



Our Outlook

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Sunday Services | March 2019

March 3 | *Community Ministry: Breaking Down Walls*

“Ask not what the world needs, ask what makes you come alive and go do it, because what the world needs is people who have come alive” – Rev. Thurman. What does community ministry look like for a UU minister? What is different about doing “church” outside of “church?” What do you do all day, anyway? — *Rev. Kelly Spahr.*

March 10 | *Exploring UU Lent*

In recent years, Unitarian Universalists have been exploring what a practice of observing Lent might look like to folks in our shared faith. Through themed photo-a-day practices, taking on extra spiritual practices, and visiting the Lenten devotionals of our heritage, people are piecing together a Lent that feels fitting for UUs. As a whole church, we will explore through writings, images, and song what Lent might look like for us. — *Rev. Lane Campbell*

March 17 | *Bringing a Lost Prophet to Light*

Bayard Rustin was an essential part of the Civil Rights movement who was often overlooked because of his sexuality, his political alliances, and his stance on the draft. What can we learn from the story of this strategic, brilliant, and creative leader? What have we lost in having his story remain invisible in the larger Civil Rights narrative? On his 107th birthday, let’s join in making this prophet visible and in celebrating his legacy. The topic for this sermon was chosen by Lyle Jenks, who won the sermon topic of his choice in the church auction! — *Rev. Lane Campbell*

March 24 | *Transgender Resistance and Resilience*

As we enter into this week ending with Transgender Day of Visibility, let’s celebrate the stories of transgender people in our country and community. This week invites us to celebrate the many contributions trans and gender non-conforming people have made to social movements and to our world through living authentically and through resisting the urgings of our society to remain invisible. Let’s celebrate gender diversity! — *Rev. Lane Campbell*

March 31 | *Let’s Show Up!!*

How has First Universalist shown up for you? How has this church encouraged you to show up for others? Inspired by the prophetic call of one of our church members, Becky Elwell, our churchwide Stewardship Sunday theme is “Let’s Show Up!” So come to renew your commitment to this congregation and to continue to show up for our community, for our city, and for our faith.— *Rev. Lane Campbell*

All services begin at 10:30 am

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The Dangers and the Safety of Visibility

Message from Rev. Lane

I have a friend from college who currently lives in Portland, Oregon. A few days ago, she posted a picture on social media following a hate crime she had been the victim of. Apparently, a truck with two college-aged white men pulled up on the street where she was walking, called her a homophobic slur and threw an unopened beverage can at her so hard, it left a wound on her cheek.

Being someone who is visible can be extremely dangerous. And what I am most impressed with is that she is willing to share her story, to put the image out there, to not hide away.

Remaining invisible would be a completely justifiable and warranted response. It could be a way to not talk about it, to not open oneself up to suggestions about what they should do or shouldn't do. It could be a way to remain safe and to care for herself.

In making herself visible, she has invited others to share a warning about these dangerous folks who hurt her and she has invited other people to share their stories and relate.

As we set out to explore visibility in the month of March, I am reminded of the benefits for visibility—the ways that being seen can be empowering and freeing. I am also reminded of the cost of visibility—the ways it can leave us open to judgement, threats, and even violence.

This month, let us celebrate visibility while also honoring that, for some, the decision to not be visible is a decision of safety, of their own personal agency, and one never taken lightly. My hope is that this month will help all of us to pay more attention to the way visibility plays a role in our lives. ❖

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



2019 Stewardship News

Submitted by Jillian Beaman and Richard Reed

Let's Show Up!

Everyone with a current year's pledge should have received a Valentine greeting; thanking you for your financial support to First Universalist. Your pledges are critical to the overall operation of the church. We can't operate without you.

Shortly you will be receiving your pledge packet for the 2019-2020 budget year. You should receive the packet around St. Patrick's Day. We ask that you look over the enclosed information and thoughtfully make your financial commitment for the coming year. This year we have set a goal of 100 pledges. There will be more information forthcoming on this initiative. **Remember all pledges count, no matter the amount.** We are all stronger together, so please pledge.

