



# Our Outlook

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## Sunday Services | November 2024

### Nov. 3 | *All That You Change Changes You*

The beginning of a season of exploring the theme of “Transformation.” The title of this service comes from a sacred text in speculative fiction, from the stories of “*Parable of the Sower*” by Octavia Butler. Let us explore how to embrace change and transformation as a constant of shared living. Let us be open to transformation.

— *Rev. Lane-Mairead Campbell*

### Nov. 10 | *How Have We Been Transformed in These Times?*

A service following the 2024 election and a time to be together to reflect on how this year's election has shaped our present as well as our future. It is so important for church community to come together to reflect, plan, and commit to creating a future that embraces Unitarian Universalist values.

— *Rev. Lane-Mairead Campbell*

### Nov. 17 | *It's Over! Now What? Moral Reflections on Democracy*

By the time of this sermon, we should know who our next President will be, and the nature of Congress. Whether we celebrate or mourn, we need to embrace our UU principle of the democratic process in human relations. We'll look at the election in a wider context and try to assure ourselves that life will go on no matter the result.

— *Rev. Dr. Richard S. Gilbert*

### Nov. 24 | *Stone Soup: A Multi-Generational Story and Ritual*

Bring some veggies so First Universalist can make Stone Soup! A service telling the old tale while also collecting veggies for our local food pantry. Come join in the spirit of generosity and abundance as we make Stone Soup for our whole community!

— *Rev. Lane-Mairead Campbell & Rev. Michelle Yates*

❖ **Services begin at 10:30am** ❖

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



## Opening to Transformation

*A Message from  
Rev. Lane-Maired Campbell*

In this season of Transformation, I am thinking a bunch about how difficult change is, about the grieving process for what once was. I am thinking about having to shift how we might think about something, releasing previously held notions. I am thinking about how I am often less open-minded when it comes to change than I want to be. I am thinking about the labor from others that is usually required for me to change my mind.

I have just returned from a ministers' study group that I'm a part of—we meet twice per year to discuss different books usually as the seasons are changing in October and May. This year, the study group read a book called, *“Touch the Future”* by John Lee Clarke about the ProTactile movement amongst DeafBlind people (those who have severe impairment of both hearing and vision). ProTactile is a way of speaking through touch and gesture, experiencing the world through touch, empowering DeafBlind people through the agency of their own language to experience the world on their terms. Much of this book offered critiques about helping professionals, pointing out that those of us who seek to help can sometimes intervene on a DeafBlind person's experience of the world. This book turned my awareness and thoughts upside down. I had not had an experience with DeafBlind people before and this opened me to a new way of navigating the world.

What I find myself sitting with is just how much I use my hearing and my sight to connect with the world. And just how much that would leave out someone who is DeafBlind. Much of my life is constructed around being sighted and hearing. I am steadily opening up to a changed perspective.

I wonder what experiences you have had that open you up to transformation. What transformations may be underway in your own heart and mind. May we be open to the transformations this world has to offer us and may these next two months help us to find meaning and purpose in the ever-flowing changes that life brings.

In Faith and Courage, Rev. Lane-Maired ❖



## Connection Circles are Coming!

*A Message from  
Rev. Michelle Yates*

Early in September, Congregational Growth Consultant, Rev. Thom Belote spent time sharing his wisdom, experience and stories with us. We learned that across our country people are experiencing loneliness, and that churches are uniquely positioned to offer the connection that people are longing for.

Even before Rev. Thom came to us, I had been hearing from our regional *Unitarian Universalist Association* (UUA) staff contact, Rev. Renee Ruchotzke, that the small group model continues to prove again and again to be the most effective way to help people feel deeply connected in community. It is the best way to reflect on our values and spiritual questions, to engage in the search for truth and meaning together, to know and be known to each other in a way that coffee hour time just can't offer. Short term, interchanging groups, give us a chance to connect with more people sooner rather than later.

This model, which we will call “Connection Circles” going forward, is what Rev. Thom and many others recommend, having seen its success for many churches.

