



# Our Outlook



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**First Universalist**  
Church of Rochester

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## Sunday Services | October 2021

### October 3 | *Improvisation, Jazz, & Congregational Life*

Improvisation is the common denominator of all the different styles of jazz. It takes many skills but chief among them is the ability to listen and make mistakes. We are at our best improvising the building of faith community, creating justice and doing theology together. Our speaker, the Rev. James Galasinski, is in his 6th year of settled ministry at the UU Church of Canton, NY. Before that he served the First Unitarian Church of Albuquerque.

— *Rev. James T. Galasinski*

### October 10 | *Pining for Acceptance*

Acceptance is listed as the last stage of grief by author and speaker, Elisabeth Kubler-Ross. How many times have we wished for acceptance? And yet it can be hard to recognize when we are there and when we are not.

— *Rev. Lane Campbell*

### October 17 | *TBA*

TBA

— *Rev. Shari Halliday-Quan*

### October 24 | *Claiming Our Ancestors*

TBA

— *Rev. AJ van Tine*

### October 31 | *Remembrance Sunday*

TBA

— *Rev. Lane Campbell, Rev. Shari Halliday-Quan, & Rev. AJ van Tine*

*Our church community will have an in-person outdoor option with our sibling church, First Unitarian, as well as an online option over Zoom. People are invited to mask for our outdoor in-person services. Please join the church for either option. So looking forward to this new leg of worshiping together in a pandemic world! We urge you to keep an eye on our website, Facebook page, and emails concerning updates/developments on this situation.*

*Thank you for your patience and understanding!*

❖ **Service begins at 10am** ❖

**Worship will be meeting online and in-person at First Unitarian Church.**

**Please join us – Internet link: <https://zoom.us/my/rochesterunitarian>;**

**Phone number: 646-876-9923 with Meeting ID: 585 271 9070. ❖**

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## The Second Marathon

Message from Rev. Lane Campbell

Jenny Smith, a writer and a pastor, has written an article entitled “*The Second Marathon: A Thought for Pastors Walking the New Normal*” and it’s getting a bit of attention in circles of religious leaders. She writes about having just finished a marathon to get to where we are today in this pandemic, rushing towards a projected finish line, and then arriving at what we thought would be the end and finding out there’s another marathon to run. Perhaps you have been feeling some of this too? Perhaps there have been moments when you have been exhausted by what you have been doing to get by. Perhaps you are feeling some of this exhaustion right now.

I feel like this marathon phenomenon lives in those of us who would rather have all of this pandemic stuff behind us. It lives in the desire to pull away from responsibilities. It lives in what I am seeing from so many as this pull towards adventuring, getting outside, making the most of what life has to offer. We have been transformed by running this marathon. Our priorities have shifted. Some of our practices have shifted. We are making mistakes. We are in new practices and new spaces that we never imagined before all of this.

I think the best thing we can do with one another right now is to slow down. Let’s relinquish the second marathon and take it at a pace that allows us to turn to our neighbor and see what’s going on for them. Let’s not make this a race to a destination, but rather hold that we are in a shared, collective experience right now and the richness of it is in slowing down enough to pay attention to what is going on within us and around us. We have lost so much. We have changed so much. That loss and change deserve our attention and our gentleness. We are in need of rest, if we are to keep going, dear ones. I hope you take some time for rest and rejuvenation. ❖



## Accepting Loss

Message from Rev. Michelle Yates

Our worship theme for this month is Accepting Loss. My first impulse is to say, “NO! No more losses!” But I know that loss and change is part of this life. Part of my self-care and spiritual practice that I have found helpful since before the pandemic is Radical Acceptance.

Radical Acceptance, if you were to google it, is a blend of Buddhist thought and psychotherapy. Its basic principle recognizes that “pain + non acceptance = suffering.” I see Radical Acceptance as a form of love that means allowing something to be as it is. Caring for and appreciating something just as it is, right now, without resisting or trying to change it; it means that you acknowledge reality for what it is. If you accept the reality of the situation, you can stop dwelling on situations you have no control over (and even those you do) and continue to engage with life moving forward.

Radical acceptance is not about “staying positive”. It’s not about defeat or avoiding change, either, but rather makes the changes we’re trying to implement SO much more effective, because we’re not wasting energy denying what is, or making it out to be something it’s not. By accepting, you are not taking the pain into yourself; you are not drowning in it, but merely standing in it, or next to it. You can still see the big picture and interact with the rest of the world.

