



Our Outlook

First Universalist Church of Rochester

MINISTER

Rev. Lane-Mairead Campbell
minister@uuroc.org

MINISTER OF LIFESPAN FAITH DEVELOPMENT

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

DIRECTOR OF MUSIC

Dr. 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

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Sunday Services | October 2024

October 6 | *The Generous Gift of Coming Out*

Coming out is a sign of safety. Coming out is an act of trust. Coming out deserves to be celebrated. Coming out is complicated. Join in an annual celebration of National Coming Out Day for the LGBTQIA2S+ community.

— *Rev. Lane-Mairead Campbell*

October 13 | *Go Tell It!*

A service on how we are called to be evangelists for our faith and why we're scared to try.

— *Rev. Eileen Casey-Campbell*

October 20 | *Housing for All*

First Universalist's shared justice initiative focuses on creating housing opportunities for those around us and on educating those of us who are housing secure about an ongoing housing crisis. Wondering how you can get involved? Please come to this service to learn more and to find ways to put your faith into action!

— *Rev. Lane-Mairead Campbell*

October 27 | *You Are Not Forgotten Remembrance Sunday*

An annual service of remembrance and grief. People who attend are invited to bring pictures and mementos of those you love who have died for a shared altar. In story, song, and ritual, we will gather to honor those we miss and to tend to grief as a community.

— *Rev. Lane-Mairead Campbell*

❖ **Services begin at 10:30am** ❖

Worship will be online and in-person at First Universalist Church. Check our website for more updated info! Please join us – Zoom link: <https://us02web.zoom.us/j/131764422>; Phone number: 1-646-558-8656 with Meeting ID: 131 764 422. ❖



In the Giving is the Receiving

*A Message from
Rev. Lane-Mairead Campbell*

I am someone who likes to help people. I imagine many of us are as Unitarian Universalists who value generosity and justice. And there can be times when it is such a gift—when I find that what I am bringing to a situation is truly meeting a need. But also there can be times when I get so focused on helping others that it begins to become one-sided and I forget about the gifts of also receiving care.

There was a time when I was taking care of a friend’s dog, driving way up north of the city each day to let him out in the backyard. At first, this was a favor that I could provide out of a flexible schedule—my friend worked 30 minutes from home and just wasn’t able to make it back. But eventually this became my role in my friend’s life. It was what I did for them. And there wasn’t a lot coming back to me.

I thought it was a noble thing to provide this service, but I also began to resent it. They had friends and family who lived closer to them that could be helpful to them. I began to list reasons why this felt extractive. It no longer felt generous—it felt like an obligation. The ways I was trying to give and to help became a wedge between us and for many reasons, we stopped being friends.

Social justice organizers will tell us that to sustain ongoing movements for justice, those who are advocating for a cause or a community must find their own self-interest. Essentially, there has to be a give and take. A question of, “What am I getting out of this? How am I being fed by this?”

I think it is this way with all relationships of generosity. In giving, it is important to recognize what we receive to keep a balance and to resist the urge to undermine the very life force that fuels generosity.

In Faith and Courage,
Rev. Lane-Mairead ❖



Generosity of Spirit & Being an Ally

*A Message from
Rev. Michelle Yates*

I am learning that Generosity of Spirit, an open heart and mind, is a form of hospitality and loving our neighbor. Below is a cut down article that has particularly touched on this for me as an ally/parent.

[My six-year-old is teaching me to be a true ally](#)
by Casey Ehrlich

“I used to consider myself an ally, [learning about and speaking up for marginalized peoples.] When my son was 5, we figured out he has a social disability on the autism spectrum. I’ve spent the past year accepting and adapting to this, and in the process realized I wasn’t much of an ally at all.

After a year of research and opinions from doctors, I sought out voices of autistic adults to learn how I could help him. I set my sights on accommodation so he could tolerate the rhythms of our house. I continued to read the work of adult autistics who don’t consider autism a disorder, but an identity and culture. I realized then I had a choice. I could try to fix my son, or I could accept his brain-wiring differences as natural, healthy aspects of diversity and fix myself, our home, and whatever pieces of the world I could.

