



Our Outlook

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Sunday Services | November 2020

November 1 | *Authentically Remembering*

It is said that we should not speak ill of the dead, that we should be encouraged to only hold onto the good memories. The good memories are precious AND it is equally important to honor the complicated grief we hold. On this Remembrance Sunday, we will gather to mourn together. If you have a loved one you would like remembered, send a photo to minister@uuroc.org to be included in the service.

— Rev. Lane Campbell

November 8 | *Authentic Hope*

How do we find a hope that doesn't sugar-coat or get dishonest about the struggles of life? In an exploration of hope, lament, and honesty, let us see where we find space to be authentic about our doubts while still remaining hopeful.

— Rev. Lane Campbell

November 15 | *Towards Disability Justice*

Rev. Lane will be joined by guests to lead worship this Sunday in an exploration of what disability justice looks like—community support for people who live with disabilities that centers the voices of people who live with disabilities. A dialogue will be hosted after the service during coffee hour for more learning and reflection.

— Rev. Lane Campbell

November 22 | *Authentically Queer*

Join First Universalist Church and the Sisters of Perpetual Indulgence for a service celebrating living out loud and proud. On this Sunday following Transgender Day of Remembrance, we will explore both the gifts and the unfortunate challenges of living out and proud. And we will search our hearts for a faithful response to queerphobia and transphobia.

— Rev. Lane Campbell

November 29 | *My Universalist Journey*

A few years ago, I learned about a Universalist ancestor who lived in Vermont, and this led me not only to visit the town where he lived, but also various aspects of our Universalist heritage, which I will share with my church family!

— Steve Farrington

❖ Service begins at 10:30 am ❖

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



Shifting and Expanding Authentic Space

Message from Rev. Lane Campbell

The other day, my husband and I were out for a walk and I realized partway through the walk that I was outside in an outfit I would never usually wear out of the house (pajamas) and we were just having a silly time together. It's not as if being silly together in public has never happened for us, but I realized something had shifted in this time period. Whether it has come from more time spent at home or outside of the codes we impose on ourselves when we are in polite company or even just the way our lives are different now, something has shifted around our authenticity.

Is there something about this time period that is inviting us into a collective release of our self-consciousness? Or even just losing our filters we have developed over time that tell us the right way to be with one another?

I imagine that for some of us, a loss of some of the rules and codes people usually abide by would be a bit frightening or at the very least uncomfortable. I imagine that for some of us, the thought of living with less inhibitions feels freeing. Or perhaps you are somewhere in between on this. Either way, something has changed.

As we look towards the month of November, where we will be exploring Authenticity together, it is my hope we can find ways and spaces to be truly ourselves. As perhaps the landscapes of authenticity are shifting or expanding or even emerging for us, it feels appropriate to explore how to be real with one another in community. In this clarifying, refining time, I hope each of us can gain more clarity about where it is safe to show up authentically. ❖



Walking Together: Authenticity

Message from Rev. Michelle Yates

“Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are. Authenticity is a collection of choices that we have to make every day. Its about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen. Choosing authenticity means cultivating the courage to be imperfect.” – Brené Brown

I have often said in my adult life, that “I like my heroes human.” I like role models with flaws that struggle to figure out the right thing to do, get angry, make mistakes, have the courage to try to make it right, and then try again. That is authentic and makes hero status achievable for the average human.

One of the gifts I have experienced from the pandemic is permission to let go of the perfect, embrace the hot mess that is life right now, and appreciate the little victories of each day. I feel like the country is going through a crucible where we can no longer pretend everything is fine, and we can see that nothing and no one is perfect. The best we can hope for is to be compassionate, authentic, and find a way forward together.

My UU minister as a young adult would often share in sermons a way that he messed up or was struggling. It was one of the things that cemented my connection to being a UU. If the minister could still be learning, growing, and working to be his best self while he slogged through the mud of being human, then so could the rest of us. By being vulnerable, and authentically imperfect, he gave us the courage and permission to do the same.

