulfill their duties? What can we do to ensure that finance volunteers can travel, without them having to worry about whether the basic finance functions are being covered?

**Our short-term solution is that we'd like to have at least TWO people who know each of the four critical finance roles: Treasurer, Finance Committee Chair, Collector, and Payroll/benefits coordinator.**

Each of these jobs has a learning curve, so we'd like to get some “understudies” to work alongside the current volunteers. Are you able to help? In working with a more experienced person, you can learn a finance role to see if it might work for you, or just to help out.

These aren't jobs for everyone, and they do require a strong commitment to the church. But some of the tasks can be done from home, and if you are looking for involvement without the requirement of lots of meetings, this could be for you! Please email [finance@uuroc.org](mailto:finance@uuroc.org) for more information. ✦



*Credit: blessthemessy.com*



# Drop-In Discussion

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](mailto:DropInDiscussion@uuroc.org) for the Zoom link, or look on [uuroc.org](http://uuroc.org)! Sometimes our discussions are based on books/articles, but you don't have to do any prep to participate. Just drop in!

## June 7 | *A New Path to Inclusion*

The journey undertaken in western New York to make outdoor recreation accessible to everyone in one of this country's favorite parks. The *Autism Nature Trail* (The ANT) at Letchworth State Park opened on October 1, 2021. The project demonstrates that when we provide opportunities for a group of underserved individuals, everybody wins. Presented by Loren Penman, Co-chair of ANT.

## June 14 | *Incidents in the Life of a Slave Girl*

*Incidents in the Life of a Slave Girl* is the autobiography of Harriet Jacobs. Jacobs lived in Rochester for a while after escaping from slavery. Besides the awe-inspiring sacrifices she makes to escape from slavery and protect her children, Jacob's account has a lot to say about the sexual abuse of enslaved women, and the intersections of gender, race, and class. Bridget Watts presents.

## June 21 | *General Assembly 2022*

Our denomination's annual business meeting runs June 22-26. What will be voted on, discussed and presented—and what does that mean to us at First Universalist in Rochester? Give your input to delegates so they can represent YOUR wishes. A conversation with Karen LoBracco.

## June 28 | *"Death Cafe" movement—why is it so hard to talk about death?*

Drinking tea, eating cake and discussing death, aiming to increase awareness of death to help people make the most of their (finite) lives. Cormac McCarthy wrote, "Death is the major issue in the world. For you, for me, for all of us. It just is. To not be able to talk about it is very odd." While we won't be eating together, virtually, we can still relax as we talk about this taboo topic. Theo Munson presents.

Do you have a topic for us? Contact our team members with your Drop-In Discussion proposals: [DropInDiscussion@uuroc.org](mailto:DropInDiscussion@uuroc.org). ❖

# NYSCU News: Can you help us host in October?

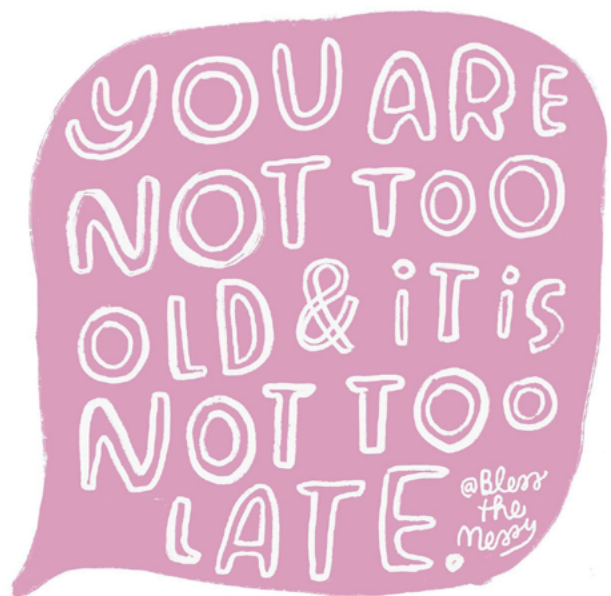
Submitted by Ann Rhody for NYSCU

The New York State Convention of Universalists (NYSCU) will hold their Annual Meeting on October 21 and 22, right here at First Universalist Rochester! We'll be welcoming folks from around the Northeast to consider how we carry the Universalist faith into our justice work in the world.

