



## First Universalist Church of Rochester

### Minister

The Rev. Lane Campbell  
minister@uuroc.org  
(585) 325-5092

### Minister of Life Span Faith Development

The Rev. Michelle Yates  
edu@uuroc.org  
(585) 310-2484

### Director of Music

Brock Tjosvold  
music@uuroc.org

### Office Administrator

Emma Barry  
office@uuroc.org



**First Universalist  
Church of Rochester**

150 South Clinton Avenue  
Rochester, NY 14604  
585-546-2826  
uuroc.org

## Sunday Services | November 2019

### November 3 | *Embracing Imperfection*

As we begin to explore our monthly theme of "Experimentation," this service will put experimentation and imperfection into conversation with each other. What ways does perfectionism keep us from experimenting? What does experimentation have to teach us about embracing our imperfections?

— *Rev. Lane Campbell*

### November 10 | *Emerging Joy*

Author, organizer, and activist Adrienne Maree Brown released a book this year called *Pleasure Activism*, which invites us to pay attention to what brings us joy in life and what feels good. Where are you experiencing joy? How can you lean into that joy more fully in your life through trust, listening, and paying attention to what is emerging?

— *Rev. Lane Campbell*

### November 17 | *Spontaneity*

A little stability is a lovely thing in one's life. And at the same time, the excitement of spontaneity and something new can bring a different kind of joy. Fear and excitement are different sides of the same coin, so how can we embrace the new while affirming the nervousness or "negative predictions" that can appear at the thought of breaking out of one's comfort zone?

— *Rev. Kelly Spahr*

### November 24 | *The Power of We*

A Stone Soup story service with a twist! Bring fresh produce or a non-perishable item for our food cupboard as we come together to re-enact this old, yet valuable tale in this harvest season. A reminder that it takes all of us coming together to really make a difference and feed our community.

— *Rev. Lane Campbell*

Inside	Page
Rev. Lane, Film Series	2
Walking Together, Finance	3
Book Group, Discussion	4
House, Eastman	5
RAIHN, Social Justice Plate	5
Living Our Values	6
Roc/ACTS, EcoJustice	7
Cozy Night Supper	7
FIAC	8
AMOR, Training	9
Book Notes	10

✦ **Services begin at 10:30am** ✦



## Unlearning Perfectionism

*Message from Rev. Lane Campbell*

I am in the midst of a lifelong endeavor to unlearn perfectionism. It feels at times that I am making progress, allowing things to be as they are, to accept the moments when what I have done is good enough. Other times, I am continuing on in the belief that there is a right, perfect way something has to be done and that must be the way I do things. The grey area is sometimes hard to find. Perhaps that's the perfectionism too. I wonder how many of us struggle with this.

As our Worship Committee gathered with Rev. Michelle last spring to plan out monthly themes, we discussed a shared struggle between a desire for perfectionism and being able to experiment in worship—to try things on, to do things differently, to accept what is good enough rather than what is perfect. Thus was born this month's theme of "Experimentation." And it was especially inspired by a conversation held by Black Lives of Unitarian Universalism, where some of the comments on Unitarian Universalist worship addressed this preferring perfectionism over experimentation.

As we lean into experimentation, the aim is to learn something new, to embrace a new way of doing things that might bring about different results. My hope is that in experimenting, we can actively go against this grain of perfectionism and embrace a way of viewing ourselves and the world that is less rigidly defined.

Let's experiment and see what it brings!

*Sending love along the journey,*

Rev. Lane ❖



## Eunice Eckberg Memorial Film Series: *Reconstruction Part II*



### EUNICE BROOKS ECKBERG RACIAL JUSTICE FILM SERIES

SPONSORED BY THE FIRST UNIVERSALIST INITIATIVE FOR RACIAL EQUITY (FIRE)

*Submitted by Stephen Munson*

The next film in our series will be "Reconstruction Part II" shown on Sunday, November 10 from 1:30pm to 4pm in the Clara Barton Lounge.

The rise of Jim Crow, sharecropping, convict leasing, and lynching drew a 'color line'. Racist imagery saturated popular culture, and Southern propaganda manipulated the story. (PBS, 2018, 2 hours)

Each film is \$5 each, and includes popcorn and a beverage! Please RSVP to [FIRE@uuroc.org](mailto:FIRE@uuroc.org). You can find more information on upcoming films in this series by visiting [uuroc.org/social-justice](http://uuroc.org/social-justice) or the events tab of the UURoc Facebook page! ❖



## Half-Price Book Sale!

*Submitted by Marcy Klein, Library Committee Chair*

All the bookstore's used books will be on sale for only 25 cents during coffee hour on November 17 only.