Being authentic in this age is a worthy goal. Finding our way through life and a pandemic is hard enough without trying to “keep up appearances.” How can we work toward the next right choice as a community, if we are emotionally trapped trying to be something that isn't real. To be real heroes, we must first be real humans.

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” –Pierre Teilhard de Chardin

Yours in the journey, Rev. Michelle Yates ❖

How Can First Universalist Church and Unitarian Universalism Support You This Election Season?

We have a bunch of opportunities coming up on and after Election Day this year to offer support to folks in our congregation and community.

**REMEMBER, ELECTION DAY IS NOVEMBER 3!
HAVE A PLAN TO VOTE!**

Here are some options for support:

Drop-In Discussion, November 3, 6:30-7:00pm

Join our Drop-In Discussion for a brief time to check in with one another and to process some of the events of the day. Open space will be held to just check in and share what is on your heart and mind.

<https://us02web.zoom.us/j/88309974463?pwd=Z2lBVnc3dVBiTm9RNHR0U0oxQWpFdz09>

Vespers Service on Election Night, November 3 at 7:00-7:30pm

A combined service with First Unitarian and the Unitarian Universalist Church of Canandaigua.

We will engage in some spiritual practice, some shared music, and a few readings. A quiet, contemplative service to strengthen our hearts and spirits.

<https://zoom.us/j/9258589548> AND/OR <https://zoom.us/my/uutogether>

Midweek Meditation, November 4 at 11:30-12:00pm

Our weekly meditative service that utilizes spiritual practice, music, and shared silence to get in touch with our hearts and our bodies. The theme for the month of November is Authenticity, so we will be cultivating an authentic response to the present moment.

<https://us02web.zoom.us/j/165337938>

Vespers Service/Service of Celebration Post-Election, November 4 at 7:00-8:30pm

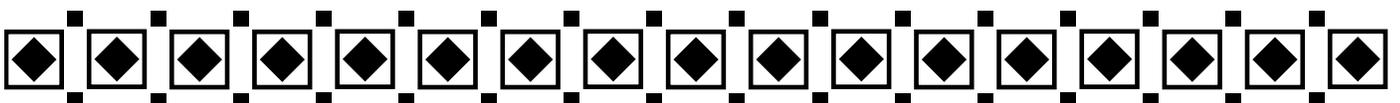
Please know space will be held on the day following the election to process and hold our responses.

If you would like to bring a reading to share fitting to where you are for the service, please do.

There will be opportunities for sharing with one another and for worshipping together.

Zoom link: <https://uuma.zoom.us/j/93727970110>

By Phone: 646-876-9923 Meeting ID: 937 2797 0110



Drop-In Discussion Schedule

Submitted by Beth Ares

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

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

Check our website for more details as these dates approach!

November Drop-In-Discussion dates:

- November 3
- November 10
- November 17
- November 24

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

Midweek Meditation Reflections

Submitted by Emma Barry

MAY YOU BE FILLED
WITH LOVING KINDNESS,
MAY YOU BE WELL.

MAY YOU BE FILLED
WITH LOVING KINDNESS,
MAY YOU BE WELL.

MAY YOU BE PEACEFUL AND AT EASE.
MAY YOU BE WHOLE.

Lovingkindness Meditation
Based on the Buddhist Metta Meditation

House News

Submitted by Ed Deller



Church building and grounds projects have continued even while we are not meeting at church:

- The flat roof over the minister's study was replaced in August as planned.
 - The ground floor south-facing windows were repaired and painted. The Clara Barton Lounge door to the parking lot and the minister's study were also painted. Thanks to Tom Ruganis for his expertise on these projects.
 - The parking lot is expected to be resurfaced in late October or early November. We'll communicate more details as the date is firmed up. The lot will be off limits for a week or so. Thanks to Moritz Wagner for coordinating this work.
 - The Clara Barton Lounge cold blast barrier project has been delayed due to the high demand on glass companies. We are still waiting for final details.
 - A stained glass window and storm window were broken in September during one of the days of social unrest. The windows are out for repair and are expected to be available for installation in early November. The window has been boarded up in the meantime.
 - The required fire safety and elevator inspections have been completed.
- Our continued thanks go to the folks who continue to check on the church, collect mail, restock the bathrooms and clean the oft-visited Clinton St alcove area. Special thanks go to Tom Ruganis, Karen Dau and Sarah Singal. ❖

Finance Update

Submitted by Ann Rhody, Finance Chair

How are we doing financially?

• As of this writing, we are a little over a quarter of the way through the fiscal year. We continue to notice that both income and expenses are running below expectations. We are financially stable as of now, and of course, grateful to be sustained by this generous congregation!

• As indicated in some recent announcements, we HAVE noticed a concerning trend: giving for specific, restricted purposes rather than the general operating expenses (*like the plate collection or a general contribution*). Remember that general support for the church (*plate offerings, pledges, and contributions*) makes all of our programs possible—including RAIHN and our social justice work!

Please continue to send pledge payments and plate contributions to church by mailing a check (*preferred, as it saves the church the online transaction fees*), or online at uuroc.org.

What are we going to do about the Service Auction?

A plan is in the works! Although it's a work in progress, here's what we know so far:

• Any “unredeemed” items or events from the 2020 Auction may be rescheduled or reimagined any time during 2021! So if you bid on a concert, a dinner, or other event that couldn't happen before we shut down in March, watch for communication from the donors—there's plenty of time to enjoy what you bought.

• We will NOT hold an in-person, traditional Service Auction for 2021. Instead, we are designing an alternative with these things in mind:

- › Our love of fun, fellowship, music, and treats
- › The need for funds normally raised by the auction
- › The safety and precautions made necessary by COVID
- › The goodwill of those who normally donate items and services to the auction

Details about this plan will be coming your way soon, you will be hearing lots about it during December and January, so keep watching those email announcements!

This and That:

• The annual Treasurer's Report is a final accounting and summary of our previous fiscal year (July 1, 2019 to June 30, 2020). The report has been drafted and will be sent to the Board and Leadership group. It will be available to any congregation member upon request, at finance@uuroc.org.

• Our Endowment and other investments are managed by Geovest Advisors. The Finance committee recently had a portfolio review with our investment manager, and we are pleased with the service. If you'd like to know more about the church's investments, please contact Finance Chair Ann Rhody at finance@uuroc.org.

– Ann Rhody for the Finance committee
finance@uuroc.org ❖

Small Group Ministry Openings:

New Opportunities for Connection

Submitted by Rev. Michelle Yates

Small Group Ministry is designed to foster connection and caring, spiritual growth and development, and to strengthen the fabric of our church community by exploring various topics.

Participants commit to attending a series of six sessions. Sometimes, individuals continue with the same group for longer periods of time. Each group is led by a trained facilitator and at this time meets via Zoom.

Three of our Small Group Ministry groups have openings for new members starting immediately!

- 1st and 3rd Wednesdays at 7pm
- Every other Monday at 2pm
- Every other Thursday at 7pm

Interested in joining a group? Take a look at the description on our website uuroc.org under the “connect” tab, and complete the survey regarding your interest and availability. Email questions to Rev. Michelle at SGM@uuroc.org. ❖

Race in a Brave Space (RiBS)

Dialogues with Verdis L. Robinson

This series of dialogues creates a brave space to learn, grow, and act toward antiracism—all in the context of our UU principles—especially concerning the inherent worth and dignity of every person. Participants will engage in real talk about race in relationship to (1) American History, (2) the Unitarian Universalist faith, (3) local Rochester history, and (4) an inspiring meditation to lift up racial justice.

All sessions will be virtual from 7 to 8:30 p.m.

