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Church of Rochester

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Sunday Services | September 2026

September 6 | *Change the Words...Change the Outcome*

The power that our words have to change things going forward—Tom Williams, Kitty Forbush, and Patti Goodwin will be exploring this topic for their annual Labor Day service.

— *Kitty Forbush, Tom Williams, & Patti Goodwin*

September 13 | *Into the Well: Water Communion*

“This is no time,” as Rev. Susan Frederick Gray put it, “for a casual faith.” The world (and our church) is changing, but we have a deep well of faith to return and return to in times of upheaval. Come to the well this Sunday as we celebrate our annual Water Communion, and please bring some water from a source that’s special to you—a river or lake, your home, a pet’s water dish even.

— *Rev. Eileen Casey-Campbell*

September 20 | *Atonement Economics*

Our culture carries the story of wrongdoing as debt and punishment as payment, but how has this story of the economics of harm harmed us? And how can we move into new ways of healing?

— *Rev. Eileen Casey-Campbell*

September 27 | *Not an Empty Box*

— *New Member Ceremony!*

Ours is a faith of substance and power, but why do we so often talk about it like it’s an empty vessel, into which anything can be poured?

— *Rev. Eileen Casey-Campbell*

❖ **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. ❖



What We Carry

*A Message from
Rev. Eileen Casey-Campbell*

Dear Ones,

One year ago I had just begun our shared ministry together and was writing my first letter to you. I was still learning your names, and where the pens were, and what the culture of First Universalist was like. But I think some of what I said to you then is worth repeating:

“Change is hard. It is exciting, thrilling, good for us, but it is not comfortable. It requires us to rethink *The Way We Do Things* and imagine new possibilities. It demands we grow from our positions of comfort into new capacities.”

We have all changed and grown so much in the last year. We have twenty new members and even more new visitors and friends. We find ourselves with a suddenly flourishing family ministry, robust enough to be launching an OWL program this fall. We have some new staff and a new social justice priority (immigration justice) to focus on this year.

And we’ve held one another through sorrow and hardship as well. Four beloved congregants died this year, and many of us have had personal or familial loss as well. *The Way We Do Things* has changed and that, in itself, is a loss. I’m proud of how we’ve cared for one another through all that.

As we enter the seasonal theme of What We Carry, it’s a good time to consider all that we are holding—the good and the bad. What do we want to ensure that we hold sacred and protect, passing on, generation to generation? What is too heavy, no longer useful, or hurting to us to continue holding? I hope we can embrace this discernment with playfulness and joy.

As I wrote to you just a year ago,

“Let us be ready to be uncertain and uncomfortable together. Ready to make mistakes, to make a glorious mess, and to joyfully imagine new ways of living and loving.”

So glad to be with you,

Rev. Eileen ❖



Connect with Connection Circles

*A Message from
Rev. Michelle Yates*

This worship theme of “What We Carry” for the months of September and October make it the perfect time and reason to join a Connection Circle.

Even when this isn’t our theme, Connection Circles are a great place to have the deeper conversations that don’t often fit into coffee hour, but may be what interested us in joining a church community.

The topics and questions we discuss in Connection Circles are great for considering our religious and cultural inheritance, and discerning what we want to take with us or leave behind as we move forward in life.

It also provides an opportunity to build connection and belonging with others and the larger church community. Often you’ll develop a closer relationship of trust and support with members of your group.

Finally, these groups are “spiritual practices.” Time that you set aside for growth and connection.

Join new groups meeting monthly through the church year:

- In-Person: first Tuesdays at church, 1:30-3pm, running from October–June. Come early and bring your lunch to join the Fellowship Club from 12-1:30pm.

- Virtually: third Thursdays on Zoom, 7-8:30pm, September–May.

Ongoing groups also have openings:

- Every other Monday from 10:30am-12pm on Zoom from September 21 to early June.

- First & third Wednesdays, 7-9pm at church.

