



Our Outlook

First Universalist Church of Rochester

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Sunday Services | October 2022

October 2 | *Bear Witness: Save Lives*

As we build Beloved Community, it is vital that we are able to share our stories and trust that people will be still and bear witness to us, acknowledge, and accept what we share. We must be present with one another with an empathy that honors our different life experiences. CB will share about the spiritual practice of bearing witness, and trusting others to bear witness to us, with a particular focus on gender.

— *CB Beal*

October 9 | *Harvesting Enough*

How do we know when we have given enough? When we have taken enough? In this world of mass-consumption and production, our choices have a deep impact on our Earth, our fellow humans, and our communities.

— *Rev. Lane-Mairead Campbell*

October 16 | *Bear Witness: Save Lives, Part II*

See Oct. 2 description.

— *CB Beal*

October 23 | *Claiming Lineage, Wrestling with Ancestors*

Much has been written and discussed about the need to heal our relationship with our ancestors AND this is hard work. Especially the work of reckoning with the injustices some of our ancestors may have committed and legacies of trauma we have inherited. How do we claim our ancestors?

— *Rev. Lane-Mairead Campbell*

October 30 | *It is Enough to Remember † Remembrance Sunday*

An annual observance of Remembrance Sunday, a time to gather and remember those who have died in the past year and the course of our lives. All are invited to bring pictures and mementos of loved ones for a shared altar. If joining online, please send a photo to minister@uuroc.org. Join this service to remember together those we have loved and lost.

— *Rev. Lane-Mairead Campbell*

❖ **Services begin at 10:30am** ❖

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. ❖



Enough Already!!

Message from
Rev. Lane-Mairead Campbell

I wonder if you have been overwhelmed recently. I wonder if you have had moments where you are sick about hearing about this pandemic or hearing about these difficult times. I wonder if you have had moments of feeling like life is too much. Or even that keeping track of keeping yourself safe and those you love feels like an added burden and you'd rather just throw it all up into the air.

Welcome! This is a normal response to the events of the past two to three years. If you are feeling sick of what is going on, you are not alone. The collective trauma we have lived through often brings about the response of being "over it." And it is no wonder we feel this way when we have lived with high levels of anxiety and been past our surge capacity to respond to crises for lo these many years.

The good news is that you are not alone. The difficult news is that this pandemic and the fallout from it all will continue. The difficult piece of this is that transmission and community levels for COVID are still quite high. The difficult piece is that we have been changed by this experience and we are not going back to some sort of pre-COVID time, though it does feel like a comforting thought. Things are coming back that we miss from times before COVID was a reality for us, but they will not be that same and our context is different.

In the meantime, it is okay that you have had enough. It is okay that you are sick and tired. I hope you find ways to rest and to draw sacred boundaries for yourself. I hope you find an activity to channel your anxiety or a healthy expression like journaling, movement, talking it out, or meditating. You certainly are not alone.

In Faith and Courage,
Rev. Lane-Mairead ❖



Enough

Message from
Rev. Michelle Yates

Like many parents, I struggle with knowing what is enough and the feeling that I have not done enough. I am certain that many people struggle with this. Here are three ideas that support me in this struggle these days. I hope they will offer you hope and support as well.

First is a song from *Daniel Tiger's Neighborhood*, a PBS animated musical TV show produced by Fred Rogers Productions. The song goes, "Do your best. Your best is the best for you." In the episode "Field Day at School," it talks about how your best may not look like the best for others. You may not be able to run as fast, jump as far, or throw a ball as accurately as your peers, but that doesn't mean you should give up. Keep trying, do your best, and that is enough.

I would add that your best on one day may not look like your best on other days. Somedays you may feel sharp, coherent and on top of things. Other days, the brain fog just doesn't lift, words get jumbled or forgotten, and you feel five steps behind. Do your best, and that is enough for today.

Next is a quote from *Bluey*, a cartoon from BBC that can be found on Disney+. At the end of the "Mum School" episode Mum says, "We all fail Mum school sometimes, we can just start again tomorrow." Some days are a wash. All you can do is follow the wisdom of Yom Kippur, "Forgive ourselves and each other, and begin again in love."

Finally, did you know that in Major League Baseball, if you are hitting the ball 30% of the time you are headed toward the Hall of Fame? I found that 30% of the time in many sports is a big deal.

