



# Our Outlook

## First Universalist Church of Rochester

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**First Universalist  
Church of Rochester**

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## Sunday Services | January 2022

### January 2 | *Re-Gathering by the Fire*

At the beginning of this New Year, let us pause to reflect on what our intentions are for the next year ahead and what we have learned from the past year. There will be a fire communion ritual of intention-setting. Let's collectively cozy up to the fire and think on what has transpired in the year behind us.

— *Rev. Lane Campbell*

### January 9 | *The Problem with Courage...*

The loudest voices in the room can be considered the most courageous. Courage can become a standard folks felt held to in a way that bars access to one's own authenticity. To be courageous is celebrated. Cowardice is a source of shame. How does this false binary function in our lives?

— *Rev. Lane Campbell*

### January 16 | *Courageous Grieving*

The title of a Galen Tipton song about the courage to leave that which no longer serves us and the courage to grieve those endings. Let us explore what is courageous about grieving.

— *Rev. Lane Campbell*

### January 23 | *TBA*

TBA

— *TBA*

### January 30 | *Cultivating Courage*

Courageousness is not something any one of us is blessed with without a little practice and work. How can we cultivate courageousness in our everyday lives? What pulls us towards courageous action?

— *Rev. Lane Campbell*

❖ **Services begin at 10:30am** ❖

*Worship will be meeting online and in-person at First Universalist Church.  
Please join us – Internet link: <https://us02web.zoom.us/j/131764422>;  
Phone number: 1-646-558-8656 with Meeting ID: 131 764 422. ❖*

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## Celebrating an Adequate Year

Message from Rev. Lane Campbell

It is the turning of another year. A time to reflect on what we have done, what music we listened to, what we wished we could have done. For many of us, these recent years have been pretty difficult. And the year's turning can be heaped with so many expectations. What new project are you starting? What resolutions are you coming into next year with? What intentions are you setting? So many expectations...

This year, I really want to invite us all (myself included) to really consider what an adequate year looks like. 2022 doesn't have to have the expectation heaped upon it that it is going to be the best year ever. Instead, we can pause to reflect on what an adequate year of our lives would look like. Recognizing that adequacy is a super-helpful way to be grateful for what we do have and to refocus our energies and attention on what we need, rather than pining after something that may or may not happen.

How can we embrace adequacy? It's about getting in touch with our own needs. It's about discerning what we need from our days and what we need from this life. Adequacy can sometimes look like accepting the state of our house, even when we wish it was cleaner. We can sit in gratitude for having a home and for the good people in our lives who we get to live with or even host in our space. Adequacy can sometime look like pausing and asking if our needs are met in this present moment. If they aren't we can ask for or go and find what we need. No longer creating big expectations, embracing what we have and finding what we need.

I am wishing each one of you an adequate New Year this 2022. May your year be what you need and nothing more. It is good to be with you all for another year.

In Faith and Courage,  
Rev. Lane ❖



## A Month and Year for "Courage"

Message from Rev. Michelle Yates

I was lucky that I was taught that it's okay to be afraid; that courage is not an absence of fear, but a choice to act and not let fear make the choices for me.

As an adult I have learned new things about courage mostly through the sermons of the UU minister at my home church and the work of Brené Brown particularly her book, *"Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead"*.

My minister during college was a put-together white man from New England. Yet, unlike other religious leaders I knew, he did not claim to have all the answers. His sermons explored topics we all were struggling with. He shared things he had learned, often by making mistakes. He shared wisdom from many sources that strengthened, guided, and gave him hope, which he prayed could do the same for us; we were all on the journey together. By knowing that he was human too, I was more whole, more loved and more welcomed. Whatever path I took I didn't have to be perfect, just authentic, honest, and brave.

This was affirmed for me when I encountered the work of Brené Brown who says, "The irony is that we attempt to disown our difficult stories, to appear more or less acceptable, but our wholeness—even our wholeheartedness—actually depends on the integration of all our experiences, including the falls. To know our true wholeness and worthiness, we must have courage to be imperfect, compassion to be kind to ourselves and others, and to fully embrace vulnerability. Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage."