Here are the details: We will ask everyone to complete a survey of when they are available and how they prefer to meet. Folks will be matched up in groups of 6-8 people that commit to meet for 6-8 sessions. Training will be offered so that groups can facilitate themselves, but support will certainly be available. After your group finishes, you can get matched with another based on your updated availability. Please complete the survey and reach out to Rev. Michelle with questions at [edu@uuroc.org](mailto:edu@uuroc.org). ❖





## News on Membership

Submitted by Clinton Swingle

In conjunction with our new Congregational Life Coordinator, Madi Russell, the members of the Membership Committee will be taking a training from the Unitarian Universalist Association (UUA) called “Tending Congregational Life”. We plan to complete it individually by November 13 and then have a Zoom meeting on November 14 to discuss what we have learned and how it could be applied to our church. We invite other members of the congregation interested in church growth to participate in the training and/or to join our committee. You can find info about the UUA training at: [uuu.org/leaderlab/membership/membership-journey](http://uuu.org/leaderlab/membership/membership-journey).

We wanted to share some tips we learned from our membership consultant Rev. Thom Belote about how to have a conversation with someone who might be new to our church.

- Introduce yourself—A good introduction is very brief, warm, and invites connection—you can state something you are involved in at church or how long you have attended the church.
- You can start by saying: “I don’t believe we have met before.”
- A beautiful question: “How did you decide to come check out this church?”
- Respond to what they say, not what you’re curious about.
- Tell them it was nice to meet them and invite connection.
- Avoid assumptions and judgments—about age, for example (not all young people are students, not all older people are retired). Do not ask people of color or a person with an accent where they are from. Do not ask about gender identity.
- Topics to avoid: Don’t ask about employment. Don’t ask about education. Don’t focus on appearance, physical traits, or wardrobe. ❖

## Social Justice Plate: November

Submitted by Joy Leccese

Our November Social Justice Plate Offering is designated for *Rural & Migrant Ministry*.



*Rural & Migrant Ministry* works for the creation of a just, rural New York State through nurturing leadership, changing unjust systems and structures, and standing with the disenfranchised, especially farm workers and rural workers. Please contribute as generously as you can to support this important work. For more info, visit [ruralmigrantministry.org/](http://ruralmigrantministry.org/). ❖

## November 9 and 10: Climate Revival!

Submitted by Sarah Singal

Unitarian Universalist churches have been having Climate Revivals all over the country. There will be one at First Unitarian Church, at 220 Winton Rd S. November 9 and 10. The first day is a program from 10am-3pm, with lunch included. The second day is a worship service at 9:15am and 11:30am. ❖



# Drop-In Discussion

Submitted by John Lukes

Drop-in discussions are held Tuesday evenings from 6:30-7:30pm via the church Zoom account, and in-person on the first Sunday of each month in the Chalice Room at 9:15am. Phil Ebersole is the contact for in-person discussions. Contact [DropInDiscussion@uuroc.org](mailto:DropInDiscussion@uuroc.org) for the link, or look on [uuroc.org](http://uuroc.org)!

## Sunday, Nov. 3 | Speech Codes \*In-Person\*

Do they have a place in Unitarian Universalism? Bill Elwell will facilitate a discussion. We will meet at 9:15 am in the Chalice Room on November 3. All are welcome. Live in-person drop-in discussions will continue on the first Sunday of the month through June 2025.

## November 5 | Election Night - Open Topic

Since this is the evening of our 2024 Presidential election, let's have an Open Topic evening for those of us who are not going to be 'glued' to our radios, TV or computer all evening.

## November 12 | Post-Election: What We Learned and Spiritually Grounding Ourselves

Join in a discussion about what we learned in the 2024 election. We will discuss theological orientations and how to best center ourselves in 2024 into the next 4 years for the road ahead. Rev. Lane-Mairead Campbell presents.

## November 19 | Flawed Elections

In five of the past presidential elections (1828, 1876, 1888, 2000 and 2016) the candidate who had the most votes lost the election. Phil Ebersole will review this history and lead a discussion of our U.S. electoral system.

