

FIRST UNITARIAN CHURCH
WEEKLY CONNECTIONS NEWSLETTER

October 19-October 26, 2017



Worship Service Sunday, October 22, 2017

“I am not this illness...”

Rev. Tina Simson, preaching
Sue Steepy and Julie Sanchez, co-leading
9:30am Music by Orange Sky
11:15am Music by Zachary Zwahlen and
the First Unitarian Choir
Our plate collection will help support our church.

Gratitudes, Joys and Sorrows

The memorial for **Jim Goff**, husband of **Brian Hurlburt**, will be held at our church this **Saturday, October 21, at 1:00pm**. We continue to hold Brian and Jim's sisters, Janice and Wendy, in our hearts.

Please hold the family of our member **Peter Cardegna** in your thoughts and prayers. Peter died from a short but serious illness. His Celebration of Life will be held at the First Universalist Church on Clinton Avenue on **Saturday, October 21, at 2:00pm**. Rev. Joel Miller and Rev. Michelle George-Yates will officiate. Peter and his children belonged to First Universalist when the children were growing up.

Please also hold **Eleanor Porter** in your hearts. Eleanor's oldest son, John, died this month of lung cancer.

“To live in hearts that love is not to die.”

If you have a concern about a member of our congregation, please don't hesitate to contact Rev. Tina at 585-271-9070 x104.

Happening This Week

Welcome Team Breakfast and Hospitality Orientation

Are you interested in meeting new people? Do you want to make a deeper connection with our church? Please join our welcome team in service to our beloved community by attending a hospitality orientation this **Sunday, October 22, at 8:30am**. The welcome team will serve a light gourmet breakfast, and we will share information about hospitality roles, and explore the intersection of community and hospitality at our church. Please RSVP to Fritz Lange at fflange13@gmail.com, or just drop in for coffee and a chat.

Parenting as a Spiritual Practice

This **Sunday, October 22, at 9:30am** in Room 200, the Thoreau Room, all parents and grandparents are welcome to come learn about and practice mindfulness and non-violent communication with others in an open and supportive environment. We will explore our monthly worship theme, Intersectionality. Other fall meetings will be Sunday, November 12, and Sunday, December 3.

Our Common Life: Being Part of a UU Community as Parents

This **Sunday, October 22, after both services**, we will be offering Our Common Life, a class to learn more about what is involved in being part of a UU congregation, specifically as a parent. Sheila Schuh, Director of Religious Education, and Shannan Foos, Membership Coordinator, will team up to provide an overview of membership, programs, expectations, and common misconceptions. Children are welcome. Please contact Shannan at membership@rochesterunitarian.org if you are interested in attending.

Our church bookstore will be open this Sunday, October 22, 10:00am-1:00pm. Thanks to a collaborative effort of Pachamama and our church's Environmental Task Force, there is an upcoming Sunday night series on the book *Drawdown: the Most Comprehensive Plan Ever Proposed to Reverse Global Warming* by Paul Hawken. We have several copies in stock at the low price of \$17.50. We also have other environmental titles including *Afterburn* and *The End of Growth* by Richard Heinberg. All titles are at least a 20% discount off list price. And we promise there is never any waiting for one of our books to be delivered; take it home with you and start enjoying it right away! So stop in before or after services, chat with the volunteers and other congregants, and browse our offerings. You will always find something you will enjoy reading. We gladly accept cash and checks.

The Black Lives Matter/Youth Lives Matter Task Force will meet this Sunday at 12:30pm in Room 110 for an update on the statewide effort to reduce excessive solitary confinement. Two activists from Campaign for Alternatives to Isolated Confinement (CAIC), Scott Paltrowitz and Jerome Wright, will tell us about the HALT Solitary Confinement Act and help us organize support in Rochester. The goal of CAIC is sweeping reform of New York's use of solitary confinement and other forms of extreme isolation in state prisons and local jails. Isolated confinement involves confining people in a cell for 22 to 24 hours a day without meaningful human contact, programming, or therapy. This practice is ineffective, counterproductive, unsafe, and inhumane, and it causes people detained in these conditions to deteriorate psychologically, physically, and socially. Despite these facts, New York utilizes isolated confinement at rates well above the national average.

Calls to Action

Advocacy to Support Monroe County Funding of Preventive Services

County Executive Cheryl Dinolfo recently announced steps that will be taken to address the crisis in Child Protective Services. For that we are grateful. However, funding for services that support families at risk has dropped by \$1.7 million since 2014. Please stop by the table in the Williams Gallery after services this Sunday to sign a letter supporting reinstatement of this critical funding.

Soul Assembly is awesome, and even more awesome with a rockin' coffee hour! We are looking for approximately eight volunteers to provide a plate of refreshments at each monthly service. Please email Wendy Black Mancarella at wendymance@yahoo.com if you are able to bring a plate to the next Soul Assembly on **Saturday, November 18, at 7:00pm**. Also, please contact Wendy if you are interested in taking over as organizer.

Benefits Boutique will be Saturday and Sunday, November 11 and 12. The Social Justice Ministry and UU/Schools Partnership need homemade soup to sell. If you're able to donate a batch of soup, please email Cass Doyle at cassdoyle@yahoo.com.

Toiletries are needed at the Brighton Food Cupboard. The most recent request is for soap, deodorant, shampoo and other toiletries. Of course they won't turn down boxed or canned food, if that's what you have to spare. For questions, contact Alison Wilder at awilder@frontiernet.net or 585-342-2459.