Our schools try to include our kids in existing structures rather than re-evaluating the structure itself. Rather than strapping a rubber band around their legs to stop them fidgeting or giving them noise-cancelling headphones so they don’t have a panic attack when the bell rings, schools could consider our children invitations to look within. They could be asking, are the chairs and bells beneficial to learning? What else could/should be changed to fully and holistically serve not just autistic, but all kids?

I am well aware that change is hard, perhaps especially when you’re the one who exists most comfortably with the status quo. But true allyship requires change. It is not enough to accept, include and accommodate those who are different from you while tacitly supporting the existing societal structure. Rather, allyship requires jointly rethinking with marginalized communities how to change the systems we live within, and then participating in the execution of that change, even when it results in a society in which your personal privilege is reduced.” ❖

Finance News

Submitted by Brian Mumey, Finance Chair

Dear Friends,

I have a riddle for you. How is the Church's Finance Committee like the U.S. Federal Reserve?

Give up? They both have a dual mandate. For the Fed, it's low inflation and low unemployment. For the Finance Committee, it's to preserve our endowment funds while also ensuring we earn a good return on our investments.

As with the Fed's mandate, our mandate pulls us in opposite directions. We could get very high returns by investing in high risk securities. Or we could focus on preserving our current assets by not investing at all (keep it under the mattress) or only investing in super low or no risk investments (US Treasury bonds, for example). Needless to say, we're committed to a long-term, balanced approach to preserve and enhance the real purchasing power of our investments so as to provide a stable stream of income for annual needs.

OK, I lied (a little white lie to make the riddle work). The Finance Committee has a third mandate, ensure our investments are socially responsible. No oil, no tobacco, no defense, no alcohol, etc.

We have an investment firm to help us in this task but we need to ensure that they are meeting our mandates. And this is where YOU come in!

Do you have knowledge/expertise in investing? Do you have a few hours over the next month or two to examine our investment portfolio and determine if we're meeting our mandates? The Finance Committee will be involved, of course, but we'd like to tap into know-how from the entire congregation.

This should not be a long term, time consuming project (unless you want it to be). It will take some time initially to review our investments and determine what, if any, steps we need to take. After that, quarterly or semi-annual reviews should be sufficient.

If you're interested, send an email to finance@uuroc.org. Please respond by October 15 as we'd love to get the review started soon! ✦

Social Justice Plate: October

Submitted by Joy Leccese

Our October Social Justice Plate Offering is designated for *Family Promise of Greater Rochester*. They assist families at risk of or experiencing homelessness to achieve sustainable independence by providing person-centered, holistic services in collaboration with the greater community.



Please contribute as generously as you can to support this important work. For more info, visit their website at fbgroc.org. ✦

Bi-Monthly Leadership Assembly: October 3

Submitted by Rev. Lane-Mairead Campbell

If you are a leader or would like to become one please join us for our bi-monthly Leadership Assembly on Thursday, October 3, at 7pm. This month, we will be discussing the church calendar as well as a proposal from the Board about term limits for leadership. These important conversations and collaborative spaces will happen every other month from 7-8:30pm in the Chalice Room and online. Zoom Link: tinyurl.com/4vbxhj7p. ✦

Did You Know: Large- Print Orders of Service!

Submitted by Emma Barry

Ushers have large-print copies of Sunday's order of service available. If you would like one, please ask an usher! ✦

Drop-In Discussion

Submitted by John Lukes

Drop-in discussions are held Tuesday evenings from 6:30-7:30pm via the church Zoom account, and in-person on the first Sunday of each month in the Chalice Room at 9:15am. Phil Ebersole is the contact for in-person discussions. Contact DropInDiscussion@uuroc.org for the link, or look on uuroc.org!

Sunday, Oct. 6 | Reimagining Church *In-Person*

Does “church” have relevance in our society? Does a church building and age-old traditions still serve? Can we maintain a spiritual outlook outside a formal setting? David Damico facilitates.

October 1 | National Conservatism

There’s a new movement within the Republican Party to update and rebrand Christian nationalism. J.D. Vance is its flag-bearer. Phil Ebersole will provide details and lead a discussion.

October 8 | Cultures Learning Together: Language Exchange in WNY

Shannon Curley will present on their TOGETHER program, which strives to create a permanent safe space to eliminate linguistic barriers, grow, and connect the community through teaching, learning, and cultural integration. Shannon will include a brief history as well as info about volunteer opportunities.

