



Our Outlook

First Universalist Church of Rochester

Minister

Rev. Lane Campbell
minister@uuroc.org

Minister of Life Span Faith Development

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

Director of Music

Brock Tjosvold
music@uuroc.org

Office Manager

Emma Barry
office@uuroc.org



First Universalist
Church of Rochester

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

Sunday Services | February 2021

February 7 | *Getting Into Our Bodies*

Worshipping over Zoom has presented unique challenges to the embodied parts of worshipping together. No longer are we standing and sitting in our bodies in a room next to one another. Let us take this month's theme as a cue to have a service with intentional focus on our bodies. There will be a dance party at the end!!

— Rev. Lane Campbell

February 14 | *The Uses of the Erotic*

Audre Lorde's powerful essay from 1988 with the same title was all about the power of erotic embodiment as more than just about our sexuality, but also about our body's deep "yes" and deep "no." Let's explore what Lorde's essay has to say to us today.

— Rev. Lane Campbell

February 21 | *Challenging Fat Hatred*

In this pandemic, much has been said and written about talk of weight loss and weight gain in a time of lesser movement. Centering the voices of fat people, this service seeks to bring us into better relationship with our own bodies and with the bodies of the people around us.

— Rev. Lane Campbell

February 28 | *Trauma Healing*

Each one of us who has experienced trauma stores it somewhere in our bodies, our tissues, our muscles. What does it look like to heal from these experiences? How does our shared theology call us to such healing?

— Rev. Lane Campbell

❖ **Service begins at 10:30am** ❖

Inside	Page
Rev Lane & Rev Michelle.....	2
Finance News	3
House News.....	3
Drop-In Discussion	4
EcoJustice News	4
Stewardship News	4
Many Faces of RAIHN	5
PAB Info Session	6
Eckberg Film Series.....	7

*Worship will be meeting online into the foreseeable future. Please join us—
Internet link: <https://zoom.us/j/131764422>; Phone number: 646 558 8656 with
Meeting ID: Meeting ID: 131 764 422. ❖*



Mindfulness and Attention to the Body

Message from Rev. Lane Campbell

It has been a rushy-rushy kind of day, just like it has felt like a rushed week. At times, it feels like my body is moving before my brain. At other times, it feels like my brain is moving faster than my body. I pause to sit down and think of what to say to you all in this February of 2021.

I am writing to you on Inauguration Day, when our country feels both full of fear and excitement. This has been meant to be a day for celebration. It is both celebration and a wondering about what will happen. What will the push-back and response be? Will everyone be safe?

This fear and worry lives in our bodies. We are living in very uncertain times. And our bodies are holding it all—the fear, the tension, the existential questions. Fear that people are not taking this pandemic seriously enough. Fear that because of the actions of some of us, many of us will die. It lives in our bodies and in our cells, whether it is carried in tense shoulders, in your lower back, in your stomach, in your brow.

I wonder what you do to release the tension, to let your muscles be, to allow your body to slow down and take notice of where you are holding it all. I wonder if in tense moments, whether in a conversation with someone with whom you disagree or in moments when you are sitting in front of the television screen watching the news, you can find space to notice where you are holding the tension in your body. Pause and breathe there. Let the tension be and just notice it. This is an act of mindfulness and spiritual awareness that is ours to practice in these days.

As I sit here and write to you all, I feel my shoulders ease away from my ears. I notice the tension in my face and find a moment to just relax the face muscles. Have you ever tried this? It feels really good.

We have a long road ahead of us and we will need embodied practices to continue forward through this time. I am wishing you mindfulness and awareness of how your body is responding in these moments and in the day to day. ❖



Monthly Theme: Embodiment

Message from Rev. Michelle Yates

In this strange time, we are each carrying so many feelings inside our bodies. Not having personally lived through a pandemic or this level of political upheaval before, we may feel unprepared in how to process all the change in our lives. Who are we to look to that can speak to the journeys we are embodying?

There is wisdom to be gained from accounts of those who have lived through such times, but I invite you to look deeper to stories and archetypes. What spiritual, mythological, or archetypal figure speaks to what you are experiencing, and how does their journey accompany yours? Perhaps these stories are not real, but they are true. “Myth,” said the Greek statesman Solon, “is not about something that never happened. It is about something that happens over and over again.”

The twelve Jungian archetypes are a good starting point. Which do you relate to most—Sage, Innocent, Explorer, Ruler, Creator, Caregiver, Magician, Hero, Outlaw, Lover, Jester, or Regular Person?

What story are you feeling in your body? Perhaps Odysseus' 10-year struggle to return home after the Trojan War, or the role of his wife, Penelope, trying to hold down the kingdom hoping that the king and life would return to normal. Perhaps the Jedi in their grassroots fight against the Empire, or Rapunzel in her tower able to let others in but unable to leave.