It’s very much like a meditation practice.

1. Notice, without judgement, when you are resisting or reacting to something.
2. Make an inner commitment to radically accept and participate in life. Consider a mantra that feels authentic to you like “*this is what is*”, “*feel your feelings*”, or “*just be now*”.

It reminds me of the Serenity Prayer: “*God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.*”

Yours in the Journey,  
Rev. Michelle ❖

## Leadership Assembly: Save the Date!

Submitted by Tess McFarland-Porter, Board President

Are you a current church leader or perhaps a future church leader? Please plan to attend UURoc’s annual Leadership Assembly at 9am on Saturday morning, October 23. While our bylaws define leaders as committee chairs, your Board of Trustees welcomes a broader definition and seeks to nurture future leaders. We invite you to identify as a leader and come! ❖

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## Small Group Ministry Openings: Opportunities for Connection

Submitted by Rev. Michelle Yates

Small Group Ministry is designed to foster connection, 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 about six sessions. Sometimes, individuals continue with the same group for longer periods of time. Each group is led by a trained facilitator and will meet either via Zoom or outside in someone’s yard.

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

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

Interested in joining a group? Take a look at the description on our website ([uuroc.org](http://uuroc.org)) under the “Connect” tab, and complete the survey regarding your interest and availability. Email questions to Rev. Michelle at [SGM@uuroc.org](mailto:SGM@uuroc.org). ❖



## F.I.R.E Update: Race Matters

Submitted by Theo Munson & Elizabeth Osta

Thanks to our congregation of FIRE supporters (*First Universalist Initiative for Racial Equity*) and the “anonymous donor”, we are now able to contribute \$5,647 to the Civil Rights Heritage Site development!

This project turns out to be a long-range dream to bring to fruition, but we are reaping collaborative relationships and valuable “product” in the process. Interviews are being set up now, with the goal of developing a comprehensive narrative of Rochester’s African American history. The eventual result will be something like a storyboard that identifies central figures in this struggle and illustrates a timeline.

This is a necessary step toward the goal of an outdoor classroom at Baden Park, complete with effective landscaping and sculpture. Those of us involved with Spiritus Christi Anti-Racism Coalition (*SPARC*) thank you for your investment in this effort! ❖

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## Exploring the History of Eugenics in Rochester and at First Universalist Church

Submitted by Rev. Lane Campbell

Shane Wiegand is coming to do a presentation about his recent research into the history of eugenics in Rochester and at First Universalist Church. This presentation is part of the educational work the church is doing to address racial injustice. Please join us virtually on Sunday, October 24 at 2pm for a presentation and for the conversation that follows. ❖

## Drop-In Discussion

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](mailto:DropInDiscussion@uuroc.org) for the Zoom link, or look on [uuroc.org](http://uuroc.org)!

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

### October 5 | Town Hall Meeting with Rev. Lane

What's going on at First Universalist Church and how do YOU feel about it? Join in a discussion of all things First Universalist. Feedback, opinions, and ideas welcome!

### October 12 | Nice Racism

A look at popular author Robin DiAngelo's newest book, "Nice Racism", a timely resource for readers who think niceness is enough to interrupt racism. Dave VanArsdale presents.

### October 19 | Political Cartoonists Frame the Issues

Let's catch up on the political cartoonists' takes on recent social and political issues: the Coronavirus pandemic, the Jan. 6th attack on the Capitol, the situation with Afghanistan, critical race theory, and, of special concern to the cartoonists, freedom of speech. We'll look at a wide variety of opinions on these issues. As cartoonist Signe Wilkinson (*Philadelphia Daily News*) says, "Let the controversies be the beginning of conversations, not the end." Elaine Miller, [www.ekmillerproductions.com](http://www.ekmillerproductions.com).

### October 26 | Open Topics

So much going on. Is there something on your mind that you would like to share and unpack? Or would you just like to be together in community, listen and ponder?

Do you have a topic for us? Contact our team members with your Drop-In Discussion proposals: [DropInDiscussion@uuroc.org](mailto:DropInDiscussion@uuroc.org). ❖

## SJB...Wh-a-a-a-t ???

Submitted by Joy Leccese for FIAC

Here we go! The "Social Justice Bulletin Board Byte" for this month is a brief "who's who" for contacts. The two acronyms, "FIAC" (pronounced "Fy-Ack") and "FIRE" have come under fire recently because they are abbreviations /acronyms. We get it. Blame our ever-declining attention spans. Brevity is king. Or queen. Whatever. It rules.