- First & third Thursdays, 1:15-3:15pm at a member's home.

Consider what groups and time frames work for you and email edu@uuroc.org or sign up on our website at uuroc.org/connection-circles. We hope to see you!

Yours in the Journey,

Rev. Michelle ❖

A Different Approach to our Social Justice Plate Collections!

Submitted by Connie Valk

Remember when you voted online in May for Social Justice Plate recipients? Well, starting Sunday, September 6, the elected recipients will receive 1/4 of the entire month's collection, rather than receiving donations designated on one Sunday per month.

Why are we changing this procedure? Having more opportunities to donate to nonprofits increases the dollar amounts for recipients. Rev. Eileen Casey-Campbell noticed this when the procedure was implemented in her previous congregation.

Who besides Rev. Eileen has approved this? The *Faith In Action Council* (FIAC) brought this suggestion to the Board. They approved it after conversations with the Finance Committee.

The **How** has been designed by the Finance Committee. One-quarter of the month's cash donations will go to the Social Justice Plate recipient. All checks and online contributions designated for a particular recipient organization will be added to the 1/4 cash donations. Checks and online donations earmarked for pledges will be so designated. Unspecified checks and online donations will support our church budget.

Our *Faith In Action Council* (FIAC) is looking forward to this change, confident that it will pave a better way to serve our community. ❖

Upcoming Rest: Staff Time Away

Submitted by Emma Barry, Office Manager

In the spirit of loving community, we share these dates so we may hold our staff in care while they are away and joyfully welcome them upon their return!

- Rev. Michelle Yates: Sunday, October 4

Staff members, please email office@uuroc.org with dates of upcoming scheduled absences so we can update this space and respect your time away! ❖



September Social Justice Plate: Refugees Helping Refugees

Submitted by Emma Barry, Office Manager

Our September Social Justice Plate Offering is designated for **Refugees Helping Refugees**.

Refugees Helping Refugees (RHR) is a non-profit organization that serves refugees of Western New York. RHR seeks to foster the growth, self-determination, and self-reliance of Rochester's refugee community by making them agents of their own advancement.

Please give what you can to support. Thank you! For more information, visit facebook.com/RefugeesHelpingRefugees. ❖

Coffee Hour Update #1!

Submitted by MJ Curry, Coffee Hour Coordinator

After two-plus years as coordinator of coffee hour (gratefully supported by Sue Keefe and an ever-expanding team of co-hosts), MJ Curry will hand over the reins to Molly Bell, Angelina Bell, and Sue Keefe. More info on page 10!

Much gratitude to all of the volunteer co-hosts and their flexibility, especially during our last year of growth, and for Justin's support.

If you are interested in participating, please email coffeehour@uuroc.org. Stay tuned for the next iteration of coffee hour! ❖



Drop-In Discussion

Submitted by John Lukes

Drop-in discussions are held Tuesdays from 6:30-7:30pm via Zoom, and in-person on the first Sunday of the month in the Chalice Room (#23) at 9:15am. Phil Ebersole is the contact for in-person discussions. Look on uuroc.org/drop-in-discussions for the link!

Sunday, Sept. 6 | Social and Economic Class

In-person

Much is written about class conflict and classism. What do we mean? To what degree is class based on income, education, manners, or ancestry? How does class shape us? Phil Ebersole will lead a discussion.

Sept. 1 | The Virtue of Skepticism

Tonight we'll watch Rev. AJ VanTyne's pulpit swap sermon from March 1, 2026. *"...today's Unitarian Universalism is indebted to the skeptics of previous eras for questioning accepted 'truths' of their day. How do we cultivate a virtuous skepticism that is not merely contrarian and obstinate, but is a consistent servant of truth and freedom?"*

Sept. 8 | What It Means To Be Real

Tonight we'll watch Rev. Eileen Casey-Campbell's sermon from March 8, 2026. *"Let us begin the Season of Truth by rejecting the idol of Artificial Intelligence (AI) and embracing the messiness of humanity."*

Sept. 15 | Book Talk: High School Students Unite!