There are several ways to handle your pledge card. You can mail your pledge card or place it in Sunday's offering basket. There will also be a receptacle in the hallway to put it in or you can pledge online at uuroc.org. We ask that you try to have your pledges submitted by March 31, Stewardship Sunday.

As usual we will have a celebration after church on March 31, Stewardship Sunday with our annual pie fest. Please join us and have a piece of pie.

Lastly we need to give credit to Becky Elwell for the inspiration of this year's stewardship theme. Through Becky's testimonial last fall, we chose this year's theme: Let's Show Up.

Let's make this a banner year. Please pledge and show your commitment to First Universalist.

Thank You,

Jillian Beaman and Richard Reed
Stewardship co-Chairs ❖



Walking Together

Message from Rev. Michelle Yates,
Director of Life Span Faith
Development

Joys and Sorrows

One of our weekly rituals in Children’s Worship is the sharing of Joys and Sorrows. Each person is invited to take two stones and share either a joy or a sorrow as they drop each stone into a vase of water.

It is common for a sibling to start to share or imply what their sibling should share. “I know what Chris is joyful about.” “Ash is sad today because this happened.” Our children’s worship leaders remind the children that it’s up to each person to decide what they want and don’t want to share. If it is someone else’s story, then it is up to them to share it, but you can share your joy or sorrow if it’s about them after they share the news. “I’m glad for Chris who got an award.” “I’m sad for Ash whose fish died.” As you can imagine, this can be tricky. Just like the rest of life.

In life, as in joys and sorrows, we know that we are building Beloved Community by seeing, hearing, and sharing with each other; by holding and honoring each other’s joys and sorrows. But it is still up to others to decide if, and when, they want to share their story. When we see something is going on for someone we can always go to them directly to show our care or concern, but it’s helpful for children to share their concern with a trusted adult first.

This month we are considering Visibility. Some people’s stories are visible (whether or not they want them to be): the use of a wheelchair, the color of one’s skin, physical features or scars. Others share with us who they are in how they present themselves. How can we see, honor, and appreciate the people we meet? How can we create safe spaces for them to be seen, and brave enough to be vulnerable in sharing who we are?

Consider these starting points: Listen deeply to what someone is saying and what they are not saying. Ask curious questions to better understand from a place of non-judgement. Share your story when appropriate to reach out to others.

Yours in Faith, Rev. Michelle ❖

Social Justice Second Sunday: *Project Team Listening Session*

Each Second Sunday of the month, First Universalist provides an opportunity to get involved in a social justice project. On Sunday, March 10 at 12:15pm, people are invited to gather to learn about a social justice project possibility to address racial justice from our churchwide Project Team.

After nearly a year of research, The Project Team is interested in partnering with Spiritus Christi and the Black Community Focus Fund to support and create a Heritage Civil Rights Center. We want to know what you think about it, please come and share your thoughts. ❖

Spirit in Practice Faith Development Program

Submitted by Rev. Michelle Yates

The Spirit in Practice workshops were created to help UUs develop regular spiritual practices that help them connect with the sacred ground of their being, however they understand it. The workshops offer a forum for learning, sharing, and growth that can enrich our faith journeys.

Workshops will take place on the third Wednesday of each month from 6:30–8:30 pm (**NEW TIME**) in the Clara Barton Lounge, except for April, when we will meet on the second Wednesday, April 10. Come to each session or when you can.

In session 6 on Wednesday March 20 we will consider *Body Practices: keeping in touch with the miracle of our physical selves*. We will explore movement, eating, and a labyrinth. Please email our facilitator Rev. Michelle at edu@uuroc.org if you plan to attend or have questions. Walk-ins are also welcome.

The Spirit in Practice Workshops will also be offered every other Tuesday from 2–4 pm at the Irondequoit Public Library! The full schedule of dates for the ten sessions are as follows: January 15 and 29, February 12 and 26, March 12 and 26, April 9 and 23, and May 7 and 21. ❖



All About the Children

Submitted by Marti Eggers

“There are lots of reasons children don’t smile. They might be sick, tired, or in time-out for something they did wrong.”

“But when children come to the *RAIHN** program because they don’t have a home, and it has robbed them of their carefree smile, that is heart-wrenching.”