As the host congregation, we'll need lots of volunteers to ensure a smooth event. Please consider whether you can help with:

- Food/coffee for Saturday morning and lunch
- House considerations: directing folks to the meeting rooms, restrooms, etc
- The registration desk: checking people in and providing them with a packet of information
- Technology: this will be a hybrid convention, so we'll need Zoom hosts and a tech team to work with NYSCU people

In addition to volunteering, we want to encourage you to attend the conference! The theme of the meeting is "Seeking Justice; Finding Joy." There will be a keynote address, workshops, and fellowship. So save the dates: October 21 and 22, 2022. Contact [annrhody@gmail.com](mailto:annrhody@gmail.com) to volunteer or for info. ❖



Credit: [blessthemessy.com](http://blessthemessy.com)

# FIAC: Social Justice Fair on June 12!

*Submitted by Joy Leccese*

Want to sign up to march in the PRIDE Parade, or maybe join a UU lawn chair group to cheer the UUs as they march by?

Concerned about the environment and want to know what our church is doing to address climate issues? Have questions about how plant-based diets can help? Wondering about how you can help the houseless through our church's efforts to support this population? Interested in how the church is becoming an ally to marginalized groups? Not interested in signing up for anything, but just curious?

You are invited to the FIAC Social Justice Fair, to be held in the Clara Barton Lounge June 12 after the service. Background music will be provided by John Palocy on the keyboard! Come out of curiosity. Stay for the community! We look forward to seeing you!

Your Faith In Action Council – for questions, email [FIAC@uuroc.org](mailto:FIAC@uuroc.org). ♦



## GIANT BOOK SALE: One Sunday Only!

*Submitted by Phil Ebersole*

The Library Committee plans a book sale after Sunday services on June 26, with used books for sale for whatever you choose to pay and new books for sale at half price. We will need payment in exact change or checks for the new books.

We will have a display of new books in our lending library, including a novel by Steve Searls, a memoir by Elizabeth Osta, a history of the freedom struggle in Rochester, and a textbook on CRT.

We're not sure when we'll be able to open on a regular basis for buying, borrowing and browsing. So if you want to stock up on reading material for the summer, this will be a good opportunity to do it! Of course if we're not holding Sunday services at church on June 26, the sale will be postponed. ♦

## EcoJustice

*Submitted by Sarah Singal*

The LREDA Fahs Lecture at General Assembly will be given by the Rev Dr Sofia Betancourt. "Earthly Inheritance: Ancestral Wisdom and Today's Climate Justice," will be given 6/23 at 4:45pm Eastern Time.

Green tip of the week. If you're trying to do more for the climate, here's an easy way to start. Check the RAICA green tip of the week. It gets you thinking, which is the first step. Visit [raica.net/forum/green-tips/](https://raica.net/forum/green-tips/)!

*Youth v Gov* is now available for general viewing on Netflix. Twenty-one young Americans sued the government of the United States. To find out more, check [youthvgov.org](https://youthvgov.org), then click on #youthvgov.

June Social Justice Fair: EcoJustice will have a presence June 12; stop by the table for a visit!

If you want to join fellow First Universalists or get involved in some other way, come to our EcoJustice meetings, generally the first Sunday of each month, or email [ecojustice@uuroc.org](mailto:ecojustice@uuroc.org). ♦

# General Assembly: Portland, Oregon June 22-26

*Submitted by Karen LoBracco*

General Assembly is our denomination's annual meeting to debate and vote on governance issues, recognize those who enter/depart from leadership, and participate in challenging conversations about where our denomination is headed. First Universalist congregational delegates this year are Karen LoBracco, Jean Ott and Verdis LeVar Robinson! As active ministers, Rev. Lane-Mairead Campbell and Rev. Michelle Yates also have delegate status.

Join your delegates on Tuesday, June 21, at 6:30pm at the Drop-In Discussion to learn more and voice your opinion. We will be looking for your input on the Actions of Immediate Witness which will be posted on [UUA.org](http://UUA.org) on June 20. We also want your input on the two business resolutions up for a vote this year. If you can't make the Drop-In Discussion, please call or email your delegates.