You'll find fiction and nonfiction on a wide range of topics, including some best sellers.

Quite a few of the books are in like-new condition, perfect for your own enjoyment or as gifts for the readers in your life. ❖



# Walking Together

*Message from Rev. Michelle Yates,  
Minister of Life Span Faith  
Development*

I like to know the answers. To have a formula for how to deal with all the problems that arise in life. These past few years, particularly as a parent but also as a religious professional, I have come to realize that often there is not one right answer.

There is no one right way to sleep or potty train your kids, to navigate family schedules, welcome people or run a faith development program. There are lots of great ideas, but the only way to find what works in your family or our church is trial and error.

I love this month’s theme of “Experimentation!” Experimenting is a great way of welcoming new patterns or ideas and being open to any possible result. It can be playful and fun!

This past month, we were wondering, “How are we doing in making our children and families feel welcome?” So we asked them! We want Social Hour to feel cozy, but the kids’ corner was feeling a bit cramped being so close to the food table. So, we are trying an experiment!

You may notice there is now a tall table where the kids table used to be, and the kids table is where the computer and piano used to live. We hope this experimental set up will give families a more flexible space, and ease some of the congestion around the food table. Please help us by keeping those tables in this current configuration for a time to get a feel for how it affects the dynamics of that space.

Thank you for being flexible and open to experiments like these! For trying different ways to make room for each other physically, emotionally and spiritually.

What areas of potential change exist in your life that don’t seem to have one right way to address them? Consider trying something through the lens of an experiment. It might not be THE answer, but no matter what, you will be learning, growing and moving forward.

Be kind and gentle with yourselves, and each other.

*Yours in the Journey,*  
Rev. Michelle ❖

# Finance How-To’s

*Submitted by Ann Rhody for the Finance Committee*



## Save the Date!

The *annual Service Auction* is scheduled for Sunday, February 2, 2020 after the service. This event is fun for all – and it’s user-friendly, even for auction novices. The planning for the Auction is headed up this year by Katherine Flynn, with assistance from Paula Marchese, and Ann Rhody. There will be plenty of opportunities to get involved. Watch for more information coming later this fall!

## Fund Policy Updates!

An update is underway for our Fund Policies. Since we “cleaned up” the structure for our off-budget funds (*special and discretionary funds, etc.*), we now need to be sure that there is clarity on how those funds may be spent, and who can make decisions. A task force comprised of Karl Abbott, Shamiah DiFrancesco, and Dave VanArsdale is tackling the job. Thanks to these folks for their work!

## Stewardship 2020:

We will soon be putting together our stewardship campaign for the spring, and would be delighted to welcome new voices into our planning. If you’ve been curious about stewardship, or would like a way to get involved in this aspect of church life, please contact Ann Rhody at [finance@uuroc.org](mailto:finance@uuroc.org). We really do have fun thinking of themes and planning the drive, so please consider joining us this year!

If you have any finance-related concerns or questions, let’s talk! Contact Finance Chair Ann Rhody at [finance@uuroc.org](mailto:finance@uuroc.org) ❖

# Book Group

Submitted by Shirley Bond

The Book Group selection for the month of November is *The Handmaid's Tale* by Margaret Atwood. This book is extremely appropriate for this time in history.

I am not even going to begin to explain this complex fictional book except to say that it is worth reading (and maybe re-reading). First published in the '80's and awarded several prestigious book awards, *The Handmaid's Tale* has all the



elements of great fiction. Did I mention that it is very creepy too (in my humble opinion)?

So why don't you join us on November 24 upstairs in the Chalice Room at 12 noon for an hour of discussion? I am sure it will be lively. One does not need to have read the book, however it would be helpful. A bit of housekeeping—please bring a book selection with you that you think the group would like. Michelle also has a Common Read book from the UUA that might pique our interest. Did I mention that we'll strive for a stress-free hour?

Any questions please talk to Sarah Singal or Shirley Bond. Book suggestions are always gratefully received and taken under consideration. If you have read a good book lately share it with us at [Book@uuroc.org](mailto:Book@uuroc.org)! ❖



# Drop-In Discussion Schedule

Submitted by Beth Ares

Drop-in discussions are held each Sunday morning in the Chalice Room on the second floor of our church, starting at 9:15am.