“*RAIHN* only serves families with children under the age of 18. I talk to a lot of adults who are homeless and try to find them other programs or shelters that serve single adults. But *WE* serve children and their parents/guardians. And although we realize we cannot fix, we at least can care, and show unconditional love for the short time they are with us. It’s all about the children.”

-Excerpts by Nancy Elliott, former *RAIHN* Director

You can join our team of wonderful, caring *RAIHN* volunteers at First Universalist.

Attend a training/orientation session and sign up!

Level I Training - Wednesday, April 10, 6:30pm
at Temple B’rith Kodesh, 2131 Elmwood Ave, Rochester

Level II Training - Thursday, March 28, 6:30pm
at Artisan Church, 1235 S Clinton Ave, Rochester

Next Host Week - Sunday, April 14 to Sunday, April 21
at First Universalist Church, 150 S. Clinton Ave, Rochester

If you would like “try” *RAIHN* during our Host Week please contact Chris Degolyer (chrisdeg@frontiernet.net) to shadow a volunteer at a convenient time for you.

**RAIHN* - Rochester Area Interfaith Hospitality Network -
Keeping families together; Getting families home for good. ❖

Drop-In Discussion Schedule

Submitted by Beth Ares

Drop-in discussions are held each Sunday morning in the Chalice Room on the second floor of our church, starting at 9:15 am during the regular church year.

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 in the discussions.

March 3 | *Tiny Home Village*

A “Tiny Home Village” of mixed income for homeless and low-income folks is in Rochester’s future. REACH was awarded a grant for a Tiny Home. Homeless Heartbeats/SJC has invited social worker Andy Carey to share its local evolution, as mental health and addiction issues and homelessness rise. Q & A after Andy’s talk.

March 10 | *What Gives Us the Will to Live?*

Based on a recent topic in the *Universalist Herald*. Because we are alive, we know that we will eventually die. Are you afraid of dying, and is it the pain of death that causes fear or the uncertainty (or certainty) of what’s on the other side? Does difficulty in life make you love life more, or does it weaken your resolve to have a quality life? David Damico facilitates.

March 17 | *Why Mindfulness & Meditation Work to Foster Peace*

— It’s Science, Not Faith Nor Religion. The secret is out! The science behind M&M is what unlocks the path to peace. What’s working, and why? Corporations, school districts, hospitals: it’s everywhere. Bring your (open) mind, and if nothing else get a read and a reading list on the Tool of the Century. Joy Leccese with others will facilitate.

March 24 | *Green New Deal*

Phil Ebersole will lead a discussion of the Green New Deal, which is a proposal for a public works and jobs program aimed at creating infrastructure for renewable energy and mitigation of climate change.

March 31 | *So You Want to Talk About Race*

New York Times bestseller, Jeoma Oluo, explores the complex reality of today’s racial landscape - from white privilege and police brutality, to systemic discrimination and the Black Lives Matter movement - offering straightforward clarity needed to contribute to the dismantling of the racial divide. Theo Munson of First Universalist’s *Social Justice Project Team* facilitates.

Do you have a topic for us—intellectual, profound, simple or silly? Please contact any of our team members with your Drop-In Discussion proposals: Shelley Adams, David Damico, Kate Fleury, Bob Remley, or Beth Ares, coordinator. ❖

Finance News

Offering Plate vs. Pledge: What's the Difference?

Submitted by Ann Rhody for the Finance Committee

As we enter Stewardship Season, we are sometimes asked why it's necessary to make a pledge, when we put money into the collection basket each week. One look at the numbers helps to tell the story!

Plate income for 2017-18:

• **\$6,859 or about 3% of total income** (*please note that this does not include social justice plate collections*)

Pledge income for 2017-18:

• **\$195,506 or about 80% of total income**

The rest of the church's operating income comes from building & parking rentals, the Service Auction, general donations, and the Endowment. ALL of this income goes to run the church—to pay for the people, the building costs, and the programs that nurture our spirits and serve our community.