Instead of trying to be perfect 100% of the time, what if we focused on showing up, reaching out, connecting in love, choosing kindness and generosity of spirit 30% of the time? That feels much lighter and doable to me. And that is more than enough.

Yours in the Journey,
Rev. Michelle ❖

NYSCU: Seeking Justice, Finding Joy

Submitted by Ann Rhody

NSYCU Annual Meeting—coming to our church October 21 and 22! The plans are set.... just add YOU!

The keynote speaker is prepped, the gavel is ready to come down, the engaging workshops are good to go! All we need now is people.

- We will need volunteers for morning coffee and lunch. Due to COVID, we'll likely be ordering box lunches or other catering—but we need volunteers to help with that planning.

- We'll need a number of "tech" volunteers to be Zoom hosts, chat monitors, and more.

- We need greeters for Saturday morning check in—helping folks with name tags, maps of the building, and registration materials

- Set up and clean up/house function volunteers are needed.

- Attend the keynote and the workshops! Serve as a delegate from our church or just come as you are. Registration material at nyscu.org.

Can you help? Email annrhody@gmail.com to volunteer or get more information. See more event info on page 7! ❖

Voting Deadlines and Information!

Submitted by Karen LoBracco

Make sure you are able to vote in the November 8 election! At the Monroe County Board of Elections website (monroecounty.gov/elections), you can check your registration and, if needed, update your address, or request an Absentee Ballot. The BOE will also process phone requests (585-753-1550). Absentee ballots requests must be received by Oct. 24. If you request an Absentee ballot, use it, because new rules are in place that make it harder to vote in person if you were issued an Absentee Ballot. Also consider Early Voting, Oct. 29-Nov. 6. Monroe County locations and times are listed at monroecounty.gov/elections-earlyvoting. ❖



Finance News & Notes: The (Holy) Fool and Their Money

Submitted by Ann Rhody, Finance Chair

Like many of you, I've been drawn in by Rev. Lane-Mairead's sermons on the Holy Fool, particularly in how we can approach things with the "beginner's mind." I found a number of applications in my personal life, but what about church finance?

The word "fool," holy or otherwise, is not something we normally want to associate with money when it comes to managing an organization. We are definitely not foolish with our financial practices! But what about the "beginner's mind?" Could that help us in some way?

After a few years of mostly positive news, the church's financial situation is now more difficult. Our budget has increased significantly—both because everything costs more, AND because of changes in how we operate (for example, the cost of a tech assistant for Sunday mornings to support what is now a critical function: hybrid worship). Meanwhile, our pledge base has not expanded significantly, although the pledges we do have are generous.

But what other opportunities might there be for increasing the church's income? What are we missing because we're only looking at the traditional sources: pledges, plate, and contributions? And are there cost-saving measures we can take without a negative impact on our mission?

As you might know, a group is looking at fundraising ideas to replace the old model of our Annual Service Auction. When we open ourselves to new ways of doing things, we can discover treasures in the process. We will proceed, attentive to the possibilities, rather than the "limitations," before us!

(But meanwhile, keep making those pledge payments and contributions! We're not THAT foolish.....) ❖

Drop-In Discussion

Submitted by Beth Ares

Current 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 if you have thoughts about the in-church drop-in discussions. Contact DropInDiscussion@uuroc.org for the Zoom link, or look on uuroc.org! Sometimes discussions are based on books/articles, but you don't have to do any prep to participate. Just drop in!

Sunday, Oct. 2 at 9:15am in the Chalice Room

In-Person

This initial Sunday morning discussion will be about where we want to go, what topics we want to discuss and what ground rules we want to adopt.

Oct. 4 | Open Topic

Gather, greet, converse. We will dive into an as-yet-to-be-identified but meaningful conversation.

Oct. 11 | Homelessness on the Rise in Rochester

Social worker Andy Carey will give us an update on our locally unhoused community. He will also talk about plans REACH has, and how we can help, as a group and/or individually. This presentation brought to you by First Universalist's Homeless Heartbeats Social Justice Circle.

Oct. 18 | Service For All?

During the Vietnam war some men waited to be drafted, some pre-emptively enlisted, a few left the country. Will there ever be another draft? Should military service ever be mandatory? Should everyone have the responsibility of service to our country? How about mandatory Military or National Service Options for men and women alike when they reach 18? John Lukes presents.