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.

## Nov. 3 | *Greetings From Muslims For Peace*

Mubarak Muhammad Bashir, Director of Outreach, will share the basic principles of Islam and describe the concerns of Muslims for peace nationally and locally. Mr. Bashir comes to us from the Baitun Naseer Mosque here in Rochester.

## Nov. 10 | *Cultural Misappropriation*

"To apply wrongly or put to a wrong use." Come share, laugh, forgive and learn with one another, as we share stories of those we know or our own past Halloween costumes, as we talk about this timely subject. Were you in a play or event portraying someone else? Or in a frat or sorority, and made to do something you might not have ordinarily done? Come share and talk. Shelley Adams, discussion leader. (*Thank you, First Universalist Initiative for Racial Equity – F.I.R.E*)

## Nov. 17 | *Mapping Your Carbon Footprint*

Are you due a pat on the head . . . or not so much? An awareness exercise to help you figure out where you're at to help you make better environmental choices. Lead by Kate Fleury. (*Thank you Eco-Justice*)

## Nov. 24 | *Nuclear War*

The United States and the Russian Federation still have thousands of nuclear missiles aimed at each other. Key nuclear arms treaties have been repealed, and a new nuclear arms race is beginning. Phil Ebersole will lead a discussion on the new danger of nuclear war.

Do you have a topic for us—intellectual, profound, simple or silly? Please contact our team members with your Drop-In Discussion proposals at [dropindiscussion@uuroc.org](mailto:dropindiscussion@uuroc.org) ❖

## House Committee News

Submitted by Ed Deller, House Comm. Chair

Thank you to all who participated in the fall cleanup in advance of our NYSCU host weekend. It was a wonderful turnout and many hands indeed made for lighter work! A special thanks goes to Karen Ruganis for sustaining us with a delicious lunch.

A design study was conducted by Bero Architects to identify solutions for the cold blast from the outside door into the Clara Barton lounge in winter. Several options were identified, all of which while likely to be effective at reducing the cold would have significant trade-offs for space and cost. The House Committee and board recommend that a more modest approach be tested this winter before further considering the vestibule options. We plan to install a temporary, transparent, railing-to-ceiling barrier inside from the parking lot door in January. If successful, a more permanent and aesthetically designed alternative could be pursued. We'll look forward to comments through this process. Thanks to Connie Valk for her support of the design study.

If you have ideas for improvements to the church property or would like to participate in our committee or with specific projects let us know. We'd love to have you join us. If you are interested contact [house@uuroc.org](mailto:house@uuroc.org)! ❖

## Eastman at Washington Square Concerts

Concerts are held at our church at lunch time on Thursdays. Each concert begins at 12:15 pm and ends at approximately 12:45 pm. Admission is free. Bring your brown bag lunch and enjoy.

- **Nov. 7 | Piano Extravaganza I**  
Featuring students from the piano studio of Professor Alexander Kobrin.
- **Nov. 14 | REMF Viol Consort**  
A wonderful period-instrument string concert, presented in conjunction with the Rochester Early Music Festival.
- **Nov. 21 | Pulling at the Strings**  
Lynn McGrath performs music that pulls at the heart strings, including poignant masterpieces for classical guitar by Brouwer and Mangoré.
- **Nov. 28 | Happy Thanksgiving!** ❖

## RAIHN\* News & Dates

Submitted by Marti Eggers

### Six Big Questions

**Who?** You!

**What?** Nurture the spirit; serve the community

**Where?** First Universalist Church of Rochester

**When?** November 10 - 17

**How?** Volunteer for RAIHN

**Why?** Because you are needed!

On any given night in Rochester, as many as 100 families with children are homeless. The Rochester Area Interfaith Hospitality Network (RAIHN), a consortium of faith communities of which First Universalist is a part, provides a safe place for families to stay while they work toward returning to sustainable independence.

During the week of November 10, First Universalist will be hosting RAIHN families, and many volunteers will be needed. You can shadow a trained volunteer during our Host Week to see firsthand the power of RAIHN. You can then "Train for RAIHN" in early 2020. For more info, or to ask about shadowing, please see Chris DeGolyer, Marti Eggers or Ed Deller. You are needed!