Connecting with stories or archetypes helps us to make sense and meaning of our journeys, to remember that we are not alone and are an essential part of the living organism that is our universe.

I first connected to “the power of myth” through the wisdom of Joseph Campbell. He said, “Opportunities to find deeper powers within ourselves come when life seems most challenging.” I pray in the challenges you are facing that you are able to connect with your hero-path and the wisdom and power that is yours alone.

Yours in the Journey,

Rev. Michelle ❖

Finance News & Notes

Submitted by Ann Rhody, Finance Chair

Generosity abounds!

- **Staff Bonuses:** Thanks to your contributions in December, each of our staff members received a meaningful bonus to show our gratitude for all they do.
- **Minister's Discretionary Fund:** The Christmas Eve offering brought in \$1,355, a great boost for this fund which can provide help to those in need.
- **Auction Amnesty:** Thank you for contributing and for joining in the fun! The total raised in lieu of the Service Auction will be announced at the end of January.

Fiscal year status report:

We are now more than halfway through this fiscal year, and we are doing well. Income is still outpacing expenses, leaving us "in the black" by a good margin. Thanks for paying those pledges, which provide the largest portion of operating budget support!

Looking ahead:

And since we have passed the halfway mark, it is now time to look ahead to the 2021-22 church year! So much remains unknown, but the Finance team and the Board will be charged with putting together a fiscally responsible budget which supports and strengthens the mission of the church. If you have ideas for (or questions about) the budget, please share them at finance@uuroc.org.

Stewardship 2021: Forward Through the Ages

The Stewardship campaign is a critical step in developing our budget. Stay tuned for more info about Stewardship Sunday, which is April 11, 2021. ❖



House News

Submitted by Ed Deller

While we are still doing virtual church gatherings the House Committee has continued to care for our sacred space with a vision towards when we can gather together again.

The cold blast screen in the Clara Barton Lounge was completed. It looks great! When we can finally socialize in the Clara Barton Lounge again this glass partition near the parking lot door will make winter gatherings much more comfortable. We appreciate Connie Valk's support for this project.

Thanks to Michael Scott, our volunteer office now has LED lights. This will provide better lighting at lower cost over time.

A remote access thermometer was installed in the sanctuary; it provides heat management flexibility, especially in these times of less schedule predictability and reduced onsite presence. ❖

"Furthermore, we have not even to risk the adventure alone; for the heroes of all time have gone before us, the labyrinth is fully known; we have only to follow the thread of the hero-path. And where we had thought to find an abomination, we shall find a god; where we had thought to slay another, we shall slay ourselves; where we had thought to travel outward, we shall come to the center of our own existence; where we had thought to be alone, we shall be with all the world."

—Joseph Campbell

Drop-In Discussion Schedule

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 for the Zoom link!

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.

Feb. 2 | *How do we respond with love to those who are hell-bent on destroying democracy?*

People who ostensibly who took an oath to protect, preserve, etc.? Family members, those who act to support such anti-democratic action? People who are opposed to helping the poor, the homeless, the victims of violence? Those who openly call for violence, to take up guns against me and other liberals? Bill Elwell presents.

Feb. 9 | *Structural Racism Revisited*

Elizabeth Osta from the First Universalist Initiative for Racial Equality team will share recent findings about structural racism and ways we can help dismantle it.

Feb. 16 | *The Bible and Homosexuality*

Let's review some of the Bible texts often referred to with this question, considering scriptural and historical context. How are these texts used in arguments either condemning or supporting our LGBTQ siblings? Rev. Michelle Yates

Feb. 23 | *Keeping Our Promise*

Jean Ott is the presenter with guest Ellen Hickory Smith, Executive Director of KOP. KOP is a nonprofit organization which provides comprehensive resettlement assistance to our wartime allies, known as SIVs. They were former local interpreters and support personnel of the U.S. government in conflict zones. Because of their employment in support of the US, their lives are in danger.

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

Stewardship News

Submitted by Brian Murney, Kathi Milch, & Jim Milch

Each year we ask you to renew your financial commitment to our church. Even with the challenges of the past year, First Universalist Church of Rochester has found ways to provide spiritual support and fellowship to our members. We have not been able to gather in our beautiful historic building, but we nevertheless have continued our missions of nurturing personal and spiritual growth, and serving our wider community.

Our Stewardship theme this year is "Forward Through the Ages", based on the traditional Unitarian hymn of the same name. Since we celebrate the 175th anniversary of our Universalist congregation this year, it seems fitting to honor our historic past as we move forward, together, in an "unbroken line" toward future goals.