1. **Renewing UUA Bylaws for Theologically Grounded and Mission-Focused Governance** (PDF, 2 pages) In brief, our current UUA bylaws were written for another time and place. "The bylaws need a wholesale rewrite to align our UUA governance to create a dynamic, accountable, flexible and responsive governance system for how we need to function now." This resolution asks the UUA board to do this rewrite and submit new bylaws to GA 2023 or GA 2024.

2. **General Assembly Planning Committee** (PDF, 1 page) In brief, this resolution would suspend "until further notice the membership and activities required by the bylaws of the General Assembly Planning Committee." The reasoning is that GAPC has been more focused on implementation of GA rather than governance issues. Also, "One of the guiding principles of the proposed bylaw revision is to separate the governance responsibilities of the elected Board of Trustees (and their committees) from the implementation responsibilities of the Association staff and staff volunteers."

**Available for Public Viewing-You are Invited!** General Sessions (Business Meetings), Service of the Living Tradition, Synergy Bridging Worship and Sunday Morning Worship will be streamed live on

[UUA.org](http://UUA.org) and the UUA's YouTube channel.

- **The Service of the Living Tradition:** Thursday, June 23, 2022, 7pm ET.

- **The Sunday Morning Worship:** Sunday, June 26, 2022, 12:30pm ET. Please join us for the largest annual gathering of UUs joining in worship. This is a powerful communal worship experience.

- Unfortunately, the 2022 Ware Lecture with Dr. Ibrahim X. Kendi will not be available to the public, but we who attend look forward to sharing our impressions and what we learned with you! ❖

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## FPGROC (RAIHN): Let's Meet Our \$2500 Matching Goal Early!

*Submitted by Chris DeGolyer*

As we announced in the May issue of *Our Outlook*, an anonymous donor has generously offered to match donations up to \$2500



for the Richard Brush Memorial Fund! This fund will pay for apartments to house temporarily homeless families until they find their own place to call home. We're off to a great start—as we write this in mid-May, people have donated close to 40% of our goal! Many thanks to the early donors! If you haven't donated yet, please donate as soon as you can, because this amazing match offer ends August 31, and summer whizzes by quickly! To donate online, use the "**Donate**" button on First Universalist's homepage, [uuroc.org](http://uuroc.org). Be sure to choose the designation "*Richard Brush Memorial Fund*". Or if you prefer, write a check to First Universalist with "*Richard Brush Memorial Fund*" on the memo line.

We are still working with FPGROC to develop new ways our church can help our guest families. We welcome your suggestions. In the meanwhile, the FPGROC website lists individual volunteer opportunities at [fpgroc.org/volunteer](http://fpgroc.org/volunteer).

For more information on any of the above, please contact us. ❖





▲ Michael Scott helps keep our BLM banner looking good, even if it means perching on a ladder!

## House News

*Submitted by Ed Deller*

We held a Spring Work Day in May to prepare the church for warmer weather. With the help of Tom Ruganis, Michael Scott, Karen Dau, and Ed Deller, window screens were installed, garden hoses set up, windows cleaned, old wires removed, smoke detector batteries checked among other tasks.

Signs inside and outside the church are being updated to show correct naming thanks to Marcy Klein in conjunction with the Communications team.

Many thanks to those who have worked to keep our sacred space safe and well maintained!

If you are interested in learning more about the House Committee and helping in the care and maintenance of our sacred space contact Ed Deller. If you are interested in learning more about the Garden Committee contact Sarah Singal. ❖



▲ Karen Dau lovingly cleans our Little Free Library, where we share books and healthy snacks with the community.

## Reproductive Action on May 12

*Submitted by Sarah Singal*

First Universalist Church supported the rally for Reproductive Rights on May 12 at Washington Square by providing restroom accessibility for those protesting against the likely decision of the Supreme Court to overturn Roe vs. Wade.