## November 26 | Climate Solutions Accelerator: Rental Properties and Energy Efficiency

Paul Henry, Community Organizer and Climate Justice Fellow, will present on the Climate Solutions Accelerator and the challenge of the 'split incentive' for energy efficiency upgrades to rental properties in the City of Rochester.

Have a topic for us? Contact our team with your proposal at [DropInDiscussion@uuroc.org](mailto:DropInDiscussion@uuroc.org). ❖

# HFA: Life on the Streets by the Numbers

Submitted by Chris DeGolyer

On a cold night in the last week of January every year, Partners Ending Homelessness and volunteers conduct a Point-In-Time Count of homeless people in shelters and on the streets in Monroe County. They don't count people sleeping in cars or abandoned houses. Here's the count for the past two years.



Fiscal Year (Oct. to Sept.)	Adults	Children	Total
2022	3,381	• 1,221	• 4,602
2023	3,466	• 1,525	• 5,106

Many chronically homeless people survive by self-medicating. Tracy Kidder, in his book "Rough Sleepers", quotes Tony, a rough sleeper, who said "The best feeling in my life, the best feeling, was going to sleep, the worst feeling was waking back up" (page 252). And Mike Jellison, who recovered from addiction and homelessness, said "What's the best antidote to homelessness? Drugs and alcohol are your best friends...How can you live on the streets without self-medicating? I never could" (page 180). Of course, addiction and homelessness bring on crises. And these crises involve police, paramedics, fire departments, emergency rooms, hospitals and psychiatric centers, jails and courts. As a result, Monroe County spends \$12.2 million annually on homelessness, or \$35,000-\$100,000 per homeless person per year, reports Patrick Hanna, Jr. of REACH Advocacy. Many of these costs are avoided when people have housing; they're less likely to get frostbite or hypothermia, for example. In "Rough Sleepers," Kidder describes a five-year study of 119 people living on the streets in Boston. In that time, they used emergency rooms 18,384 times, or 31 visits per person per year. Half of them died during the five-year period. The average chronically homeless man dies in his mid 50s, and the average homeless woman dies at age 43. REACH Advocacy Project Haven spends \$40,500 per person per year, but shelter and support services offered by REACH and other non-profits aim to help a person graduate from homelessness, ending the cycle of surviving from crisis to crisis. ❖



## Sharing Your Bookshelf

*Submitted by Karen LoBracco*

Did you know the Little Free Library in front of First Universalist Church is one of the most used in Rochester? Recycle your oldies and share the gift of books with someone new. All types and for all ages are popular. ❖

## Eastman at Washington Square Concerts

Concerts are held at our church at midday on Thursdays. Each concert begins at 12:15pm and ends at approximately 12:45pm. Admission is free!

• **Nov. 7 | ONYX Clarinet Quartet**

The ONYX Clarinet Quartet, comprised of Terry Gerber, Laurie Dobmeier, Roxanne Woy, and Alan Woy, was formed in 2010. The program will feature a wide variety of musical styles including classical, pop, jazz, klezmer, and traditional American and Latin music.

• **Nov. 14 | Early Music for the Lute Family**

Pedro Teorba and friends present repertory for a few instruments from the lute family by underrepresented Latin-American Baroque composers alongside European Renaissance canonical works for the lute. This concert is presented in conjunction with the Rochester Early Music Festival.

• **Nov. 21 | Autumn Serenade**

Cecile Saine, soprano, and Howard Spindler, piano, with guests Susan Cotroneo, Jim Grab, and Mark Daniels, perform familiar Duets and Trios. ❖



## Acronyms and Their Impact on Welcoming

*Submitted by the Communications Committee*

Ever find yourself scratching your head trying to figure out what a bunch of capitalized initials might mean? While they're always clever and they are usually meant to quickly call to one's mind the organization or group they represent, if one doesn't know or can't remember what the initials mean, it might as well be a foreign language.