Stewardship Sunday will be April 11, 2021. Early in March, you will receive pledging information in the mail. We ask that you return your pledge by Stewardship Sunday. You will hear more about stewardship in the coming months!

It is our pleasure to serve as your Stewardship cochairs this year. If you should have any questions, please contact any of us! ❖

EcoJustice News

Submitted by Sarah Singal

A free webinar: "Food Waste Prevention", is coming up on February 10. To register, go to raica.net/ and click on "Events".

In the US, up to 40% of food goes uneaten each year, at an annual cost of \$218 billion. It's a problem that costs the average family of four at least \$1,500 per year. That results in massive amounts of wasted water, landfill use, climate pollution and other environmental damage. Join L.E.T.T.U.C.E. (*Lowering Emissions Through Thoughtful Unified Community Engagement*) in an informative webinar with practical solutions to prevent food waste and compost scraps. Join the *Food Too Good To Waste* challenge to see how much you waste and drive that down for climate action. A collaboration with L.E.T.T.U.C.E., A Pachamama Alliance Rochester Area Drawdown Initiative, and RAICA (*Rochester Area Interfaith Climate Action*). ❖

The Many Faces of RAIHN

Submitted by Marti Eggers

While COVID has closed churches and synagogues in Monroe County, it has not stopped family homelessness. Due to COVID, RAIHN* families are now being housed in a hotel and in the RAIHN Bridge Apartment with the hope of moving them to transitional apartments until they can find permanent housing and until congregations can open up again to host families experiencing homelessness. In the meantime, congregations are still “hosting” RAIHN families by providing them with gift cards so that they can purchase food for their meals.**

In the meantime, we thought it might be nice to take a look back at some of the RAIHN guests we hosted at First Universalist Church in recent years.



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

***Donations to help defray the cost of gift cards would be welcome and gratefully received. Checks made out to First Universalist Church with RAIHN gift cards in the memo line can be mailed directly to the church, 150 Clinton Avenue South, Rochester 14604, or you can donate on line at uuroc.org. ❖*

INDEPENDENCE! ACCOUNTABILITY! JUSTICE!



INDEPENDENCE! ACCOUNTABILITY! JUSTICE!

Police Accountability Board Information Session

Join all 3 local Unitarian Universalist Churches (*First Universalist, First Unitarian and Canandaigua*) for an information session about what Rochester's own **Police Accountability Board** is up to and what their plans are moving forward.

We will be joined by the Chair of the Police Accountability Board, Shani Wilson, as well as its Executive Director, Conor Dwyer Reynolds.

They will be here to answer questions, share information, and talk about ways our support is needed for further police accountability in the city of Rochester.

Join us on Friday, February 19 at 6:30pm!

See uuroc.org for more information and a Zoom link!



2021 Eunice and Jim Eckberg Racial Justice Memorial Film Series

Third Sundays, 2-3:30 p.m.

This film series is named in memory of two beloved First Universalist members who shared an enduring quest for racial justice throughout their years together. Films are to be viewed on your own prior to the Zoom discussion on the date specified. Please view the film BEFORE the discussion to assure a quality experience.

October 18—A Tale of Two Schools (2017, 61 min, YouTube): An intimate and compelling documentary, narrated by Morgan Freeman, about children at risk in two struggling schools and the parents and teachers who care about them.

November 15—I Am Not Your Negro (2017, 1 hr. 33 min, Netflix, Amazon): Based on James Baldwin's unfinished book, this visual essay explores racism through the stories of Medgar Evers, Malcolm X and Martin Luther King, Jr.

January 17—The Hate You Give (2018, 2 hr.13 min, Hulu, HBO, You Tube, Amazon Prime): The uneasy balance between two worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer.

February 21—12 Years a Slave (2013, 134 min, Netflix, Amazon Prime): This film "drives straight into the heart of the cruelties of oppression" (the NYTimes) and was an Academy Award Best Picture Winner.

March 21—Selma (2019, 2 hrs. 8 min, Netflix, Amazon): Chronicles the tumultuous three months in 1965 when Dr. Martin Luther King, Jr. led a dangerous campaign and epic march from Selma to Montgomery to secure equal voting rights in the face of violent opposition. Directed by Ava DuVernay.

April 18—What Happened, Miss Simone? (2015, 1 hr. 41 min, Amazon Prime, Netflix): Classical pianist, dive-bar chanteuse, black power icon and legendary artist Nina Simone lived a life of brutal honesty and musical genius. Meet the mother, the activist, the tortured soul, and the legendary songstress.





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 2020–2021

Eric VanDusen (*President*), Theresa McFarland-Porter (*Vice President*), Nancy Gaede (*Clerk*), Jillian Beaman, Steve Munson, MJ Curry, 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

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