*\*RAIHN – Rochester Area Interfaith Hospitality Network – Keeping families together; getting families home for good. ❖*

## Social Justice Plate:

### ROcovery Fitness

Submitted by Shirley Bond

ROcovery Fitness is an organization that really deserves our attention! Our congregation is proud to support this worthy group. They are located on Dewey Avenue in the city.

A spokesperson relayed to me that "They provide fitness, wellness programs and activities for individuals in recovery from addiction to drugs and alcohol. Our only requirement for participation is 48 hours of continuous sobriety. All events are offered at no charge to individuals in recovery, their friends and family members. Most importantly, support is offered for any individual whose life has been impacted by addiction." All donations to ROcovery Fitness directly supports the programs.

By the way, our collection for Rochester Area Interfaith Climate Action was \$308. They are grateful. ❖

# Living Our Values, Making a Difference

Submitted by Marti Eggers, Connie Valk, and Ed Deller



## Rochester Climate Strike!

Check out our congregation members (*Marcia Weaver, Connie Valk and Sarah Singal*) at the Rochester Climate Strike on 9/27!



## Happy 25th Anniversary!

Bill and Becky Elwell recently celebrated 25 years of membership at First Universalist!



## NYSCU Prep!

Tom Ruganis hard at work sprucing up our church kitchen for NYSCU.

# Roc/ACTS News

*Submitted by Shirley Bond*

Our main focus the last few months has been to concentrate on getting out the vote in November. Some people involved with the Police Accountability Board Alliance have really been conscientious about it. They have been pounding the pavement in the City of Rochester. As I am sure you all know, this is a very important issue and we are gearing up to have one of the best and most comprehensive Police Accountability Boards in the country. Some members prefer working behind the scenes, meeting with the incarcerated, lawyers, court personnel and family members of the incarcerated.

Roc/ACTS is partnering with Enough is Enough and, in conjunction with other groups, has represented and given support to many incarcerated people. I decided to attend a court date for a client on Tuesday, October 8. The day before, I had attended a press conference and thought since I had the time I would follow through. The prisoner was notified that morning that he was to appear at 2 pm that day. He was offered a plea deal and after much inner turmoil he decided to accept the offer. Three hours later he walked out of the prison a free man. It was an emotional day and I wish I had space to go into more detail. Public support is very important. That is just a peek at some of the work that Roc/ACTS does.

As you know, the Criminal Justice Task Force, the Education Task Force, and the Poverty and Jobs Task Force are kept busy. If you would like to join any of these task forces, please see Shirley Bond or Robert Remley for details.

Also please save the date, December 8 at 3 pm, for our annual banquet and fundraiser. Last year's banquet was a huge success. The theme this year is "Lift Every Voice" and we will be honoring Marvin Mich, cofounder of Roc/ACTS. The event will be held at the Stardust Ballroom in the Edgerton Community Center, 41 Backus Street, Rochester, New York 14608.

If you have any further questions, please see Robert Remley or Shirley Bond. ❖

# EcoJustice Update!



*Submitted by Sarah Singal & Kate Fleury*

Recycle rules have changed! Plastics are no longer sorted by those numbers in the triangle. Shape is everything! Be sure to stop by a recycling demo table immediately after coffee hour on November 10. We will have various clean items for you to practice sorting into recycle, trash, return to store, and other containers. See you there!

EcoJustice will have a longer article about "Calculating Your Carbon Footprint" in next month's Outlook! ❖

---

## Cozy Night Suppers



*Submitted by Kathy Russell*

Wondering what to do with those Thanksgiving extras? Join us for a Cozy Night Supper Friday, November 29 and share the bounty! It will be held in the Clara Barton Lounge with a potluck dinner from 5:30-6:30 and a program from 6:30-7:30. This year's suppers will have a spiritual development focus and the programs will be facilitated by Rev. Michelle Yates.

November's theme will be **Gratitude**. UU Minister Rev. Galen Guengerich offers his "conviction that in the same way that Judaism is defined by obedience, Christianity by love, and Islam by submission, Unitarian Universalism should be defined by gratitude." Let's explore this idea together.

Please let us know you will be attending by communicating with the church office or signing up on the hall bulletin board. Childcare is available if requested a week in advance. And for those who plan ahead, other Cozy Night Supper dates are 12/27, 2/28, and 3/27. ❖

# FIAC: To Nurture the Spirit and Serve the Community

Submitted by Heather Menzies Jones

On February 23 there was a gathering held in the Clara Barton Lounge where people new to First Universalist were welcomed and provided with loads of useful information about this beloved community. On that day I gave an overview about the different ways people could involve themselves in social justice work. Since then our congregation has studied, read, rallied and allied with other congregations. We have grown in the understanding of the perniciousness of systemic racism. The following is a bit of recent history and it is written for long-time members, new friends and everyone interested in the mission of our church.