Oct. 25 | Is your mailbox full of donation requests?

How have you decided which ones to respond to? Our personal budgets speak loudly about our own priorities and values. It might be fun to share which causes "called us" to part with some hard-earned dollars, why, and which ones we feel good about. (In addition to our pledge to First Universalist, of course!). No proselytizing, no apologies, just sharing. Theo Munson presents.

Do you have a topic for us? Contact us with your proposals: DropInDiscussion@uuroc.org. ❖



Photo by kyle smith on Unsplash

COVID Task Force: Listening Session Oct. 9

Submitted by Karen LoBracco

- How would you feel if we made a portion of the sanctuary mask optional?
- If you've been attending services by Zoom, what concerns do you have that prevent you from attending in person?
- What are your thoughts about resuming coffee hour?

On October 9 after the Sunday Service, we'll break into in-person and Zoomed small groups led by COVID Task Force and Board members to present our present protocol and listen to your concerns, questions, and recommendations. Summaries of each group's discussion will submitted to the Board, to guide them as we continue to move through the pandemic.

If you are not able to attend this Session, you are welcome to send comments to covid@uuroc.org. ❖



Credit: XKCD.com

MY NEW ALL-PURPOSE EXCUSE FOR WHEN I'M NOT DOING SOMETHING

FIAC: Racism is Alive and Well in Rochester

Submitted by Bridget Watts and Connie Valk

In case you wondered why our Faith In Action Council (FIAC) recommended to the congregation that “racism” continues to be the focus of our project, here is an example to illustrate why we need to continue these efforts.

Bridget Watts writes: “Dr. Nicosia, who hosted, along with his wife, a racist mock Juneteenth party at their home, has been my dentist for decades. He is a very good dentist, but I’ve told him that I will no longer be patronizing his practice. The party was a shocking reminder of how prevalent racism is in our community among ‘respectable’ people, including those who serve on the boards of hospitals and community organizations. Dr. Nicosia sent a message to his patients emphasizing that he is a nice person, who has always taken good care of his patients. He maintains a self image of himself as a ‘nice’ person despite participating in the dehumanization of others.

“The Nicosia party incident also revealed some of the barriers African Americans encounter in entering white-dominated professions and space in Rochester. A Black firefighter was forced by his white superior to attend the party, where the hostess taunted him by offering him the fried chicken being used as a racist prop. Imagine how hard it must be for a Black person to come into a fire department where they have to work, share meals with, and live with white supremacists.

“To me, this incident is a reminder of the need for white people to educate ourselves about racism and its effects on our community, and for all of us to work for change.”

FIAC will use this church year to explore a process for deciding how to best use its resources and energy to push back against structural racism. In the meantime it is those inspirational behind-the-scenes personal acts of protest, like the act of changing dentists, that can reinforce our church community belief that Black Lives Matter. ❖



FPGROC (RAIHN): Night Without a Bed

Submitted by Chris DeGolyer & Ed Deller

FPGROC will hold its annual Night Without a Bed event on Saturday, October 22. The event gives the opportunity to experience living in poverty. This year's event will include a simulation of applying and interviewing at the Department of Human Services, followed by group reflections about the experience.

This simulation will be held at three places along East Avenue from 2-5pm. The minimum requested donation is \$5.