While the plate collection is an important source of income, it doesn't come close to what we need to operate

the church, and it's also hard to predict from year to year. That's why we ask members and friends to make a pledge for each fiscal year—a plan for how much each of us is prepared to give to support the church. In this way, we can better plan our budget. Whether you can pledge \$50 per year or \$5,000, your pledge is a very important part of keeping our congregation financially sound. And yes, we still welcome you to drop money into the plate each week, too!

Let's Show Up! Stewardship Sunday is March 31. See page 2 for a message from the Stewardship co-chairs. More to come! ❖



Eastman at Washington Square Concerts

Concerts are held at our church at lunch time on Thursdays. Each concert begins at 12:15 pm and ends at approximately 12:45 pm. Admission is free. Bring your brown bag lunch and enjoy.

- **March 7 | Bach Meets Modern (II)**
A second installment of fabulous pianists from the studio of Professor Marina Lomazov pairing Bach's work with piano works of the 20th and 21st centuries that traces Bach's enormous influence.
- **March 14 | Illustrious Music-Cello & Piano**
Come and hear Shade Zajac and Doug Hanson in a recital presenting major works of Beethoven for cello and piano, and Rachmaninoff for solo piano.
- **March 21 | Piano Music by Women Composers (I)**
Join us as the studio of Professor Troy Caramia explores solo and duet compositions for piano by women composers, from 1845-2018
- **March 28 | Piano Music by Women Composers (II)**
A second installment of fabulous pianists from Professor Caramia's Studio ❖

Safety Committee

Submitted by Kate Fleury for the Safety Committee

A group is meeting to develop comprehensive safety goals and guidelines for our church. If you have safety concerns, please drop a line to Kate Fleury at ekard2911@gmail.com, so your input can be included. We appreciate your interest and your time. ❖

Finance Fact!

Submitted by Ann Rhody for the Finance Committee

How much does it cost to heat the church? The annual budget for heat this year is \$14,000, and we expect to spend all of it. Thanks to all who pledged last year; you've helped to keep us warm(ish) on these cold days! ❖

Cozy Night Suppers

Submitted by Kathy Russell

Cozy Night Suppers will be held on **Friday, March 8**, and **Friday, April 12**, from 5:30-7:30 in the Clara Barton Lounge. Bring a dish to pass, noting ingredients for the dinner portion, from 5:30-6:30. This will be followed by the 6:30 program: *A Different Look at Rochester*, presented by Roc/ACTS and Shirley Bond on March 8. Sign up on the bulletin boards in the hall or Clara Barton Lounge or let the office know you'll be joining us! The final Cozy Night Supper will be held on April 12 with a program by our EcoJustice Social Justice Circle. ❖

Living Our Values, Making a Difference

Submitted by Carole Hoffman and Constance Valk



Town Hall on Justice for NYS Farmworkers:

Sunday, February 10 we hosted a Farmworkers Rights Town Hall. It was a part of a series of Town Halls taking place across NYS from February 10 to February 21 in Rochester, New Paltz, Yonkers & Long Island.

MOCHA Glam:

Anxious to wear one of these beautiful aprons, designed by Janet Clarke-Hazlett? Volunteer as a host for MOCHA (*Ministry Of Coffee Hour Association*)! We welcome all who want to contribute time to this significant social ministry. No training needed! You get a full set of instructions prior to your stint, plus a chance to wear that stunning apron! To signup contact Carole Hoffman (choffman002@rochester.rr.com). A huge thank you to Janet!



The “Pronoun Issue”: *Supposing You’re a “He” and People Refer to You as “She”*

Submitted by the Communication Committee

First Universalist hosted a Trans Panel in February. The Out Alliance (formerly Gay Alliance) partnered with us to bring three people who identify as trans or non-binary. Their stories of struggles with identity from childhood, “coming out” to family, and depression, and their current lives educated us as we strive to be to be an even more welcoming church.

One topic that arose to the top in the discussion was the “pronoun” issue. In the English language, the word “he” is used to refer to males and “she” to refer to females. But, what if you’re transgender or both male and female? Or a woman who is mistaken for a man? Universities, organizations, and churches who are looking to be more inclusive are gradually sharing one’s preferred pronouns and asking for others’ pronouns when making introductions.