October 15 | All Hallows Eve Theology & Tradition

As our communities become more diverse I have learned so much about the view points, traditions, and theologies around the Americanized Halloween, including the reasons why many avoid it. Tied up with issues of theology, evil, protection, safety, purgatory, civility, history, and capitalism, Halloween gives us a surprising amount to discuss! Rev. Michelle will be facilitating.

October 22 | Looking Back On Your Childhood Religion

Do you believe similarly to what you were taught as a child, or do you see things quite differently now? What pieces have you rejected and what have you held on to, or come back to, or re-interpreted? Peggy Meeker, raised Presbyterian, will lead the discussion.

October 29 | Open Topic

It’s time for another *Open Topic* discussion. Log into our Zoom Room and share what you’ve been thinking about lately. John Lukes will facilitate.

Have a topic for us? Contact our team with your proposal at DropInDiscussion@uuroc.org. ❖

HFA: Affordable Housing Crisis in Rochester: The Numbers

Submitted by Chris DeGolyer

As rents have risen, so has the number of homeless people. Connie Sanderson of *Partners Ending Homelessness* (PEH) and Kim Hunt-Uzelac of *Family Promise of Greater Rochester* (FPGROC) both say the lack of housing is the worst they have ever seen.

According to *Rochester Monroe Anti-Poverty Initiative* (RMAPI), more than 60,000

Rochesterians earn less than \$30,000 per year, the federal poverty line for a family of four.

Monroe County lacks

20,000 housing units for extremely low-income families, or according to Janelle Duda-Banwar of *On The Ground Research*, for every 10 extremely low-income families, 3.5 affordable housing units are available. These families are forced to rent apartments that cost more than 30% of their income, which means they are rent-burdened.

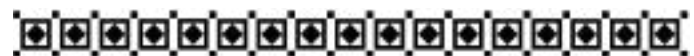
According to an August 29 article in the *Rochester Beacon*, “In the northwest and northeast sections of the city, the proportion of rent-burdened households has stayed above 50 percent since 2010”, and the cause is very low incomes, rather than high housing costs. Rent-burdened households in the suburbs are also increasing (rochesterbeacon.com/2024/08/29/the-affordable-housing-challenge/).

PEH’s *Homeless Information Management System* (HMIS) lists these numbers of known people experiencing homelessness for at least one night a year.



Fiscal Year (Oct. to Sept.)	Adults	Children	Total
2022	3,381	1,221	4,602
2023	3,466	1,525	5,106

Each person is counted only once, although they may experience recurring bouts of homelessness. ❖





Membership News

Submitted by Donna Anderson, Membership Chair

As membership chair I want to thank each and every person who attended our workshops this past weekend with Rev. Thom Belote. Membership Committee folks did a wonderful job of pitching in wherever needed. Thank you MJ for giving us help in making coffee hour a success when there a gap in communication!

The comments I've heard were as follows:

- Nobody comes to church by accident.
- When greeting a new person start by introducing yourself. Example: "Good morning, I'm Donna Anderson membership committee chair" or "Good morning I'm Connie Valk, I sing in the choir"
- Everyone is on the Membership Committee!
- When some complains about not enough parking spaces, respond with "this is a good problem to have". Respond with enthusiasm and joy, not negativity!
- Don't assume you know a person by the way they look, talk, or dress.
- More members doesn't always mean an increase in money. We may need more staff, more supplies, etc.
- Don't talk committee business during coffee hour, as tempting as that is!
- Don't use acronyms. RE is religious education. MOCHA is social hour with coffee and snacks available, or coffee hour.
- Better communication between committees.

We are doing many things right to help us grow our church. As a church community we need to plan our next steps for growth with enthusiasm and joy!

We welcome input, concerns, or questions from you! Feel free to contact anyone on the membership committee or email membership_com@uuroc.org.

Have a wonderful fall! ❖

Membership Growth Weekend: Potluck with Church Leadership

Submitted by Connie Valk & Lisa Gwinner



Join the MOCHA Team!

Submitted by MJ Curry, MOCHA Coordinator

Our new approach to hosting MOCHA (the Ministry of the Coffee Hour) is working well, using a Google Doc as the place to sign up and expanding the team so that hosts serve less often (if they desire).