The FIAC is the *Faith In Action Council*: our congregation's admin group for our social justice activities in the community. This year, the council's members are: Karl Abbott, (finance), John Palocy (member-at-large), Joy Leccese and Connie Valk, co-chairs. You can reach any or all at [FIAC@uuroc.org](mailto:FIAC@uuroc.org).

FIRE is the acronym for *First (Universalist) Initiative for Racial Equity*. Addressing systemic racism is our Congregational Social Justice Project that was voted on by the congregation. The co-leaders are Elizabeth Osta and Theo Munson. Contact [FIRE@uuroc.org](mailto:FIRE@uuroc.org).

If acronyms and abbreviations are your nemesis, we apologize; we'll continue, however, to use "FIAC" and "FIRE" in conversation for brevity. We promise to make every effort to spell out the titles when writing about them. We hope you'll practice saying FIAC and FIRE when referring to these two groups. Likewise, our Social Justice Circles are often called "SJC"s in writing. We have several Social Justice Circles now, and they are listed on the Social Justice pages of our church's web site. We're updating these pages, so if you have questions or concerns, please email us at [FIAC@uuroc.org](mailto:FIAC@uuroc.org) and [FIRE@uuroc.org](mailto:FIRE@uuroc.org).

Here's to a more just world, day by day. Small improvements can make big changes possible. What can you do to help? Contact your social justice teams to inquire or offer. ❖

## House News

Submitted by Ed Deller

In light of ongoing COVID-19 and the good cleaning progress of our custodian we will not have the typical Fall Cleanup Day previously planned for October 30. Instead we will have a small team of folks prepare the church for winter and keep the church ready for reopening when appropriate.

Although we are not yet back in the church building for services, the House Committee is making sure that the necessary building maintenance and inspections are completed. ❖

## Finance News & Notes The Waters of Uncertainty

Submitted by Ann Rhody, Finance Chair

At our Water Communion service on September 12, Rev. Lane so accurately described where we are: navigating, once again, the waters of uncertainty. And it is in these waters that the Finance Committee must begin to plan the year's activities, including the Service Auction and Stewardship Campaign. Although we are hoping for an in-person Service Auction, we must also plan for the possibility that this may not be possible. We welcome your thoughts; feel free to get in touch by emailing [finance@uuroc.org](mailto:finance@uuroc.org).

What we do know is that, although the 21-22 fiscal year is just getting started (not quite a quarter of the way through as of this writing), things are going well so far. We also know that ours is a vibrant, generous, and fiscally well-run congregation. We will once again make our way through these waters, and hopefully come through stronger than ever!

### In Gratitude: Richard "Dick" Brush

As a long time member, and especially as someone who has been involved in both music and finance, I cannot let pass a chance to honor Dick Brush, who passed away last month. Although you may have never met Dick, he and the Brush family have meant a great deal to the church through the years. In addition to being a faithful member, Mr. Brush has given profoundly generous gifts to the church, for everything from the Hope-Jones Organ to the roof on the building. His generosity has inspired others to give as well. Thank you, Mr. Brush. May we use your gifts to take us into the future. ❖

## Library Committee: Best-Selling Book Available

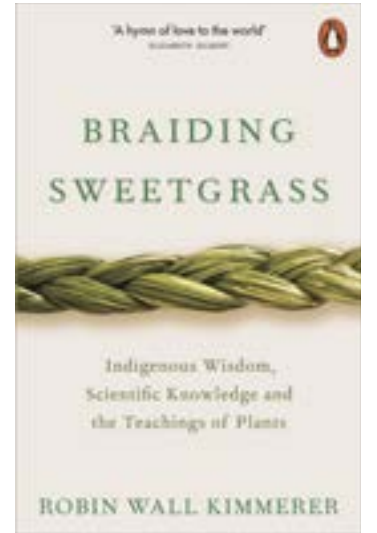
Submitted by Johanna Connelly

"The most spiritual book I've read," said one church member. That testimonial, plus rave reviews and weeks on bestseller lists, make "*Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*" a "must read." The book by science professor and Native American Robin Wall Kimmerer weaves together indigenous traditions, botany, and personal stories, and eloquently invites us into a renewed connection with nature. It is the "Rochester Reads" selection for October 2021, and we hope our book group will choose it this fall or winter.