Join Aaron G. Fountain, Jr., for a discussion of his book, *High School Students Unite! Teen Activism, Education Reform, and FBI Surveillance in Postwar America*, exploring how teenage activists reshaped U.S. schools and helped spark major reforms.

Sept. 22 | Settled Ministry Team Listening Session

Rev. Eileen Casey-Campbell is currently serving as our "Contract Minister." Is it time to deepen that relationship and call her as our Settled Minister? What's the difference between "Contract" and "Settled" ministry? The Settled Ministry Task Force will explain, and listen to YOUR thoughts on this!

Sept. 29 | The Bible and Folklore

Talking animals? Magical plants? The Bible and folklore might be a controversial topic except that the reality is that the Bible does, indeed, contain such stories. Legend? Myth? Yes, these are found in the biblical writings. Let's see what a reader might still learn from them. Presented by Daniel Chadwick.

Have a topic for us? Contact our team with your proposal at DropInDiscussion@uuroc.org. ✨

Settled Minister Task Force!

Submitted by Ann Rhody

Hello from your Settled Minister Task Force! Our team, consisting of Molly Bell, Katherine Mattice, Dwight Montague, Ann Rhody, and Willow Shirtz, has been hard at work this summer!

We are making plans to connect with all of you about where we are in our church's journey toward the dreams and goals we envisioned in the spring of 2025, and whether those would be best realized by calling our current Contract Minister, Rev. Eileen Casey-Campbell, to be our Settled Minister.



We'll soon be announcing the dates and times for listening sessions in late September and early October—both in person and online.

We're also developing a survey, which can be completed on paper or online, and we'll have a presence during coffee hour in case you have questions about the process.

Calling a Settled Minister is a sacred duty of our congregation, and we want to hear from YOU as we undertake that responsibility. Please connect with us at settledministryteam@uuroc.org with any thoughts or questions! ✨

New Book Group!

Submitted by Cass Doyle

A few of us at church are excited to start reading *The Story Bible* by Pearl S. Buck. Buck is a Nobel and Pulitzer Prize winning author, famously known for her novel *The Good Earth*. She has taken 72 major "stories" from the Bible and has retold them in the language of today, combining fascinating history with dramatic narratives. This Bible is for everyone, regardless of one's religious views.



If you are interested, please see Cass Doyle at church or email her for discussion dates! ✨

Donations & Church Belongings

Submitted by Justin Wilson

Many a weekend, items almost magically appear and accumulate in various nooks and corners of the church. Some extra tea in the coffee cupboard. Travel coffee mugs and toys that have been left behind, maybe? Books stacked in the library.



While well-intended, many items donated or left at the church without advance clarification end up placed in the overflowing lost and found box, stored away somewhere to be forgotten, or even tossed into the trash.

We recognize this community has many gifts and that our congregation is generous. There is also limited space and storage, finite staff hours, and already too much ‘stuff’ in the building. To channel generosity to where it can have the most impact, staff have come up with a donation list to help highlight where we currently see the most need. This list may change over time, and note that occasionally groups or committees may have more specific needs, which you can discuss with them directly.

We have also identified organizations in the community where other items can be donated:

General Donations: Goodwill, Savers, Greenovation (advance approval required)

Clothes: Asbury Church StoreHouse (seasonal)

Tools & Home Hardware: Fairport Tool Thrift Shop, SEAC Tool Shed (select items)

Arts & Crafts: SewGreen, Bits & Pieces (Fairport), Crafting for Good (North Chili)

Furniture, select House Parts, & Appliances: Habitat for Humanity ReStore (Henrietta)

Medical Devices: Lions Club (eyeglasses & hearing aids), InterVol (others, see website)

Baby Items: Mothers In Need of Others (MINO)

Paper, Cleaning, & Hygiene Products: Rochester Community Food Cupboard

You can also check out communitywishbook.org and see what agencies in our area need today.