Our Youth Group a couple of years ago introduced this practice to church members in a Drop-In Discussion that filled the Chalice Room to capacity. Each person

gave an introduction with preferred pronouns. You may notice when you receive emails from minister or office administrator, their preferred pronouns are under their signatures.

At the Trans Panel presenters said it was important to ask if you don’t know a person’s preferred pronouns. One of our children who identifies as a cisgender (term for those whose gender identity matches sex assigned at birth) boy said that members sometimes mistake him for a girl at church in coffee hour because of his long hair. Although he said he doesn’t get upset, he would like the congregation to know he is a boy. One of the trans panel members who identifies as non-binary likes to be referred to as “they.”

The Communications Committee is working with Rev. Lane to ease this pronoun identity transition to make our church more inclusive. On March 24, we will be recognizing Transgender Day of Visibility. We are already a Welcoming Congregation. This service is the next step to raise our awareness to continue to “nurture the spirit and serve the community.” ❖

Social Justice Plate

Submitted by Shirley Bond for the Social Justice Plate Committee

There was a snow day in January so we were not able to collect for REACH that month. However they are not going to be left out. We will be repeating our request on March 17. REACH is an advocate for the chronically homeless, providing temporary housing and other needs for those who do not have shelter. REACH tries to find permanent housing for citizens and in the meantime, REACH has other services that can be offered to people.

Church volunteers are very active in this organization and if you have any questions they will be able to answer them. First Universalist is asking you to support REACH by contributing to the third Sunday's Social Justice Plate Offering. Thank you!

As usual if anyone has any suggestions for the plate offering please see Shirley Bond or Becky Elwell. Better yet, join the committee! ❖

What a Team!

Submitted by Ann Rhody, Finance Committee Chair

Thank you to all who helped with the Service Auction on February 3! Many volunteers made for a successful event which raised over \$6200 for our church's programs!

Co-Chairs: Paula Marchese & Katherine Flynn

Proxy Team: Connie Valk & Richard Reed

Clerks and Tellers: Bill Jones, Karl Abbott, Jim Milch, & Dave VanArsdale (who also did the booklet!)

Check-in: Marti Eggers & Beth Ares

Auctioneers: Kitty Forbush & Ann Rhody

Clean Up, House, Etc: Ed Deller

Additional Volunteers: Joy Leccese, Sarah Singal, Joyce Gilbert, Karen Dau, Chris Reynolds, Bridget Watts, Emma Barry, Nancy Gaede, Kathi Milch, and all who donated items or participated in the auction.

NOW: With a team of volunteers like this, wouldn't YOU like to consider being one of the Service Auction co-chairs in 2020? Paula Marchese has been at the helm for quite some time, and she is also taking on many other responsibilities at church. We'd love to welcome a new co-chair for the Service Auction—it's a wonderful team and you'll have lots of direction and help. Please consider stepping up to continue the Service Auction tradition! ❖

Roc/ACTS News

Submitted by Shirley Bond

Roc/ACTS is interested in getting involved with an initiative called LEAD (*Law Enforcement Assisted Diversion*). The idea is that low-level offenses by individuals would get a support system by various agencies from the community. They would not be released with only a plastic bag full of their possessions and a bus ticket. We need to know more about this and I am sure we will in the coming months.

Two people representing Roc/ACTS and the Police Accountability Board spoke to City Council at their open meetings. The chambers were packed and City Council got the message loud and clear. City Council agreed to PAB's demands.

The five pillars are:

- *Discipline*
- *Independent investigative authority*
- *Subpoena power*
- *Policy review and input*
- *An agency that is separate from city government*

Thank you for your time and effort First Universalist members & friends. Working together we can accomplish much!

I don't want to ignore the *Education Task Force* chaired by Cheryl Avery. She works on the "school to prison" pipeline. That approach helps fuel mass incarceration through zero tolerance policies in school, police presence and racial disparities in disciplinary practices.

We have a group working on solitary confinement. A guest speaker, Jerome Wright, came to a meeting to talk about his experiences. Roc/ACTS is demanding passage of proposed legislation that will halt the use of extended solitary confinement in NYS jails and prisons, #HALTsolitary.