The Environmental Task Force is hoping to offer a seed library next year and so need to build a seed base. As you harvest this year, please save some seeds (vegetables, fruits, flowers), dry them, put them in an envelope labelled with the date, and leave them in a box labelled "Seed Library" in the Workroom on the table. Not a gardener? We accept purchased packets of your favorite foods or flowers. Here's a guide for seed saving: <http://www.almanac.com/content/how-save-vegetable-seeds-seed-saving-guide>.

Another Green Tip from Your Environmental Climate Task Force

Although we still have summery days in the forecast, it's time to prepare our homes for cooler weather. Locate air leaks around windows, baseboards, electrical outlets and switches, lighting and plumbing fixtures; check insulation; check attic vents for blockage; change filters in heating and cooling equipment, as needed; replace incandescent bulbs with CFLs or LEDs. For more detail, see NYLCV via out01.thedatabank.com. Reduce, Reuse, Repurpose, Recycle.

Pledge Payment Options

You have options in the way your pledge payments are processed. Some choose to send a check directly to the church. Another good alternative is automatic ACH contributions from your checking account. They are the easiest way for our Church Office to receive pledge contributions. They are easy to set up and save us credit card fees. Your monthly contributions would come out of your account on the 15th of each month. Contact Al Gundlach at 585-271-9070 x103 if you are interested.

Other News and Reminders

Roof construction is underway! Until further notice, the south parking lot is unavailable for church use. Also note that the back door is to be used as an emergency exit only.

Each month, the FUUn Bunch meets for drinks and eats and good conversation. Mark your calendars for **Friday, October 27, 7:00pm** at Gigi's Italian Restaurant. RSVP Phil Hildreth at philhildreth@comcast.net. Please indicate who and how many, and he will reply with directions.

On Sunday, October 29, at 12:30pm, the Social Justice Ministry and the Investments Committee jointly present "Socially Responsible Investing for Our Church and for Our Lives," a presentation on how our church is aligning our investments with our values, and how you can do the same. All are encouraged to attend. For more information, contact Annie McQuilkin at annie@foreverfinancial.com.

Meditation Classes with Jan Cook begin Tuesday, October 31 and run through Wednesday, December 20. Pause and be centered in the face of what the world brings you this election and holiday season. Join a group of fellow practitioners to cultivate inner wisdom, clarity, and space to breathe. To register or for more information, email Carolyn at livingandworking.info@gmail.com. To reach Jan directly, email janburkecook@gmail.com.

The First Wednesday Book Group will meet on **Wednesday, November 1 at 11:15am** in the Susan B. Anthony Lounge to discuss *Nobody's Fool* by Richard Russo. This slyly funny, moving novel is about a blue-collar town in Upstate NY (Bath), a classic American story of a triumphantly unlucky citizen. **Please note the time change to 11:15am** (to avoid parking congestion). Join us if this book interests you. Looking ahead to December 6, the book selection will be *Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital* by David Oshinsky. Contact Joyce Henzel at joycehenzel@gmail.com for questions.

Roc/ACTS Public Action Meeting and Potluck Supper will be held on Thursday, November 2. The Potluck Supper will be 5:00-6:00pm at our church in Room 110. The meeting will be at 6:30pm at the Antioch Missionary Baptist Church (304 Joseph Ave. 14605). A carpool/caravan is available at 6:00pm from our church to Antioch Missionary Baptist Church. Join with Roc/Acts Faith Community to add your voice for racial and economic justice: Police Accountability, Childcare Assistance and Wage Equity for Healthcare Workers. RSVP to Penny Quill at ptquill@gmail.com or Tom Perry at tom.perry164@gmail.com.

Have you attended UU101 and are ready to find your place at our church? Please join us for Starting Point – a 4-hour Saturday class which offers an opportunity to explore ways in which Unitarian Universalism can make a difference in your life and help you connect with others. Starting Point will be offered on **Saturday, November 4, 9:00am-2:00pm** in the Susan B. Anthony Lounge. Please register in advance by emailing Shannan Foos, Membership Coordinator, at membership@rochesterunitarian.org.

UUs Reading Non-Fiction will be meeting again on **Wednesday, November 8, 7:00-8:30pm**, the day after election day. That may add an extra dimension to the discussion of our next book, *The Making of Donald Trump*, by investigative journalist and author David Cay Johnston. The book contains substantial biographical information as well as a view of Trump's ascendency in business and influence from his earliest years. Drop-ins are welcome to join in the discussion. For questions, contact Audrey Perry at auperry066@gmail.com or 585-244-4013.

Aging Gratefully is a group open to anyone aged 60 and above which meets on the second Thursday of every month to discuss a topic chosen by the group. The next meeting is **Thursday, November 9, 1:30-3:00pm** in the Susan B. Anthony Lounge, to discuss "Our Greatest Achievements: What are we most proud of?"

Join in the 55th Anniversary Celebration of our building on Friday, November 10, at 7:00pm in the Williams Gallery, and for a conversation with our architect Louis Kahn, portrayed by Lew Ward-Baker. Marlin Potter, a project manager who worked with Louis Kahn, will share his memories. The celebration will be followed by cake and beverages. Extra cake will be offered to anyone wearing something from the late 50's or early 60's. This event is sponsored by the Kahn Building Appreciation Committee. For questions, email Nancy Koch at nkoch@rochester.rr.com.