If you have items that cannot be repaired or re-used, check out Monroe County’s Ecopark, which

recycles broken electronics, prescription bottles, fluorescent light bulbs, bulky plastics, and more! Visit monroecounty.gov/ecopark.

Currently Sought Donations:

- Construction paper
- Posterboard or other large paper, including rolls
- USPS Forever Stamps
- Blank neutral theme/image greeting cards
- Linens: washcloths, hand towels, cloth napkins ♦

Three-Church Worship Theme Brainstorm Potluck: Friday, Sept. 18, 6:30-8:30pm!

Submitted by Rev. Michelle Yates

This has become an annual event for all three Rochester-area churches where everyone gets to start to brainstorm for the Worship Theme Packets that we will all engage with this church year.

This year, First Universalist will host the event. As a reminder, while we have a small parking lot off Court St. for those who need to park closer to the entrance, street and ramp parking near the church is free on weekdays after 6pm. Plan to enter the building at the door off the parking lot that leads right into the Clara Barton Lounge where we will be gathering.



First, we will gather and socialize while enjoying the magic of potluck! First Universalist will provide the plates, napkins, cups, silverware, ice water, and lemonade.

For the second hour, we will move around the theme tables sharing what ideas, questions, stories, songs, or other resources these themes bring up for us to get the packet team started.

Families are welcome! We will offer childcare and theme idea sharing for children in our brand new “pray-ground” space on the 3rd floor during the second hour.

If you have questions or want to help, you can reach Rev. Michelle at edu@uuroc.org. ♦



Queer Corner: Love & Community

Submitted by Angelina Bell

In 2006, I attended my first Unitarian Universalist church in Harrisonburg, VA. I was wearing a floral skirt and pink kitten heels with sparkly rhinestones. The greeter, Ginny, looked me up and down from head to toe. “Wow, you’re sexy!” she exclaimed. That was my first experience of a UU welcome. After the service, I was approached by David and Grayson. “We’re having a get-together this afternoon with wine and cheese. Are you available to join us?” Thus began my introduction to UU and their delightful welcoming of all into their community.

I grew up in the Mormon church, so I had experienced the support and fellowship of a close-knit church community. I was married in the temple and gave birth to two girls and three boys. I appreciated having a guiding compass in my life through faith.

In my 30s, though, I started questioning my religious beliefs. I was aware of so much pain in the world around me. I had difficulty imagining a God that would grant my prayers but not the prayers of young, innocent children living in horrific circumstances. How could I expect God to answer my prayers but not those of suffering children?

I sought guidance from my church leader. I was told that Satan was causing me to question my faith. I couldn’t blindly follow a religion that no longer made sense to me. I quit believing in God or Jesus.

Over the next few years, my life changed dramatically. I was no longer married and I was living on my own. During a rough patch, my sister urged me to pray. I told her I no longer believed in God or prayer. But I knelt by my bed and sent out a heartfelt plea. Within a few minutes, my phone rang. The person on the phone said he was working on his car and had an overwhelming urge to call me. That was my beginning back to understanding that there is a power in the universe that responds to our energies.

I explored beliefs about reincarnation; that clicked with me and seemed to make more sense about my

life and earthly experiences. That is one of the things I love about UU. We gather to share and to support each other as we seek a spiritual truth that rings true to us.

In 1992 at 36 years old, I met my first girlfriend. Over the next 20 years, I found myself in and out of several lesbian relationships. In 2012, I had the incredible good fortune to meet Molly Bell. Four years later, we got married!