I notice a great deal of cooperation, which has been a goal of Roc/ACTS—religious groups working together with union leaders, etc. This reminds me of a quote "I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

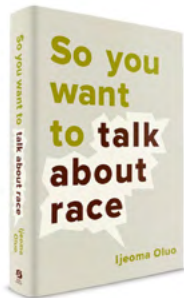
Please come to the March 8 Cozy Night Supper. Roc/ACTS has invited two guest speakers who will talk about Black History and the role of women. March is Women's Herstory month!

Lots of actions coming up, and I am thrilled and proud to be a member of First Universalist. ❖

Project Team Update

Submitted by Dolores Da Lomba

Social Justice Project Team member Theo Munson will be leading a drop-in discussion March 31 on Ijeoma Oluo's NY Times bestseller, "So You Want to Talk About Race". The book explores the complex reality of today's racial landscape, from white privilege and police brutality to systemic discrimination and the Black Lives Matter movement. I expect it shall make for an interesting discussion.



You need not have read the book to participate but if you would like to do so, copies of the book are available as e-book, hard copy or CD in the Monroe County Library system. It is quite popular and I strongly suggest you place an early hold.

The Social Justice Project Team will soon be hosting a series of Listening Circles to review and discuss the all church project that the Team feels will be a good fit for First Universalist. The first session is scheduled for **March 10 after church**. There will be a second opportunity to interact on **Thursday, April 4 after the Eastman at Rochester concert**. The third session will be on **Tuesday, April 23 at 6:30 pm**. We have endeavored to offer a wide variety of dates and times in order to hopefully reach the most people.

At each presentation, questions and discussion will follow. After the discussion, written comments will be encouraged. You are welcome to attend more than one session. We hope that most will find at least one time that is convenient.

Recommended reading: *The Color of Law* by Richard Rothstein. Mr. Rothstein documents how our government segregated America. I had always thought segregation in the north was accidental or a way that greedy real estate agents jacked up the prices of housing. I was so wrong. It was a conscious policy of our government. The *New York Times Book Review* describes the book as "a powerful and disturbing history of residential segregation in America. While the road forward is far from clear, there is no better history of this troubled journey." The book is the March selection of the *Moving Beyond Racism* book group which meets first Mondays at the Pittsford Barnes and Noble. ❖

FIAC As We Study & Learn about: *Structural Racism*

Submitted by Joy Leccese, Chair of FIAC, with Becky Elwell and Heather Jones

What is happening at First Universalist as we study and learn about Structural Racism? Where do we see ourselves and church participating in the cultural phenomena, structural racism?

In the last year and a half the congregation has become more attuned to racism via books, discussions



and cozy suppers. This year Faith In Action Council (FIAC) would like to ascertain the changes taking place and see how we identify and participate in structural racism both individually and as a church.

FIAC will be leading a quasi scientific evaluation about how we see the church role in the continuum on becoming an anti-racist multicultural church. Do you look at the church and assess it to be monocultural or multicultural? Anti-racist or racist? Exclusive institution or club institution? Compliant organization an affirming organization? Where does First Universalist fit? Are we fully inclusive, anti-racist, multicultural transformed society? What will all this information tell us? This is an attempt to see if we talk the talk and walk the walk. ❖

Safe Water

Submitted by *Kate Fleury* for the *EcoJustice Committee*

Plastic particles and plastic microfibers are found throughout our environment, including very small amounts in tap water. Bottled waters typically contain slightly more, possibly from the plastic that breaks off when the cap is opened. The American Cancer Society has declined to blame plastics or chemicals leaching into bottled water for causing cancer. Small amounts of chemicals leaching into bottled water, like BPA, might be avoided by only using stainless steel or glass containers for refilling with tap water. Bottled water is regulated by the Food and Drug Administration (FDA), whose guidelines are less stringent and probably less consistently enforced, than those of the EPA. Bottled water costs \$1 to \$7/gallon.

In a large municipal water supply, like Rochester, tap water is regulated by the Environmental Protection Agency (EPA). Our Rochester water is drawn from Lake Ontario, Hemlock Lake, and Canadice Lake. It is filtered to remove large particles, sediment, bacteria, organic material. It is provided to households in our area by a distribution system that is regularly updated with new equipment, pumps, and tubing. It is free of lead because all of the pipes transporting it have been refitted to remove lead sources. Tap water costs about 0.5 cents per gallon.