Dialogue #1:

“What My History Teacher Never Taught Me” – Friday, October 16

Drawing from Mr. Robinson’s teaching African American history and decolonizing American history, we will explore hard truths by lifting up marginalized voices and experiences. We will learn what was intentionally left out of the historical narrative, why, and what to do about it.

Dialogue #2:

“Wilderness Journey” – Friday, November 13

Participants will preview the film, *Wilderness Journey: The Struggle for Black Empowerment and Racial Justice within the Unitarian Universalist Association, 1967-1970* (found on YouTube). We will reflect together on its lessons, what is currently plaguing our religious tradition, and imagine what our future as UUs could look like.

Dialogue #3:

Rochester’s History of Systemic Racism – Friday, January 22, 2021

From the fiery destruction of Frederick Douglass’ home to the uprising in July 1964 to the perpetuation of residential segregation, we will explore the systemic racism in Rochester’s history. What have we really learned? What is being done? What is OUR vision for our community?

Dialogue #4:

Enduring the Long Night: A Meditation – Friday, March 19, 2021

Mr. Robinson will share an interpretation of Psalm 30:5 “Weeping may endure for a night, but joy comes in the morning.” What does it take for the joy to come? We will create a collective meditation on enduring the long night of racism to get to that glorious morning together.



Verdis Robinson’s guest leadership is being sponsored by the FIRE team of the First Universalist Church. Congregational members will receive zoom links to the virtual seminars.

To make a donation, send a check to 150 S. Clinton Ave, Rochester NY 14604, or click the donate button on uuroc.org at the top or bottom of the page. Thank you!



2021 Eunice and Jim Eckberg Racial Justice Memorial Film Series Third Sundays, 2-3:30 p.m.

This film series is named in memory of two beloved First Universalist members who shared an enduring quest for racial justice throughout their years together. Films are to be viewed on your own prior to the Zoom discussion on the date specified. Please view the film BEFORE the discussion to assure a quality experience.

October 18—A Tale of Two Schools (2017, 61 min, YouTube): An intimate and compelling documentary, narrated by Morgan Freeman, about children at risk in two struggling schools and the parents and teachers who care about them.

November 15—I Am Not Your Negro (2017, 1 hr. 33 min, Netflix, Amazon): Based on James Baldwin's unfinished book, this visual essay explores racism through the stories of Medgar Evers, Malcolm X and Martin Luther King, Jr.

January 17—The Hate You Give (2018, 2 hr.13 min, Hulu, HBO, You Tube, Amazon Prime): The uneasy balance between two worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer.

February 21—BlackkKlansman (2018, 135 min, Netflix, Amazon Prime, YouTube, Apple TV): An African American police officer successfully infiltrates the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Directed by Spike Lee and based on actual events.

March 21—Selma (2019, 2 hrs. 8 min, Netflix, Amazon): Chronicles the tumultuous three months in 1965 when Dr. Martin Luther King, Jr. led a dangerous campaign and epic march from Selma to Montgomery to secure equal voting rights in the face of violent opposition. Directed by Ava DuVernay.

April 18—What Happened, Miss Simone? (2015, 1 hr. 41 min, Amazon Prime, Netflix): Classical pianist, dive-bar chanteuse, black power icon and legendary artist Nina Simone lived a life of brutal honesty and musical genius. Meet the mother, the activist, the tortured soul, and the legendary songstress.

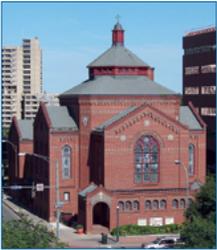
To Register: email your film choices to FIRE@uuroc.org to receive the Zoom discussion link. **To Donate:** go to uuroc.org and click on DONATE (at the bottom of the page). Thank you!





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 Campbell

Minister of Life Span Faith Development |

Rev. Michelle Yates

Music Director | Brock Tjosvold

Office Manager | Emma Barry

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

Nursery Care Provider |

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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.