But first – ACRONYMS!

**FIAC:** Faith in Action Council

**PT:** Project Team

**FIRE:** First Universalist Initiative for Racial Equity

**SPARC:** Spiritus Christi Anti-Racism Coalition

**SJC:** Social Justice Circles

**RAIHN:** Rochester Area Interfaith Hospitality Network

**Roc/ACTS:** Rochester Alliances of Communities Transforming Society, Inc.

## Brief History of FIAC

After the Social Justice Task Force (*Connie Valk, Richard Gilbert and Eric Van Dusen*) prepared a report outlining a new social justice structure for our church, FIAC was born and designed to be the administrative arm devoted to social justice issues explored and actions taken by First Universalist Church. FIAC members (*Joy Leccese, Becky Elwell and Heather Jones*) were approved by the board of trustees and the issue chosen by FIAC—Systemic Racism—was approved in a vote by the congregation.

## The Project Team

FIAC worked to form the Project Team, and the members of this group (*Dolores DaLomba (leader), Tim Mullens, Shelley Adams, Eunice Eckberg, Theo Munson, Elizabeth Osta, Richard Reed, Robert Remley, Dave VanArsdale*) decided, after intense study, upon an all-congregation project. A proposal was outlined that our church would

join with SPARC whose goals align with those of our church, namely “to work within our community to support and develop anti-racist, multicultural institutions.”

## The Project Team’s Proposal

On Sunday, June 2, 2019, the Project Team brought the following proposal forward to the congregation:

“To partner with SPARC in its goal to develop a Heritage Civil Rights Center that will give voice, visibility and historical acknowledgement to our Black Community’s struggle for liberation and equality.”

The congregation voted YES!

## FIRE

Co-led by Elizabeth Osta and Theo Munson, FIRE is a church-wide initiative and blazing with event ideas: the group led a training session in September, established the Eunice Eckberg Film Series on Racial Justice and ‘Second Sunday’ Drop-in Discussions about social justice issues and they are in active collaboration with SPARC. (FIRE members: *Elizabeth Osta, Theo Munson, David Markham, Kelly Scott, Tim Mullins, Shelley Adams, Dave VanArsdale, Richard Reed*, and consultant *Dolores DaLomba*).

## Social Justice Circles

FIAC assists and supports the members of our many SJCs. Joining a circle is a great way to get to know people and to serve the community!

- Roc/ACTS
- Tutoring – Reading at School #7
- Meals for the Homeless
- EcoJustice
- Harvesting Justice: Immigration/Farm workers
- Crafting Blankets for the Homeless
- RAIHN

## A FIAC Pitch

We need more people on the FIAC team and we are looking for skilled communicators and media savvy folks! The 2019-20 church year looks to be a banner year for First Universalist and you don’t want to miss out on the excitement. If the FIAC team isn’t a fit, there are so many places to find meaningful work, socializing opportunities and spiritual and intellectual growth. Now’s the time.

Contact us: [fiac@uuroc.org](mailto:fiac@uuroc.org) ❖

# Animal Ministry of Rochester

## *Pet Proxy*

*Submitted by Lois Baum, Chair and Founder of AMOR*

Remember what you were feeling, thinking, anticipating the first time you laid eyes on who would become your next new pet? Maybe you sought out this new friend, or maybe they were a rescue.

Or were you the automatic recipient when your grown child left their pet behind? Then again, maybe you weren't considering a new pet at all, until one day you met and it became clear how this story would go.

At the beginning, recall what you needed to do ... you carefully selected a vet, revised your budget, choose where your pet would sleep, and spend their days and nights, and you selected food, and some toys. You took photos and shared them. And how did you choose the pet's name? Just think of all the energy, thought, money, time, care that went into bringing a new pet into your life. Then suddenly, you have an accident, or die! You're incapacitated, unable to communicate; you can no longer tend to the life of your dependent pet who relies on you. Perhaps you live with someone who will jump in without being asked, or you have children/grandchildren nearby that you can rely on. Maybe you have friends, none allergic to pets, who understand how much Squawk, Babe, Nemo means to you, and are ready, willing, and able to be there in your absence.