Molly and I moved to Rochester in November of 2025. On our first visit, Tom Williams greeted us with a warm smile and assured us we had entered into a special place. That Sunday was very cold and frosty out with a wintry mix accumulating on the roads. After the service, Molly searched the parking garage trying to find our car, with no luck. She texted me in frustration. At that time, Clinton Swingle had introduced himself as I was waiting for Molly. I shared with him what was happening. He immediately suggested that I text her to come back and he would help us. Fortunately, Molly did find our car but we both appreciated Clinton’s kind offer.

Months later we marvel at how many wonderful people we have met in this welcoming community. I look around each Sunday and think often of our first principle honoring “The inherent worth and dignity of each individual.”

It has been so much fun preparing treats for coffee hour, including mini-carrot cakes for Easter Sunday, an assortment of mini-muffins or tostadas for a surprise after-church treat which included my mom’s special salsa recipe. Molly loves singing in the choir. We have greatly enjoyed having members over for dinner, games and conversations.

Being part of our church community gives us a chance to serve, have fun, pledge, covenant, commit, share with others, and gives us a feeling of belonging. We enjoyed making auction contributions and being lucky recipients of Steve and Theo’s sing-a-long, as well as Sarah’s delightful tea in her fabulous pent-house apartment.

We feel the commitment we make each Sunday with the lighting of the chalice: *“May we be a people of welcome, here to grow in heart and mind and spirit, and may we reach out to serve our community.”*

What has someone done or said that has made you feel like you’re part of our UU family? What can you say or do that will help others feel welcome? As Clinton wrote in Molly’s birthday card, “Sometimes when you can’t find your car, you find friends.” ♦

Organizing & Storage Update

Submitted by Angelina Bell

In a meeting of the church's beautification team on June 29, Rev. Eileen brought up a desire to do something about several church rooms that were currently being used as storage areas. She then took me on a tour of all three floors plus the basement.

With Justin Wilson's help, we sat down and wrote a priority list of which rooms needed to be organized and set up with proper storage, cleaned, and beautified. Here is a summary of what those priorities are and where things currently stand:

- **Room 31** (activity room for children):

A group consisting of Rev. Eileen, Katherine Mattice, Brian Mumey, Clinton Swingle, Molly Bell, and I showed up Monday, July 7, to completely empty the room. The next two days were spent painting the walls with extra paint some of us had at home. Rev. Eileen painted fluffy white clouds on the sky-blue walls, and Kitty Forbush is adding beautiful nature murals. The room is scheduled to be completed by September 1 with new flooring, fun activity structures put together by Rev. Eileen and her husband Brian, and new storage for arts and crafts supplies, toys, etc.



Room 31, Children's Activity Room—work in progress!

- **Room 25** (choir room): This room has a new office setup with spaces for Meghan Garvey, our ministerial intern, and our new co-director of music, Dr. Claudio Espejo. Special thanks to Nancy Gaede for all her work organizing the sheet music and supplies stored in this room, along with help from Lisa Gwinner and Charlie Courtsal. And a shout-out to Steve Munson for his spatial design input.

- **Volunteer Office:** Thanks to our muscle team (see below) and David Kurtz's design vision, we were able to make great improvements in organization and functionality. And Justin Wilson had a big win with a beautiful desk and shelving found through a local want ad.

- **Archive/Storage Room:** Many thanks to Ann Rhody and Karen Dau for consolidating NYSCU materials and equipment. This opened up extra shelving and space for church storage. An extra bonus is that there is space for Katherine Mattice to store and arrange the beautiful flowers that are displayed each week in the sanctuary.

- **Room 34:** This space has been cleared out and set up as a rental art studio. Kitty Forbush is excited to be renting the space beginning September 1, which she now calls Studio 34.

Phase 1 is now almost complete. None of these changes would have been possible without the "muscle team" of Brian Mumey, Clinton Swingle, Willow Shirtz, and Molly Bell. Another major effort was clearing out the items from the RAIHN project (bedding, air mattresses) and donating them to the Open Door Mission. They were surprised and delighted to receive two packed cars full of donations.