Since there are no available restrooms in Washington Square, we opened our doors once again. Approximately 45 people used our facilities. One was a woman whose daughter had unexpectedly started her menstrual period, and was desperately looking for a solution. Of course, we provided the sanitary items in the privacy of a restroom, and the mother and daughter were able to go back to the rally and later march to the Liberty Pole.

There were other stories. Our presence in the City of Rochester is important in so many unexpected but important ways. ❖



# HAPPY PRIDE MONTH

📍 你屬於這裡。

📍 Tú perteneces aquí.

📍 Vous appartenez ici.

📍 You belong here.

## BEYOND THE RAINBOW: YOUR ULTIMATE GUIDE TO PRIDE FLAGS



The Philadelphia  
Pride Flag



The Transgender Flag



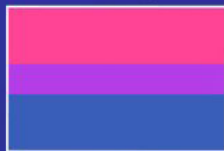
The Nonbinary Pride Flag



The Intersex Flag



The Flag for the  
Asexual Community



The Bisexual Pride Flag



The Pansexual Flag



The Flag for the  
Lesbian Community



The Gay Men Pride Flag



The Modern Pride Flag



The Pride Flag  
That Started It All



The 6-Color Pride Flag





# LGBTQ

## *Welcoming Congregation*

This Unitarian Universalist community  
welcomes and celebrates the  
presence and participation of people  
who identify as lesbian, gay, bisexual,  
transgender, and queer.



For information about the Unitarian Universalist Association's  
Welcoming Congregation Program,  
visit [uua.org/lgbtq/welcoming](http://uua.org/lgbtq/welcoming)

# PRONOUN PRACTICE

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## INTRODUCTION

**mis·gen·der** /verb/ present or past: misgendering, misgendered  
*to refer to someone (especially a trans person) using a word, usually a pronoun, honorific, or form of address, that does not correctly reflect the gender they are.*

**trans·gen·der** /adjective/  
*denoting or relating to any person whose gender differs from the gender they were assigned at birth; usually shortened to 'trans' due to multiple potential full forms.*

**non·bi·na·ry** /adjective/  
*denoting or relating to any trans person who is neither a woman nor a man at all or who is not 100% a woman nor 100% a man 100% of the time. [Please note that while some nonbinary people are nonbinary trans people, some nonbinary people are not trans while they are still non-cis. These definitions are also simplified and limited to the western transgender framework and may not adequately apply to non-western, non-white, or gender variant people.]*

**cis·gen·der** /adjective/  
*denoting or relating to any person whose gender matches the gender they were assigned at birth; usually shortened to 'cis'.*

## WHAT NOT TO ASK

**Question:** "What are you?" or "What are you really?"

**Why Not:** This is an invasive question that misses the point. A trans/non-cis person is who they say they are and is the gender they say they are. Talking to us like we're lying, pretending, or are a science experiment is disrespectful and dehumanizing.

**Solution:** "What are your pronouns? Mine are she/her." or "Hi, my name is Sara and I'm a woman. How about yourself?"

**Question:** "What's your real name?" or "What's your birth gender?"

**Why Not:** The name provided to you is their real name. The gender they were assigned at birth is not information you need and is often just trying to learn what someone's genitalia is which is inappropriate. The gender they've told you they are is their real gender.

**Solution:** Just don't ask these questions!

@hologramvin / @TransStyleGuide

STAGESOURCE.ORG | GENDER EXPLOSION

# BINARY BASICS

by John Meredith

## SOME KEY LGBTQ+ TERMINOLOGY

**PLEASE NOTE:** Language (like gender) is fluid. These definitions were built off of multiple resources and community discussions, but they are not the end-all-be-all. People may use different terms and definitions in relation to themselves and their identity.

**SEX** — Biological characteristics, including chromosomes, internal and external sex organs, and hormonal activities. Sex is most often assigned at birth based solely on the baby's genitals.

*Despite common misconceptions, even sex isn't binary. Examples of this may include people assigned female at birth with Y chromosomes, people assigned male at birth with a divided scrotum, or women with higher levels of testosterone than some men.*

**INTERSEX** — An umbrella term for people whose biological characteristics don't fit their culture's typical definitions of male or female.