But what if you don't! What if you live alone, or have no one at the ready to take over your responsibilities. It's just you, but now you're in the hospital, or deceased, unable to communicate. Now what happens to your pet? All too often in these situations, people rush and struggle to find someone to take their pet, putting up flyers, placing ads, begging friends, and seeking no-kill shelters.

However, you've prepared your other documents for sudden illness, or death: Power of Attorney, Living Will, Health Care Proxy, and Will. You put a lot of energy, thought, money, time and care into those forms, and you're ready, just in case. If only you'd prepared for pet care beforehand... and you can!

PET PROXY! Plan in advance and prepare in writing before you need it. A "Pet Proxy" is a form you can create yourself (or I can share the one I've created). First, decide who you'd like to be responsible for your pet in case of your illness or death. Ask that person's permission first. When they have agreed, then put it in

writing, with their contact info. Both of you must sign your "Pet Proxy". Also inform your vet, and be sure to include your vet's contact info. *Note: Some vets will only honor "pet proxy" if they are made aware, in writing, that someone other than the original pet owner is acting on your behalf.* Whoever your pet's new Proxy is should have a copy of the signed "Pet Proxy" form to take to the vet, if/when needed. Finally, be sure to file your "Pet Proxy" with your other important papers (POA, Living Will, Proxy, Will).

Preparing your important documents with as much focus as you gave your Tiffany lamp, or Grandma's quilt, dignify your pet's life too. After all, in the beginning and throughout, you poured so much energy into sharing your pet's life with you ... don't stop there. For each pet, complete a "Pet Proxy". How wonderful, knowing that your nonhuman dependent(s) will continue to be safe and loved. Every life is worth it. ❖

---

## A Correction

*Submitted by Theresa McFarland-Porter*

Anti-racism work has deep roots here in Frederick Douglass's hometown. As I recounted in my sermon July 7, Frederick Douglass delivered his seminal speech, "What To the Slave Is the Fourth of July," at Corinthian Hall in Rochester. However, I erred when stating the location of Corinthian Hall. Corinthian Hall stood near the intersection of State and Corinthian Streets. Sadly, it was razed in 1929. ❖

---

## Facilitator Training

*Submitted by Rev. Michelle Yates*

Saturday, November 2, 2019 from 9-11:30am.  
Coffee and snacks at 8:30am.

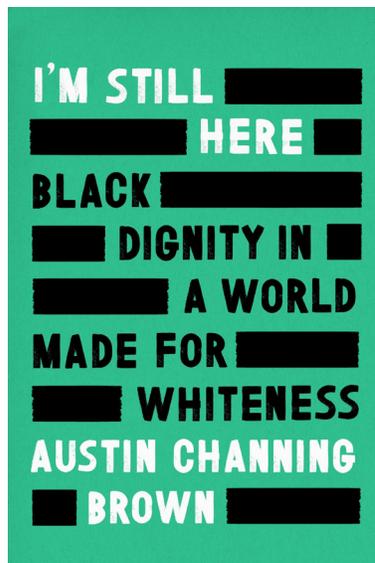
Do you lead a committee, team or task force? Do you facilitate meetings or small group ministry groups? Are you considering taking on this role, but feel you would like some training? Let's review some basics and do some troubleshooting together.

Please RSVP to Rev. Michelle at [edu@uuroc.org](mailto:edu@uuroc.org) ❖

# UU Book Notes

Submitted by Submitted by Phil Ebersole

The First Universalist Church library has acquired two new books on the theme of racial justice.



*I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown. This book is the FIRE committee's recommended book for 2019-2020.

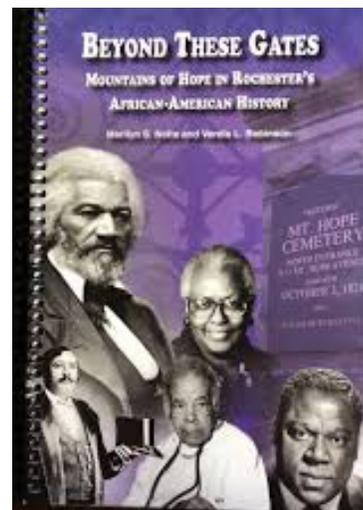
It is the memoir of a black woman who came of age in the late 80's and early 90's, when overt racism was no longer socially acceptable. Yet she found she was a long way from being judged for the content of her character rather than the color of her skin.