Phase 2 will start with Room 21...art room, meditation/spiritual space? Yet to be decided. After that, the Gratitude Room, Chalice Room, and Nursery will be up next. Room 35 has also been cleared and will be available soon for rental space.

Phase 3 will address the organ loft and the "spooky" basement storage area. The basement has already seen tremendous improvement thanks to Moritz Wagner. Room 33 may become rental space or storage, and finally, we will end up back in the Archive/Storage Room for the final storage assessment and labelling.

The process we have taken in each area is to pull together a special team that includes everyone who uses the space or has an interest in it. After hearing all needs, concerns, possible solutions, and desires, an action plan is drawn up and carried out by various people who contribute design ideas, elbow grease, and muscle (or all three!).

The ultimate goal of the organization/storage efforts is to have beautiful rooms that are organized with proper storage that also meet the needs of the beautiful people of this beautiful church. If you would like to participate, please see me! ♦

Sanctuary Ventilation Progress

Submitted by Marcy Klein, House Committee Vice-Chair

Have you noticed over the last few weeks that the sanctuary has been a bit more comfortable during Sunday services? Some members of the House Committee have been working hard behind the scenes to ensure much better air circulation and more comfortable temperatures, and at a fraction of the cost of the complex and expensive ventilation system the congregation had considered installing.

Some background

In 2024, the congregation requested improved ventilation in the sanctuary since summers are getting hotter and the temperatures were sometimes intolerable. The church consulted with Bero Architecture and Landmark Facilities Group, and received recommendations for three complicated sanctuary ventilation systems.

The least expensive estimate came to roughly \$150,000, with fans in the cupola and ground level air intake through sanctuary windows and vents. In March 2025, the congregation approved \$20,000 for construction drawings and permits, with the church responsible for hiring HVAC contractors and overseeing the project. However, the House Committee could not find any appropriate contractors. Of the three contractors initially interested in the project, only one actually submitted a quote, and then retracted it after reviewing the project more closely.

Since high temperatures were expected this summer, the Committee decided to act quickly and try to replicate some of the recommendations in-house, without hiring professional consultants or contractors. Over the last few months they have been constructing an alternate ventilation system at a fraction of the original estimates. Special thanks go to Moritz Wagner for his ideas, expertise, and hard work making this improvement a reality.

The new system

Moritz opened a window in the northwest corner of the church basement, and installed a fan to direct air up through a duct and out through a grate in the back of the sanctuary. Grillwork on the basement window provides needed security. The rose window above the sanctuary and some lantern windows were opened to allow hot air to escape.

Just recently, Michael Scott updated the electrical wiring in the sanctuary attic to accommodate additional fans. Moritz installed fans with louvers in three windows on the southeast side of the octagon “lantern” part of the attic to push the hot air out more quickly. The fans are operated remotely over the internet, and can be run the night before a church service to cool the sanctuary in plenty of time. The whole project has cost less than \$1,200 so far—much less than the planned contractor work.



Fans installed in the octagon part of the sanctuary attic

Additional work planned

Moritz is considering adding motorized louvers in the basement window near the fan to make the installation look more professional and attractive, and is planning to expand the system and double its capacity to cool the sanctuary on Sundays. In addition, the House Committee has ordered screens that will be installed in five Clinton Vestibule windows to allow more air circulation. The windows have been repaired so that they open, but the custom screen windows are not ready yet. The existing storm windows must stay in place for now to protect our stained glass windows.

If you have any questions about this project or plans, please see Moritz Wagner, Marcy Klein, or Michael Scott, who are members of the House Committee, or email house@uuroc.org. ❖





EcoJustice: *Facts, Figures, & Research*

Submitted by Juanita Ball

If you like to work with facts and figures or do research:

- Supply facts on the kinds and amounts of damage climate change is causing to the planet.
- Supply figures on the financial costs of the climate crisis to home insurance, health care, groceries and energy.
- Supply pertinent data to advocates for use on local issues, and to citizens to use in contacting local and national legislators.
- Provide names and web addresses of groups fighting for the environment.