Our library will have copies for borrowing, as well as buying at a discounted rate of \$15. If you wish to buy, please make checks out to First Universalist Church, with "Library Fund" in the memo line. You can hand the check over to the library rep when you receive the book.

Because our building is not open, we offer two different ways to get a copy of this intriguing book. For those who wish "home delivery," your books will arrive via our church "mobile library"—personally delivered by a friendly church member! You can also arrange to pick up a copy in the parking lot, perhaps at the same time as the food cupboard donation! Drop off food, pick up food for thought!

If you are interested in arranging a drop-off or pick-up time, contact [library@uuroc.org](mailto:library@uuroc.org). We can't wait to share what promises to be an inspiring book. Join us for a great reading experience! ❖



# FPGROC (RAIHN): Halloween Memories

Submitted by Chris DeGolyer

This year, Halloween falls during our next FPGROC host week, October 25-31. This brings back memories of another Halloween when guest families stayed at our church. Our guest kids enjoyed decorating bags and wearing costumes. Sarah Singal recalls that a flower and a good witch (and parent) headed out the church's parking lot door to trick or treat, or as the flower pronounced it, "twick or tweat". They knocked on the Court Street door and the Clinton Street door where a 1920's flapper greeted them with goodies. They and the flapper then paraded to St. Mary's Rectory, where they received more treats and coloring books. On the way back to First Universalist, people in nearby cars called out "Happy Halloween!" Does anyone remember who the stunning flapper was?



This year, our Halloween treating won't be so personal. Our guest families will stay in apartments, but with the money the congregation has given to support FPGROC, we will treat them to groceries for the week. Several volunteers will shop for grocery staples and gift cards so that families can buy food that they choose.

FPGROC staff members have been extremely busy during the pandemic; over 1300 families have asked for help since January. In addition to its usual prevention, diversion, and rehousing programs, FPGROC has used EPPI (*Eviction Prevention Pilot Initiative*) and ERAP (*Emergency Rental Assistance Program*) funds to help families keep their housing. In the first nine months of 2021, FPGROC has helped over 300 families in total. As one recipient in August said, "I wanted to reach out to thank you for the rental assistance you provided. Not only was the process expedient but your compassion is greatly appreciated. I can't thank you enough."

If you haven't volunteered for FPGROC before and would like to know more, please consider attending this volunteer orientation on Wednesday, November 3, from 7 to 8:30pm: **Level I: How We Work, Who**

**We Serve, & The Role of The Volunteer.** This orientation will prepare you to volunteer with other church members when we again host families in our church after the pandemic passes, hopefully in 2022.

For current volunteers, we strongly recommend the Level II training on Saturday, October 16, 10am to noon. This training highlights the WHY behind homelessness (poverty, stress, trauma, and systemic racism) and emphasizes the need for empathy, humility and advocacy as instruments for connection, engagement, and change.

For either training, RSVP to [beth@fpgroc.org](mailto:beth@fpgroc.org). ❖



## Book Group

Submitted by Sarah Singal & Shirley Bond

The next book group meeting will be Sunday, October 10, at noon on Zoom. This is a schedule change, and we will keep the meeting on the second Sunday of the month from now on. We will be discussing Ann Patchett's novel, "The Dutch House". Please send us your email so we will have a list of active members!

If you have any questions please talk to Sarah Singal or Shirley Bond. If you have read a good book lately share it with us at [Book@uuroc.org](mailto:Book@uuroc.org)! ❖

# Living Our Values, Making a Difference

Submitted by Emma Barry & Connie Valk



### Alternative Choir Practice!

First Universalist's talented choir members met outside the church to make beautiful music together before the last summer hybrid service.



### Unveiling Ceremony: The International Plaza

Jacob Santos made a generous donation to have us featured on the commemorative wall in the newly unveiled International Plaza!





# 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 10am on Sundays

**Minister** | Rev. Lane Campbell

**Minister of Life Span Faith Development** |  
Rev. Michelle Yates

**Music Director** | Brock Tjosvold

**Office Manager** | Emma Barry

**Nursery Care Providers** |  
Carol Williams & Sundae Hodge

### Board of Trustees 2021–2022

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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](http://uuroc.org)

The usual deadline for all submissions to *Our Outlook* is the 15th of each month.