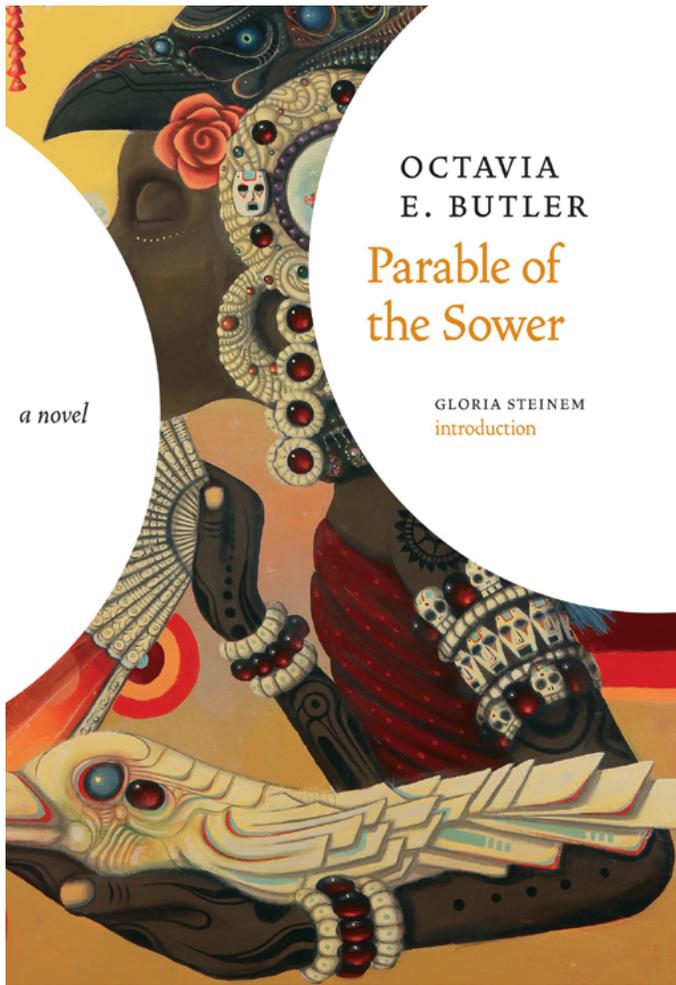
Other optional parts of the event include:

- 1) Your own overnight without a bed in your car, in a tent, or on your couch. Simulation participants will receive a packet with additional activities and conversation starters and an FPGROC pillowcase.
- 2) Online peer-to-peer fundraising to raise money for FPGROC programs and families. Create and share your own personal fundraising page with friends and family through email and social media pages.

Register at the Night Without a Bed webpage: www.fpgroc.org/nightwithoutabed.

Donate at FPGROC's fundraising page (to donate directly or create your own fundraising page): www.nightwithoutabed.org/organizations/fpgroc.

Note: First Universalist is hosting the NYSCU convention starting 7:30pm Friday, Oct 21 and ending at 3:15pm Saturday, Oct 22—obviously a high priority for us and a bit of a time conflict with the FPGROC event! ❖



Book Group

Submitted by Shirley Bond

Our review selection for October 9 is Octavia Butler's novel "Parable of the Sower". This is a futuristic novel set between 2024 and 2027.

What an interesting book Octavia has written! The book can be summed up in one soulful observation: What is to become of our world? We have work to do, but we can do it. The future generations are counting on us.

Please join us at noon in the Chalice Room for a lively discussion and bring book suggestions for future meetings.

By the way, reading the book beforehand is not required. The goal is to pique your interest!

We meet on the second Sunday of most months. Questions answered by: Shirley B., 325-6084 or Pam J., 738-2558. ✦

EcoJustice

Submitted by Sarah Singal

The October Ecojustice Group meeting will take place after church October 2, in the Chalice Room, noon to 1pm. Come and discuss what we can do to:

- Make our church practices more sustainable
- Help our members to maintain sustainable practices at home
- Offer opportunities for climate activism, including climate justice, and efforts to vote for climate!

All are welcome! If you want to get involved, our EcoJustice meetings are usually the first Sunday of each month, email ecojustice@uuroc.org for more info or see Sarah Singal. ✦

AGE MILESTONES AND ASSOCIATED PRIVILEGES

- 16 DRIVE
- 17 ATTEND R-RATED MOVIES ALONE
- 18 VOTE
- 21 BUY ALCOHOL
- 25 RENT A CAR
- 30 RUN FOR SENATE
- 32 RENT A SENATOR'S CAR
- 35 RUN FOR PRESIDENT
- 40 RENT A FLYING CAR
- 45 LEARN ABOUT THE GOD-EMPRESS
- 50 JOIN AARP
- 50 GET A SHINGLES VACCINE
- 52 CLICK TO SKIP CAPTCHAS
- 55 VOTE FOR GOD-EMPRESS
- 62 \$80 NATIONAL PARKS LIFETIME PASS
- 65 ELIGIBLE FOR MEDICARE
- 67 COLLECT SOCIAL SECURITY
- 68 SEE "SKIP ADS" BUTTON ON LIVE TV
- 70 RUN FOR GOD-EMPRESS
- 75 RIDE ANY ANIMAL IN A NATIONAL PARK
- 80 ELIGIBLE FOR MEGACARE
- 85 CLICK TO TOGGLE WHETHER ANY AD IS POSITIVE OR NEGATIVE ABOUT THE PRODUCT
- 90 CLICK TO MAKE ANY MOVIE R-RATED
- 100 GET A LETTER FROM THE PRESIDENT
- 102 (35+67) COLLECT A PRESIDENTIAL PENSION
- 105 GET A BIRTHDAY CARD FROM THE GOD-EMPRESS
- 111 LEAVE YOUR OWN BIRTHDAY PARTY EARLY BY PUTTING ON A MAGIC RING
- 118 VOTE 100 TIMES
- 120 COLLECT THE PENSIONS OF ALL ELECTED OFFICIALS
- 125 DRINK ALCOHOL IN AN R-RATED MOVIE WHILE GETTING A SHINGLES VACCINE FROM THE PRESIDENT
- 128 AGE ROLLS OVER, BECOME A BABY AGAIN