Public water suppliers are only responsible for water safety up to a property line. Private homes often have “older” plumbing in place, which may leach lead into tap water. If your home is older, it may be wise to test your water for lead. A step-by-step guide for determining what your home water pipes are made of is available at: <https://apps.npr.org/find-lead-pipes-in-your-home/en/>. New York State Department of Health has also initiated a free home lead testing program at: https://www.health.ny.gov/environmental/water/drinking/lead/free_lead_testing_pilot_program.htm. In the short term, if your water looks brown because the water has been sitting in older pipes, you can flush the pipes for 30 seconds to 2 minutes with cold water. This removes the stale water and brings a fresh supply from the public system. It is also recommended to only draw cold water from the tap, since heat leaches lead more easily from old pipes. Information about contaminants and potential health effects can be obtained by calling the EPA’s Safe Drinking Water Hotline 800-426-4791 or the Monroe County Dept. of Public Health 585-753-5057. You might also want to check out the Partnership for Safe Water, a joint program of the EPA and the American Water Works Association (AWWA).

Recommendations for water safety? Use good common sense:

1. *If your water is known to be unsafe, boil your water and/or use bottled water.*
2. *If your home is older test your water for lead/flush pipes with cold water before using*
3. *Avoid reusing bottles. Store bottled water in a cool dry place.*
4. *Recycle plastic water bottles.*
5. *Seek more info, such as the annual report on water quality from your local supplier.*
6. *It’s probably OK for people to occasionally drink bottled water.*
7. *We are very fortunate to have safe, inexpensive, convenient public water supplies ❖*

Book Group

Submitted by *Shirley Bond*

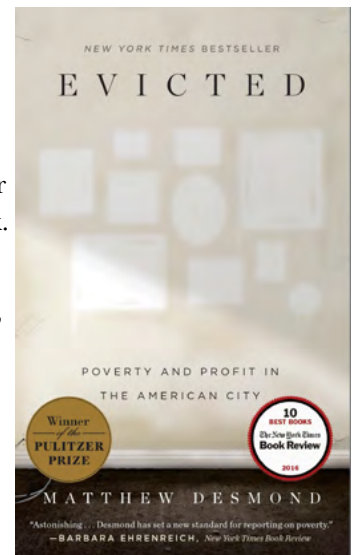
Evicted by Matthew Desmond. What an eye-opening book! Poverty is profitable, argues the author of this well researched book.

He follows the lives of eight families in Milwaukee, and realizes how these families are played by the system and bottom feeders who profit from people’s misfortune.

These families face situations that most of us never imagine. I was so moved after reading this book that I spent two days in Rochester City Eviction court. What a reality check! Case after case was identical, and involved non-payment of rent. 90% of the tenants were women with children in vulnerable situations. Owners can also evict for reasons other than rent payments; almost any reason, really. However, the situations are not all doom and gloom. Desmond writes in a style that is genuine and educational.

Give this book a try. It is a perfect selection for Women’s Herstory month as we march into March. There is hope that the system can be changed.

For those who would like a head start, March will introduce *Educated* by Tara Westover. ❖



The Idea of Home:

Submitted by a grateful neighbor

Homes and places of worship such as churches, synagogues, mosques, and temples, I believe, are sacred spaces. They are made in a variety of forms and sizes. “Home” may refer to this world, a country, a city, house, boat, mansion, castle, apartment, tent, igloo, yurt, wigwam, teepee, tree house, or a spot under a bridge. A regular place to sleep for a while may be the extent of one’s home.

Perhaps bulldozing the tents of the homeless people was not our finest hour here in Rochester, NY. Good has come of it. There is increased awareness and cooperation with people who work in government to help those who are without housing. The Reach House, Peace Village, and Person-Centered Housing Options provide a greater variety of resources.

I heard that my grandfather on my father’s side was a builder in Buffalo. Dad went to college to become an architect, but never finished. Instead, he became a commercial airline pilot. He hired architects to help him when he and Mom designed our homes. I remember his desk being covered in architectural designs, and his studying as aviation developed. Dad built five houses; Mom told me that one was in Germany after WWII, others were in England and Spain. Dad died in 1992.