Her first encounter with the reality of a racialized society came at the age of seven, when she discovered her parents named her Austin Channing to deceive prospective job interviewers into thinking she was a white man. Her dad forbid her to put a hand in her pocket or in her purse when she was in a store. Some store employee might think she stole something, he said.

She worked for religious non-profit organizations that paid lip service to diversity and inclusion, but she found that their practice fell short of what they preached. "White people can be exhausting," she wrote. It wasn't just that she was treated differently from her white coworkers, although she was. It wasn't just that, as a black woman, she was expected to help her white co-workers deal with their racial hang-ups.

There also was the culture clash between the African-

American culture and the white corporate culture. In all cases, she wrote, she was expected to conform to the white norms. "I had to learn what it means to love Blackness," she wrote, in order to preserve her sense of self-worth. She eventually became a writer, speaker and expert who helps schools, non-profit organizations and churches practice genuine inclusion.



*Beyond These Gates: Mountains of Hope in Rochester's African-American History* by Marilyn S. Nolte and Verdis Robinson. This book contains 54 short biographies of notable African-Americans who are buried in Rochester's Mt. Hope Cemetery.

Together, these stories are a mosaic showing the history of the Rochester African-American community's struggle for survival and justice. The book begins with Burrell Reed (1765-1828), one of the pioneer settlers of the Genesee Valley, and ends with the Rev. Dr. Leardrew L. Johnson (1921-2015), pastor of Mount Olivet Baptist Church. It includes famous Rochesterians such as Frederick Douglass (1818-1896) and William C. Warfield (1920-2002) as well as lesser-known but noteworthy figures—the Rev. Thomas James (1804-1891), who was Frederick Douglass's mentor, Thomas Washington Lancaster (1924-1960), a Tuskegee airman, and Thomas Wilson Boyde Jr. (1907-1981), the architect who planned Monroe Community Hospital. There's also a salute to the 10 veterans who served with United States Colored Troops during the Civil War. The depth of research that went into this book is awesome. ✚

# Come enjoy a lunchtime tradition!



**THURSDAYS**  
**12:15 - 12:45**

**LOCATION:**  
**First Universalist Church**  
(corner of South Clinton and Court Streets)

**FREE**  
**ADMISSION**

**FALL 2019**

**OCTOBER 17**

### **Made in America**

Flutist Sophia Gibbs Kim and pianist Irina Lupines share favorite American music for flute and piano.

**OCTOBER 24**

### **Music for Clarinet and Piano**

Eastman alumnus clarinetist Carl Galland, pianist Evelyn Lam, share solo and duo works by Schumann, Brahms, and more.

**OCTOBER 31**

### **Meraki Piano Trio**

Beautiful chamber music with graduate students Letitia Jap, violin; Heewon Lee, cello; and Nathan Cheung, piano.

**NOVEMBER 7**

### **Piano Extravaganza I**

Featuring students from the piano studio of Professor Alexander Kobrin.

**NOVEMBER 14**

### **REMF Viol Consort**

A wonderful period-instrument string concert, presented in conjunction with the Rochester Early Music Festival.

**NOVEMBER 21**

### **Pulling at the Strings**

Lynn McGrath performs music that pulls at the heart strings, including poignant masterpieces for classical guitar by Brouwer and Mangoré.

**NOVEMBER 28**

## **HAPPY THANKSGIVING**

**DECEMBER 5**

### **Piano Extravaganza II**

Featuring students from the piano studio of Professor Alexander Kobrin.

**DECEMBER 12**

### **Colors of Winter**

The New Horizons Chorus, under Juli Elliott, performs music about the sights, sounds, and colors of winter.

## **HAPPY HOLIDAYS**

**We'll return on  
January 9, 2020**

**PLEASE VISIT [esm.rochester.edu/lunchtime](http://esm.rochester.edu/lunchtime) TO LEARN MORE**



# 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 Sundays

**Minister** | Rev. Lane Campbell

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

**Music Director** | Brock Tjosvold

**Office Administrator** | Emma Barry  
Office hours: Tue-Fri, 9am-4pm; closed Mondays

**Sexton** | Brandon Fagan

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

### Board of Trustees 2018–2019

Eric Van Dusen (*President*), Theresa McFarland-Porter (*Vice-President*), Nancy Gaede (*Clerk*), Karen Ruganis, Kitty Forbush, Richard Reed, Tim Mullins, The Rev. Lane Campbell (*ex-officio*)

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.