Credit: XKCD.com

New York State Convention of Universalists 196th Annual Meeting:

Seeking Justice, Finding Joy • October 21 and 22, 2022

Host Congregation: First Universalist Church of Rochester, 150 S. Clinton Avenue, Rochester, NY 14604

Housing: Holiday Inn Express, University Area, 717 East Henrietta Road, Rochester, NY 14623 • 585-272-7800

Special Rate is \$139/\$149 for NYSCU

Friday evening, October 21

7:30-9:30 PM Informal welcome and refreshments, meet & greet *Holiday Inn Express Hotel, Meeting room*

Saturday, October 22 *First Universalist church of Rochester*

8:30am: Registration, coffee

9:00am: Opening Worship - *Rev. Lane-Maired Campbell*

9:15am: **Keynote Address** **Immigration Front Line: Lessons in Resilience** *Sheila Starkey Hahn*

The address will begin with a brief summary of US immigration legislation and enforcement from 1985 to the present, followed by a review of current immigration policy under the Biden administration and the difficulty of backing away from restrictive immigration policies, once implemented. Ms. Hahn will describe the hope that emerges from despair, including friendships forged on the front line of fighting family detention, comradery enjoyed with 125,000 likeminded attorneys, and incremental victories along the way. She will recount personal stories of resilience of four of her clients and the lesson they have imparted: that the human instinct to live, love and thrive surmounts all obstacles.

10-10:30am: Keynote Dialogue

10:30-10:45am: Break

10:45am: Business meeting

11:45am: Lunch (*provided by the host congregation*)

12:30pm: **Workshop Session 1**

● **Growing Our Gardens, Growing Ourselves** *Petra Page-Mann, Fruition Seeds, Naples, NY*

What if our gardens grow us more than we grow them? Join us for an invitation to cultivate so much more than carrots, amplifying the beauty and abundance of us all for generations to come. Virtual presentation.

● **Bringing LGBTQIA+ Justice to UU Congregations** *Rev. Lane-Maired Campbell, First Universalist*

We will gather to share ideas about what has been working well in our churches for welcoming LGBTQIA+ people and also to share challenges. How are transgender and gender non-conforming lives honored in our worship services? Our shared rituals? Our congregational life? Bring your experiences, stories, and struggles to share.

1:30-1:45pm: Break

1:45pm: **Workshop Session 2**

● **Dealing with Deniers- How to Counter Misinformation** *TBD, Union of Concerned Scientists*

How do we cope with the walls that develop when people refuse to accept factual information? When do we work to collaborate and find common ground, and how do we know it's time to move on?

● **First Universalist Initiative on Racial Equity (FIRE) in Rochester.** *FIRE team, First Universalist*

In the wake of uprisings following the death of George Floyd and local Rochesterian, Daniel Prude, activities to address inequities grew out of partnerships with community activists. Join us to learn some of the lessons learned, solutions implemented and hopes for the future that continue to be a part of our congregational fiber.

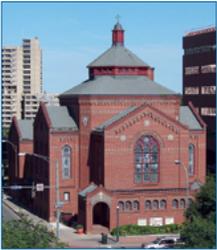
3:00pm: Closing Worship

3:15pm: Meeting adjourns



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 | Dr. Brock Tjosvold

Office Manager | Emma Barry

Nursery Care Provider | Carol Williams

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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.