

FIRST UNITARIAN CHURCH

WEEKLY CONNECTIONS NEWSLETTER

December 21, 2017-January 4, 2018



Upcoming Worship Services

Sunday, December 24, 2017

NO MORNING SERVICES

Christmas Eve services:

3:30pm - for families with young children

7:00pm - with music by Orange Sky

9:30pm - traditional candlelight service

Plate collections will support the Minister's Grace Fund

Sunday, December 31, 2017 at 10:00am

Rev. Libby Moore, preaching

Shadia McAnally, worship associate

Plate collection will support the University of Rochester, Social Work Division, Women's Compassion Fund

Gratitudes, Joys and Sorrows

Mary and Tom Jones will be celebrating their 50th wedding anniversary on December 22, an anniversary date shared with **Jack and Sandy Maniloff**, and **Linda and Dave Friedman**.

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 and Next

Newsletter Holiday Schedule: This week's newsletter covers events **through Thursday, January 4, 2018**. There will be no newsletter sent the week of December 25.

Please join the First Unitarian Buddhist Fellowship for Solstice Turning Inward on Thursday, December 21, 6:30-8:00pm. *"Within each of us there is a silence, a silence as vast as the universe. We are afraid of it...and we long for it. When we experience that silence, we remember who we are..."* --Gunilla Norris. No meditation experience necessary, only an open heart. There will be time for tea and fellowship after the time of silence. RSVP to livingandworking.info@gmail.com.

Church Office Hours: The Church Office will be closed next **Monday, Christmas Day**. There will be limited staff and reduced hours next **Tuesday through Friday**, with the office open **4:30-8:00pm**. On **Tuesday, January 2**, the Church Office will re-open at the regular business hours of **10:00am-2:00pm, and 4:30-8:00pm, Monday through Friday**.

Youth Group Alumni Reunion Potluck: Youth Group alumni are invited to come back and enjoy a good old Youth Group together on **Wednesday, December 27, 5:00-9:00pm** in Gilbert Hall. We'll have a precious time lighting the Chalice and doing a check in. We'll share a meal together, and play games. It will be an absolute blast reconnecting with each other! All Youth Group Alumni, participants and former youth group advisors are welcome. Please bring a dish to pass. For questions or suggestions, email fellow youth group alumni Tyler Dewey at tylerwilliamdewey@gmail.com or Hazel Moellering at hamoellering@gmail.com.

Meditation for Beginners led by Rev. Joy Collins: This is for all, but especially focused on beginning or first time meditators. Led by Rev. Joy Collins, we will practice gently opening our bodies, minds and hearts, so that we can feel more ease, clarity, and peace. Joy is certified in the Realization Process, a meditation method based on embodying ourselves more fully. Come to one or all sessions. No experience necessary. Please email or call Joy if you plan to come, so she knows how many to expect. Four **Thursdays, January 4, 11, 18, and 25, from 5:30-6:30pm** in Room 115. For questions, or to sign up, email Joy at joy@revjoycollins.com or call her at 585-749-0695. Feel your embodied radiance to help you start your New Year!

Calls to Action

Has the Nominating Committee heard from you? There is still time to submit your recommendations for search committee members. Recommending is easy. You can visit the Nominating Committee table after services or submit names via email at nominating@rochesterunitarian.org. If you have already made recommendations, thank you! As you are in conversation with other members, take a moment to encourage your friends to recommend, and spread the word, everyone is doing it! We are eager to hear from each and every member, even if you prefer to decline to make a recommendation. Want to lend a hand? Nominating Committee could use some help making calls to members in January for the final round of collecting recommendation names. Visit the table after services or use the email above to become a volunteer caller.

First Unitarian's Plate Committee will meet on **Thursday, January 4** to schedule plate collections for the New Year. Information and submission forms can be found on our church website, www.rochesterunitarian.org, under giving / other giving opportunities / giving away the plate. Please take a few moments to review the requirements and submit your requests using the form on our website.

Last Call for the Brighton Food Cupboard In 2017: Bring a Christmas gift of a food item to the Christmas Eve and New Year's Eve services. Thank you to all who have donated regularly, and for the others - now is the time to make a New Year's resolution to buy for the Cupboard and put the item in the car so you don't forget it! For questions, contact Alison Wilder at 585-342-2459 or awilder@frontiernet.net.

Youth Group Sponsors Blood Drive: Youth Group will be sponsoring a blood drive on **Sunday, January 14, 9:00am-2:00pm** in the Williams Gallery. Look for posters around the church. Receive a \$5 Dunkin' Donuts gift card when you come to donate. Go to redcrossblood.org to schedule an appointment or contact Suzy Farrell at suzmacefa@gmail.com or 585-747-6379.

Other News and Reminders

Nature's Beauty - Now Showing in the Williams Gallery: Photographer Joe Woody is passionate about capturing images of wildlife and landscapes. Most of his photographs are from the Adirondacks and the Western New York area, but he also enjoys photo trips to the western United States, Canada, and Kenya. This exhibit runs through **Monday, January 15, 2018**.

Café Veritas brings together four local artists to blend their talents and love of music all on one stage, **Saturday, January 6**. Featured performers are Scott Regan, Cammy Enaharo, Steve Piper, and Madeleine McQueen. Show starts at **7:30pm**. For tickets, go to www.cafeveritas.org.

Five Reasons Why Meditation Could Be Your New Year's Resolution: Calmer, happier, healthier, more focused, all while contributing to the greater good. Join Jan Cook and an inspiring learning circle to begin meditating, or deepen your practice. A six- week session begins the week of **Wednesday, January 10 through Wednesday, February 14**. To register, contact Carolyn at livingandworking.info@gmail.com. For questions, contact Jan directly at janburkecook@gmail.com.

A Kitchen Green Tip from the Environmental Task Force: At this time of the year, we spend much time in our kitchens cooking, eating and gathering. Here are some tips for energy efficiency and environmental safety that can save money. If you're buying a new appliance, be sure it's Energy Star rated for high efficiency. Buy produce with little or no packaging, and use reusable grocery bags and produce bags. Use an electric stove to avoid contributing to greenhouse gas production. Electric stoves use much less fossil fuel energy. Purchase cooking utensils with longer lifespans such as stainless steel, cast iron, and high quality knives. This also means less energy used to produce replacements. Purge your cleaning supply cabinet of common cleaning products that are usually highly toxic to the environment, especially disinfectants which do not chemically break down and consequently hurt wildlife. Consider using eco-friendly cleaners made by Method, Mrs. Meyers, and Seventh Generation. Also, remember white vinegar is a natural disinfectant, while harmless and cheap. Reduce, Reuse, Re-Purpose, Recycle.