*Intersex people make up an estimated 1.7% of the population, that's about equal to the number of people with red hair!<sup>1</sup>*

**GENDER** — A multi-dimensional interrelationship between a person, their body, their sense of identity, social constructs, and societal norms of behavior and presentation.

**GENDER EXPRESSION** — The ways we outwardly communicate our gender to others through things such as clothing, hairstyles, and mannerisms. Also referred to as gender presentation.

**TRANSGENDER/TRANS** — An umbrella term for people whose gender identity and/or expression differs from the sex they were assigned at birth. This does not necessitate any form of medical transition process. Trans(gender) is an adjective, someone cannot be "a trans" but they can be "a trans person".

*Approximately 12% of American Millennials identify as transgender or gender non-conforming<sup>2</sup>*

**NON-BINARY** — An umbrella term for people who experience gender outside or between the binary categories of man and woman. Depending on the person, this may or may not fall within the umbrella of transgender. Related terms may include genderqueer, gender fluid, agender, and Two-Spirit (a specific cultural role within some indigenous communities).

**CISGENDER/CIS** — A person who exclusively identifies with the gender they were assigned at birth. Simply put, it's anyone who isn't trans or non-binary. This is not indicative of gender expression, sexual orientation, or biological characteristics.

**QUEER/LGBTQIA+** — Umbrella terms for people of marginalized gender identities and sexual orientations. Unless a person has specified they prefer that term, be cautious when referring to someone as queer. "Queer" has a complex history as a reclaimed slur.

**TRANSITION** — A person's process of developing and assuming a gender expression to match their gender identity. This may include some or all of the following social, medical, and surgical elements: coming out to one's family, friends, or co-workers, using a new name or pronouns, changes in clothing or hairstyle, changing one's name and/or sex on legal documents, hormone blockers or hormone replacement therapy (HRT), and Gender-Affirming Surgeries. Transitioning is different for everyone, and does not require medical or surgical elements.

**PRONOUNS** — A substitute for noun or noun phrases (such as names) that are understood within the context they are used. Some gender pronouns include: they, him, her, himself, and ze. Pronouns are not necessarily indicative of a person's gender.

*56% of people under the age of 20 know someone who uses gender-neutral pronouns.<sup>2</sup>*

**DEAD NAMING** — The act of calling a trans person by a name they no longer use—usually the name they were given at birth. This should *never* be done without explicit and specific permission from the person being named.

## TERMS TO BE CAUTIOUS WITH

**SEX CHANGE / PRE-OP / POST-OP** — Terms regarding gender-affirming surgeries. Generally avoided due to oversimplifying transitioning as a before & after surgical process that is required to "fully" transition.

**TRANSSEXUAL** — An older term, usually specifying someone who has gone through hormone therapy or gender-affirming surgery. Transsexual should be used only if someone has expressed it as their preferred term.

**CROSS-DRESSER** — Someone who occasionally wears clothes and accessories associated with another sex. Cross-dressing is usually done for entertainment purposes, and is not done with the intention of permanently transitioning.

**PASSING** — The act of being perceived by others as cisgender (or another identity, such as straight- or white-passing). Avoid this term as it can imply a dishonesty/trickery or an unnecessary delineation between trans and cis people. A better term you could use, if needed, is cis-assumed.

1. <https://www.intersexequality.com/how-common-is-intersex-in-humans/>

2. <https://www.glaad.org/releases/accelerating-acceptance-glaad-study-reveals-twenty-percent-millennials-identify-lgbtq>





# 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 10:30am on  
Sundays**

**Minister** | Rev. Lane-Mairead Campbell

**Minister of Life Span Faith Development** |  
Rev. Michelle Yates

**Music Director** | Brock Tjosvold

**Office Manager** | Emma Barry

**Nursery Care Provider** | Carol Williams

### Board of Trustees 2021–2022

Theresa McFarland-Porter (*President*), Eric Van Dusen (*Vice President*), Steve Munson (*Clerk*), Jillian Beaman, MJ Curry, Bridget Watts, Richard Reed, Rev. Lane-Mairead Campbell (*ex-officio*)

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

More info is available on our website: [uuroc.org](http://uuroc.org)

The usual deadline for all submissions to *Our Outlook* is the 15th of each month.