Home was important. My parents, and then Mom alone after the divorce, maintained a home for us in the same village in England from 1957 until my mom’s death in 2014. I visited Dad in his homes. In 1980 I unexpectedly bought a home for my daughter and myself here in Rochester. I lived in that home for almost twenty-two years. My friends and employers also helped by being references for the mortgage. Although a single woman, thanks in part to conversations in Mother’s Morning Out at First Universalist, I had excellent credit, and no debt at that time.

I have never found a way to get by without the God of my understanding, and help from others. I no longer resent that; it is a joy to experience the goodness of others. It encourages me to be good and do good.

My association with First Universalist began in 1973, although there were many years I was elsewhere. I have had good experiences at First Universalist, both in the distant past and again more recently. With no formal religious affiliation, I associate with a variety of churches and religious groups. I am very grateful for all the kindness, generosity, and acceptance I have experienced.



It seems to me that UU’s and others of religious faith actively seek to love their neighbors. Of course, love means different things to different people. Although Universalists and others reach out to help the homeless and regularly participate in the RAIHN program, no socio-economic standard is required to associate.

Do not blame family members or those who work with and serve the homeless when the condition persists. It is likely there is always some factor you do not know of that could make all the difference. Homelessness is likely to be a combination of personal factors and systematic ones. It can be tempting to assume that the solution is money and housing. When a condition is chronic it is the symptom of an underlying cause. Unless the cause is resolved, the pattern continues, usually downward.

There is an annual memorial service for the homeless, or recently homeless, people who have died, known only or best to the workers in soup kitchens, shelters, and emergency rooms. Based on statistics, and what I have seen, the mortality rate for people without homes is very high. The recovery rate for alcoholics who frequent soup kitchens is very low.

Over 500 pedestrians and cyclists were hit by vehicles last year. I know three of them. One died, one is not yet fully recovered in over a year, and the other cyclist has recovered.

In any group of people there is likely to be misunderstandings, false assumptions, and inadequate communication that can lead to terrible consequences.

The fact that I am still alive after so many years is a tribute to the God of my understanding and those who are a sustaining influence. There has been so much kindness, patience, and understanding. Thank you. ❖





UNITARIAN
UNIVERSALIST
ASSOCIATION

Central East Region

The Healthy Congregation

Every congregation has its own unique character and culture, yet vital and vibrant congregations all have something in common: healthy communication and behavior habits.

This day-long workshop will give you tools, techniques and practices to help your congregation to accept differences, keep anxiety from taking over, learn how to disagree without destructive conflict, and work together to serve your greater purpose in the world.

Date: Saturday, March 9, 2019
Arrive: 8:30am
Program: 9:00am – 4:00pm
Registration: <https://www.uua.org/central-east/events>

Cost: \$25 (includes lunch & materials)

Location:

**Calvary St. Andrews Church
95 Averill Ave.
Rochester, NY 14620.**

Please bring a canned good or non-perishable food item for our host church's food pantry.

WHY TAKE THE HEALTHY CONGREGATION?

Congregations whose leaders participate this training and incorporate it in their practices experience less destructive conflict and more growth.

WHO SHOULD PARTICIPATE?

Ministers, religious educators, board members, committee chairs, potential leaders, etc.

Sponsored by:

- 1st Universalist Church of Rochester
- 1st Unitarian Church of Rochester

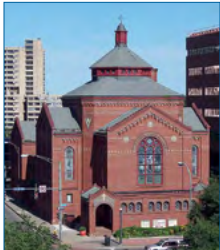
Facilitator:

**Rev. Renee
Ruchotzke**



First Universalist Church

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 10:30 am Sundays

Minister | Rev. Lane Campbell

Director of Life Span Faith Development |

Rev. Michelle Yates

Music Director | Brock Tjosvold

Office Administrator | Emma Barry

Office hours: Tue. - Fri., 9am to 3:15pm; closed Mon. | 585-546-2826

Sexton | Brandon Fagan

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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.