In this New Year may you be blessed with the courage to be vulnerable, imperfect, and compassionate. To show up, to try, to share and care, and to keep your heart open for the connection of beloved community that we might hold and heal each other in the days to come.

Yours in the Journey,  
Rev. Michelle ❖

# Membership Committee

*Submitted by Donna Anderson*

This is a vital “behind the scenes” committee chaired by Donna Anderson, along with members Shirley Malone and Clinton Swingle.

We have many responsibilities:

- Recruiting ushers and greeters for Sunday services;
- Keeping our information about membership possibilities, through pamphlets and occasional UU and You informational event after the service;
- Reaching out to visitors so that they can learn more about our faith;
- Coordinating a Path to Membership session, scheduled for April 30 in 2022.

Interested in becoming an usher or greeter? Or becoming a member? Reach out to us at [membership\\_com@uuroc.org](mailto:membership_com@uuroc.org). ❖



# Congratulations Ann!!

*Submitted by Tess McFarland-Porter*

Our own Ann Rhody has been elected President of NYSCU (New York State Convention of Universalists) for a 2-year term. Strong healthy connections with our larger faith community revitalize our church in so many ways. Deep thanks to our UURoc members who forge those connections. In addition to Ann filling the top office, we celebrate the NYSCU leadership of Karen Dau, Richard Reed, Joyce Gilbert, Jean Ott, Michael Scott, Michelle Yates and David Damico. ❖

# Together Again for the First Time: Service Auction 2022! Jan. 30 & Feb. 6, 2022

*Submitted by Ann Rhody, Finance Chair*

This year’s Service Auction is really not an auction at all—it’s a “don’t bid, just buy” fundraiser that allows us to enjoy fun and fellowship while supporting our church’s programs!

Here’s how it works:

1. Consider donating an event or food item that people can sign up for. Some ideas:

- A small gathering in your home or in the Clara Barton lounge, with size limits established. Events should have a definite date between February 13 and July 30, 2022. There can be a theme, dinner, craft, dessert, or other attraction involved!
- Homemade or custom-baked meals or treats.
- Virtual events, like Zoom game night or Zoom take-out dinners.
- **Please note: we are not seeking household items or vocal music offerings this year**

2. Browse the offerings in a catalogue to be made available January 23, and decide what you’d like to sign up for.

3. Come to church on January 30 and February 6, and sign up for your items in the sanctuary after the service, with on-screen entertainment!

If you are unable or uncomfortable coming to church in person, you may make your sign-up selections by proxy, and tune in via Zoom for the fun on January 30 and February 6!

Donations will be accepted via the Auction link at [uuroc.org](http://uuroc.org) starting January 1. All donations are due by noon on Wednesday, January 19. The catalogue of offerings will be available, both hard copy and online, on Sunday, January 23. Hope you’ll join in the fun!

Questions? Email us at [finance@uuroc.org](mailto:finance@uuroc.org). ❖

# 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.

## January 4 | *Monroe County's Increasing Homelessness*

Person Centered Housing Options' outreach reports an increase in homelessness across our community. Learn how that is impacting PCHO's and other providers' work, what's needed in our community, and how the First Universalist Community can be part of the solution. Join us! Presented by Nick Coulter, President at Person Centered Housing Options [ncoulter@pcho.org](mailto:ncoulter@pcho.org) (Thank you First U's Homeless Heartbeats)

## January 11 | *Climate Crisis: Speed, Scale, and Options*

An overview of the science behind global warming, the observed effects of this warming, and the options available to mitigate these effects, including both emissions reduction and carbon sequestration. Presented by Jon Randall, Climate Reality Project and climate change refugee.