Taking things a step further, when a group gets in the habit of using acronyms in their communications, they run the risk of making newcomers feel left out and unwelcome.

In order to make sure that we are not raising walls of exclusivity, it's important that what we write or talk about can be easily understood by people unfamiliar with our faith and/or our church. At the recent visit to our church by Membership Consultant, Rev. Thom Belote, he noted that acronyms are banned in the church he serves for that very reason. We believe that if acronyms are used, they should always be accompanied by a full explanation of the meaning of the initials, such as our Faith In Action Council logo, thus eliminating barriers to understanding and creating a welcome openness.

The Communications Committee is encouraging church groups to transition from using acronyms to full names in all church communications. The website, order of service, and the "This Week" email are being updated to remove acronyms, in order to make them more welcoming.

Please consider the acronyms your church group uses and how you can move toward a more inclusive way of doing things. Thanks! ❖



## Work from Home on Sunday Mornings!

Submitted by Karen LoBracco

Have you ever felt torn—want to attend worship but have a hard time (or can't) be there in person? The Online Ministry Team is a way to be of service to the congregation and others, all from the comfort of your couch while sipping your favorite beverage! This chilly weather is the perfect time to partner with me and learn how to be a Grusher or a Coffee Hour Host. Call or email Karen LoBracco to learn more, commitment-free! ❖



## Save The Date: 2025 Service Auction

Submitted by Ann Rhody

In honor of Groundhog Day, we're doing it AGAIN.... another Service Auction on Sunday, February 2, 2025, after the service, in the Clara Barton Lounge!

If you've been here awhile, you know how much fun it is....and if you're newer, you'll discover how much fun our Annual Service Auction can be!

More details to come—but for now, be sure you have reserved the date of February 2 after the service for our Auction. Also, it's never too early to think about a service, event, or item you can donate.

Here we go again! ❖



## “What a Relief!”

Submitted by Connie Valk

First Universalist Church opened its doors the afternoon of September 27 to welcome Rochester climate marchers to use its rest rooms. Juanita Ball, Vicki Venn, Elizabeth Osta, Kitty Forbush, and Dave Van Arsdale appreciated the thanks of fifteen marchers. Here is a sampling of comments:

*“This is a spiritual practice to have your bathrooms available!”*

*“Action is the antidote to despair!”*

*“I have great relief because you're here!”*

*“What a relief!” ❖*

## Healthy Snacks & Hospitality Bags Donation Request

Submitted by Rev. Michelle Yates

Our UUROC kids are excited to help assemble bags to be shared with houseless neighbors and others in need. Please help by donating any of the following items or by donating money that we can use to buy in bulk. Send questions to [edu@uuroc.org](mailto:edu@uuroc.org). ❖

- Juice boxes/pouches
- Granola bars
- Snack sized gummies
- Sandwich cracker packs
- Apple sauce pouches
- Small hand sanitizer
- Chapstick
- Small lotion
- Tooth brush
- Mini tooth paste
- Small tissue pack

**GET OUT  
AND  
VOTE ON**

**NOV. 5!**

**USE YOUR VOICE!**



**GET OUT THE VOTE**

AIGA's civic engagement initiative, part of Design for Democracy, in partnership with the National Endowment for Democracy, the League of Women Voters, and the Center for Civic Design. [www.getoutthetvote.org](http://www.getoutthetvote.org) | [nonprofitvote.org](http://nonprofitvote.org) | [vote411.org](http://vote411.org)

Poster design by Felicia Doolin, Chicago, IL

**Nonprofit VOTE!**

**VOTE 411**  
FOR NONPROFIT



# 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.

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

**Minister of Lifespan Faith Dev.** |  
Rev. Michelle Yates

**Music Director** | Dr. Brock Tjosvold

**Office Manager** | Mx. Emma Barry

**Finance Admin** | Maresa Carmody

**Cong. Life Coordinator** | Madi Russell

**Nursery Care Providers** |  
Carol Williams & Lily Thatcher

**Worship begins at 10:30am on Sundays**

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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.**