If you like to read

- Supply alternatives and best practices to cooks and gardeners such as lists of local plants that use less water, and lists of natural pesticides.
- Point to articles about localities that used successful practices or alternatives that mitigate climate change effects, such as raingardens that deflect water from sewers.
- List names and addresses of groups focused on positive actions.

What, why & how

- Make more people aware of the damages and dangers of climate change and the imperative to act now, while we still have a little leeway to slow it down and enact everyday changes.
- We have no right to make the planet unlivable for every living thing on it!
- Encourage people to start now to make everyday changes while they still have some choices, before they are forced to make life-changing moves that will come if we don't act now.

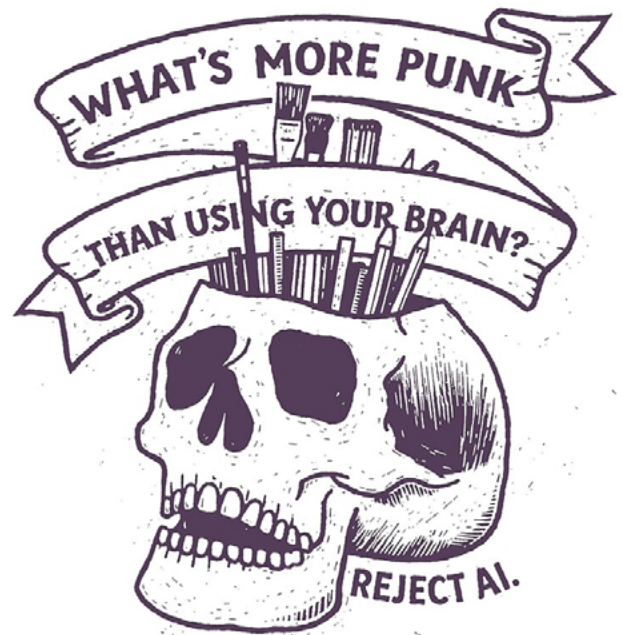
EcoJustice Dates to Save:

- September 19, 11am and 1pm at Austen

Steward Plaza: *Oil and Water Don't Mix*. An audience participation Fringe Festival event sponsored by Climate Solutions Accelerator, concerning climate conflicts and advocacy. Free and fun!

- September 29, 7-8:30pm at St Mary's: *Faithful Resistance in a Warming World*. Join a watch party to hear knowledgeable, hopeful, and inspiring climate activist Bill McKibben, with help from the First Universalist EcoJustice group. Similar watch parties are in our area, visible when you register (for free) at aes-summit.org.

The next EcoJustice Group meeting will be September 6, at noon, in the Chalice Room (#23). All are welcome! ♦



Alternative Animal Testing

Submitted by Lois Baum, Animal Ministry

Do you know what “organ-on-a-chip” is? Neither did I, until I began learning about animal testing.

According to the *National Institutes of Health* (NIH), 95% of all drugs tested on animals fail in human trials. The *Food and Drug Administration* (FDA) has presented a plan to phase out animal testing in drug development by 2035. Here are some alternatives:

- **Organ-on-a-Chip:** Human cells can be grown in a lab, even as 3D structures like human organs, on which new treatments can be tested, used to study diseases and how drugs work.
- **Cell Cultures:** Central to key developments in cancer, sepsis, kidney disease, AIDS, and routinely used in chemical safety testing, vaccine production, and drug development.
- **Computer Models:** Used to predict how drugs will interact in the body and can replace animals.
- **Human Tissue:** Volunteers donating healthy and diseased tissues after surgery or post-mortem provides an alternative way to studying disease.
- **Microdosing:** Volunteers are given small doses of new drugs to measure the body's reaction.
- **Diagnostic Imaging:** Machines that safely study and record the brain so comparative studies of healthy and diseased tissue can be done.