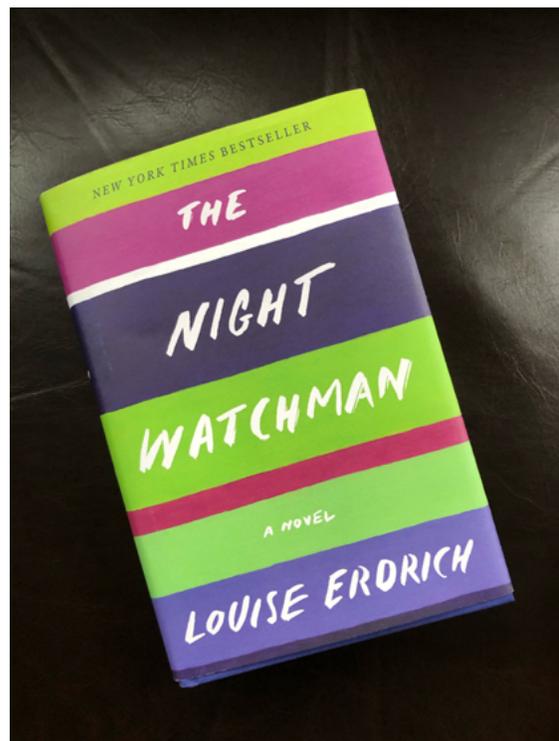
## January 18 | *What is Democracy?*

The UU Fifth Principle includes a commitment to the democratic process. But what is the democratic process? Is it majority rule, or something more (or less)? Is there a conflict between the democratic process and the right of conscience, also part of the Fifth Principle? Phil Ebersole will lead a discussion.

## January 25 | *Here We Are, Midwinter: Are You OK?*

Are you taking advantage of all that winter has to offer? Sledding, skiing, ice skating? Concerts, plays, movies, dinners in or out with friends, do you focus on your home-based hobbies, or are you just counting the days until spring? Beth Ares will facilitate.

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



## Book Group

Submitted by Sarah Singal & Shirl Bond

On January 9 the book group will be discussing a book by Louise Erdrich called “*The Night Watchman*”. Because of her excellent writing she won the Dayton Literary Peace Prize. The book is a tribute to her grandfather who was a member of the Turtle Mountain council of Chippewa and travelled many, many times to Washington DC to fight for the citizens of North Dakota.

I am so glad we picked this book for our group read because it has everything one could hope for in a novel. So please join us after service on Sunday January 9 at 11:45am in the Clara Barton Lounge for a lively and interesting discussion as we share our thoughts concerning this wonderful work of fiction.

Please don't feel that not having read the book should stop you from joining us; it's fun to hear about new books recommended by a group member.

By the way, the February book selection is “*Braiding Sweetgrass*”, by Robin Wall Kimmerer, and our March book selection is titled “*March*” by Geraldine Brooks.

Book suggestions are always gratefully received and taken under consideration. If you have read a good book lately, or just have a question, contact us at [Book@uuroc.org](mailto:Book@uuroc.org)! ❖

# Finance News & Notes

Submitted by Ann Rhody, Finance Chair

- **Staff bonuses:** Thank you so much for your incredible generosity! It's very clear that we are a community who greatly appreciates our wonderful staff. Each staff member received a bonus to help make the holiday a little brighter. We are so grateful!
- **Service Auction 2022:** Our Service Auction is different this year! Please see the separate article detailing our plans on page 3. We're excited!
- **Stewardship Sunday:** Save the date! Stewardship Sunday is April 10, and our Team this year is led by Kitty Forbush and Brian Mumey.
- **Budget planning:** It's hard to believe that we are halfway through the 2021-22 Fiscal Year! We always have some differences between our budget projects and realities, but they typically balance out, and this year is no exception. Soon we will begin to plan for the 2022-23 budget. Church leaders, it's not too early to begin thinking about your needs for the coming year! Watch for an official request in February.

Thank you for ALL of the ways, financially and otherwise, you support First Universalist Church! ❖

## Eastman at Washington Square Concerts

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

- **Jan. 6 | Bach for Solo Violin**  
Violinist Chihiro Kakashima opens the year with Bach's C Major Sonata for violin.
- **Jan. 13 | Winterreise I**  
Please come and hear Edward Bland and Jenny Kirby performing part I of Franz Schubert's Winterreise, song cycle for voice and piano, D.911
- **Jan. 20 | Winterreise II**  
Don't miss a continuation of the Winterreise by Franz Schubert.
- **Jan. 27 | Music for Bassoon and Piano**  
Bassoonist Blair Koerner and Collaborative Pianist Zachary Peterson will share music to bring delight in January. ❖

# EcoJustice: Monroe County's Twelve Days of Holiday Recycling

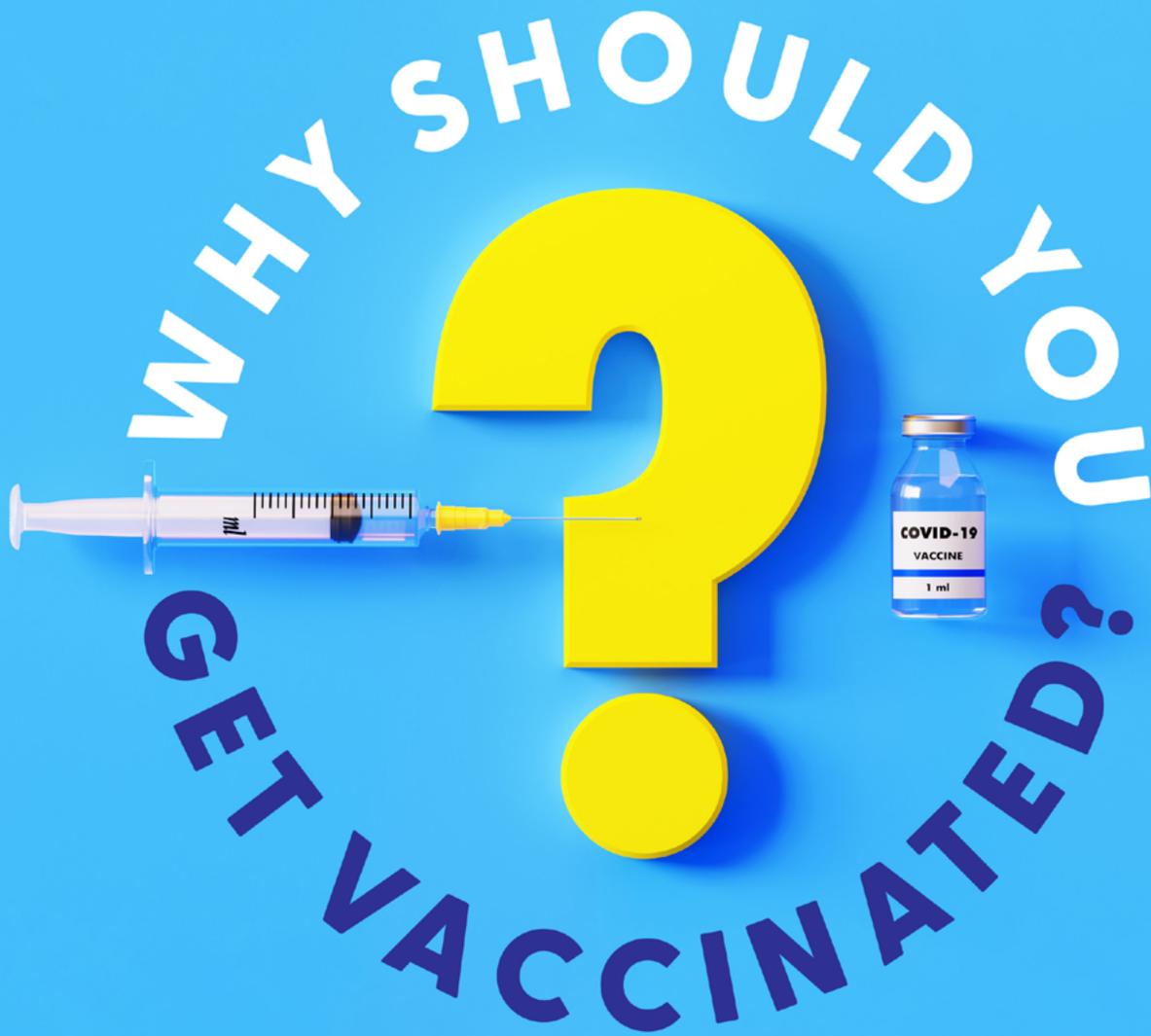
Submitted by Sarah Singal

Between November and February each year residents generate the highest amount of trash and recycling! Here are some helpful tips from The Monroe County /Waste Management ecopark!

- **Cardboard:** Empty, flatten and recycle curbside or bring them to the ecopark.
- **Plastic air pillows and bags:** Remove air and flatten. Recycle at local retailers or the ecopark, never curbside.
- **Plain wrapping paper, tubes, tissue paper, gift boxes, and bags:** Recycle curbside or bring them to the ecopark.
- **Metallic or shiny wrapping paper, tissue paper, gift boxes, and bags:** Reuse or trash.
- **Ribbons, tags, bows, and most other decorations:** Not recyclable.
- **Alkaline batteries:** Place in trash.
- **Rechargeable batteries:** Can be recycled at local retailers or brought to the ecopark. Never place rechargeable batteries in your curbside recycling bin.
- **Electronic waste (including holiday lights, and indoor/outdoor decorations that use electronics):** Recycle at the ecopark, never curbside.
- **#6 Styrofoam:** Never recycle curbside; if clean and tag-free it can be brought to the ecopark.