Marshall's BioResources is a private company headquartered in North Rose, northeast of Rochester. They breed animals to sell to labs for animal testing. Can you imagine your pet dog, cat, or ferret forced to inhale toxic chemicals? That is just one example of what the 60,000 animals at Marshall's routinely experience, and without anesthesia. *The U.S. Department of Agriculture* (USDA) has cited Marshall's for 20+ violations of the Animal Welfare Act. Because of the egregious animal suffering, and more effective testing, there is an effort underway to close them down.

Animals do not exist for our use. Let us focus on scientific methods and bring an end to animal testing.

Resources: *Physicians Committee for Responsible Medicine*, *Humane World for Animals*, *National Institutes of Health*, *People for the Ethical Treatment of Animals*

For the Animals ❖

Coffee Hour Update #2!

Submitted by Angelina Bell

Starting September 13, the church coffee hour will be headed by a new team: Angelina Bell, Molly Bell and Sue Keefe (who is fortunately staying on), and we will have a new email address, coffeehour@uuroc.org!

We sincerely appreciate MJ Curry and the hard work and many hours of service she dedicated to coffee hour over the past few years.

Moving forward, we are going to try a new way of structuring the coffee hour volunteer responsibilities, hoping to make it easier to manage coffee hour tasks and also allow folks to take part in coffee hour without missing other desired parts of church life.

The different teams are:

- Sue, for inventory.
- Molly, for clean up. Timeframe: after service.
- Angelina, for food. Timeframe: briefly before service, just before service ends, and after service.
- A new coffee-making team. Timeframe: just before service.

We also plan to divide the month into weekly themes:

- First Sunday is “birthday celebrations” for anyone having a birthday in the month.
- Second Sunday will have a theme, like “sandwich Sunday”, “soup and salad”, “picnic food”, “holiday cookies”, etc.

• Third Sunday will be hosted by church committees or circles. The sponsoring group would have a table set up with information and someone from that group to talk about what they do. They would also be responsible for the food for that coffee hour. The obligation would be once a year.



- Fourth Sunday: church potluck.
- Fifth Sunday, about once a quarter, will be an Angelina extravaganza!

We deeply appreciate all the hours of service by coffee hour volunteers on past Sundays, and we truly value your continued support. It is obvious that coffee hour is a special part of the fellowship and we want everyone to feel it is a service for the congregation...by the congregation. There can be a way for everyone to be involved! ❖



Save the Date!
Registration Open!



New York State Convention of Universalists

2026 Annual Meeting

at the

UU Weekend at Silver Bay

October 9-11, 2026

Registration is open NOW!

Visit nyscu.org for registration form and information

UU Weekend at Silver Bay is a gathering of over 200 UU's, on the shores of Lake George. In addition to the NYSCU Business meeting, the weekend features workshops, music, activities, and meals, with opportunities for relaxation and fellowship. For more information on the weekend, click here: <https://albanyuu.org/blog/uu-silver-bay-weekend/>



The NYSCU Board of Trustees has approved a subsidy of \$300 toward registration for those who serve as delegates from a NYSCU member congregation and attend the annual meeting in person.

To check for your congregation's NYSCU membership status, use this link:

<http://localhost/About Us/joining.shtml>



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. Eileen Casey-Campbell

Minister of Lifespan Faith Dev. |
Rev. Michelle Yates

Music Co-Directors | Dr. Brock Tjosvold
& Dr. Claudio Espejo

Office Manager | Mx. Emma Barry

Cong. Life Coordinator | Justin Wilson

26-28 Ministerial Intern | Meghan Garvey

Worship begins at 10:30am on Sundays

BOARD OF TRUSTEES 2026–2027

Michael Scott (*Pres.*), Adam Durand,
Trish Gallaher, Kathy Russell, Howard Spindler,
Clinton Swingle, and Bridget Watts

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.**