- **Pizza boxes:** Any cardboard not covered in grease or food can be recycled curbside.
- **Plastic bottles, jars, etc.:** Must be clean, dry, and empty. Can be recycled curbside or at the ecopark. Remove and dispose of any seals.
- **Masks and other PPE:** Not recyclable; dispose of these in the trash.

More info here: <https://conta.cc/3ma8aH9>

The Ecojustice Group meets the first Sunday of each month in the back of the Sanctuary. The next meetings are Jan. 2, Feb. 6, and Mar. 6. ❖



- It's safe, simple, and free of charge.
- It could keep you from getting COVID-19. If you still get COVID-19, it could keep you from becoming seriously ill.
- It will help you do your part to slow the spread of COVID-19 and protect the health of your family, your friends and your community.
- It's an mRNA vaccine. These types of vaccines have been studied for more than two decades to evaluate their safety and effectiveness.
- It's the first step toward life returning to normal.

# TRANSCENDENTALISM: THEN & NOW

**A 4 PART ADULT RELIGIOUS ED. CLASS  
PRESENTED BY REV. JOHN BUEHRENS**

Online Sundays  
January 9, 16, 23, & 30, 2022  
7:00 – 8:30 PM  
[zoom.us/my/rochesterunitarian](https://zoom.us/my/rochesterunitarian)

## SPONSORING CONGREGATIONS

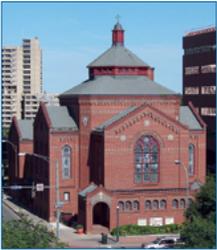
UU Church of Canton  
May Memorial UU Society  
First Universalist Rochester  
First Unitarian Rochester  
UU Congregation of Binghamton  
UU Fellowship of Plattsburgh  
First UU Society of Albany  
UU Society of Schenectady  
UU Congregation of Saratoga Springs





# 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

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

### Board of Trustees 2021–2022

Theresa McFarland-Porter (*President*), Eric Van Dusen (*Vice President*), Steve Munson (*Clerk*), Jillian Beaman, MJ Curry, Bridget Watts, Richard Reed, 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.