Hosting a coffee hour involves about an extra two hours of your time on a Sunday morning. Snacks/supplies are provided by MJ Curry, coordinator, so you only need to arrive about 45 minutes early to set up and stay about 75 minutes after the service to host and clean up. Please contact MJ Curry with questions or sign up here: <https://tinyurl.com/3etvhwcc>. ❖

National Coming Out Day: October 11

From The Human Rights Campaign Website, hrc.org

What is Coming Out?

Coming out is understood by many to mean the act of disclosing one's non-straight sexuality or non-cisgender gender identity to others. It is a term that has only come to be commonly used in the past 100 years, originally referring to gay men "coming out" into society in the 1930s. Now, the tradition has evolved, and coming out refers to the process by which an individual tells people in their life about their gender identity and/or sexual orientation.

Coming out is often framed in media and culture as a necessary step to acceptance and well-being. But for some, coming out may be worse than holding it in. It is important not to pressure anyone to come out, as the timing of that decision rests solely with the person coming out and what feels right to them.

Likewise, who a person comes out to is a decision to be made only by the person coming out. There are countless factors considered when deciding who to come out to, so it is important to not take it personally if someone does not come out to you. Remember that it is not about you — it's about them — so respect their decision and know that they will share that information with you if and when the time is right.

"Coming Out" vs "Inviting In"

"Coming out" has been the common term for someone who acknowledges being LGBTQ+, and it is used throughout this resource. However, it is important to note that this language centers those that someone is coming out to, rather than the person coming out. It can give the impression that LGBTQ+ people are hiding something from society, rather than acknowledging how homophobia, biphobia, and transphobia create an unwelcoming environment. When publicly identifying as part of the LGBTQ+ community, someone is inviting people into a part of their life, which should be protected and celebrated.

A Note on Outing

Most LGBTQ+ people prefer to come out in their own ways and time. Unfortunately, an LGBTQ+ person's sexual orientation or gender identity may be exposed without their knowledge or consent. "Outing" takes the decision-making out of the individual's hands, which can be painful, awkward, and even harmful for everyone involved.

If someone has not come out to you, don't assume that they do not trust or care for you. The person may not be ready or may still be coming to terms with their sexual orientation or gender identity.

Showing your support, acceptance, and respect for someone who has been outed can help healing and may build a stronger, more genuine relationship.



Ways to Show Your Support

There are many ways to support for the LGBTQ+ people in your life. There is no one "right" way.

When socializing with straight, cisgender folks:

- Create settings that bring straight, cisgender and LGBTQ+ friends and family together.
- Find opportunities to talk with your straight and/or cisgender friends about your LGBTQ+ friends and family and issues they face.
- Mention other LGBTQ+ friends or family you might have in open conversations.

At work:

- Add your pronouns to your email signature or share your pronouns when introducing yourself to new friends or colleagues.
- If you hear an anti-LGBTQ+ comment or joke, speak up and explain why such comments or jokes are harmful and offensive.
- Integrate inclusive language into your regular conversations and/or professional interactions.
- Put a supportive sign in your office or home. For example, you could wear an ally button or add a rainbow sticker on your name badge.

On your own:

- Get involved with pro-LGBTQ+ groups and contact elected officials about LGBTQ+ rights.
- Stand up for LGBTQ+ issues in every aspect of your life — even if there aren't LGBTQ+ people there to watch.
- Visit the website for PFLAG (pflag.org) ❖



Registration open!



New York State Convention of Universalists
ANNUAL MEETING
October 25 and 26, 2024
Unitarian Universalist Church
of Amherst, NY

The Art of Helping- and Being Helped

*Reinvigorating ourselves and our congregations as we work toward
justice, compassion, and equity.*

Keynote speaker
Rev. Julian Jamaica Soto
"The Precious Light We Carry"



Photo: Leila Wice

Connect and Collaborate!
Workshops on Spirituality, Advocacy,
Resources, and Membership



**Visit nyscu.org for
information and to register.**

Mosey Hotel, Williamsville
<https://group.tapestrycollection.com/b1vax0>



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.

Minister | Rev. Lane-Mairead Campbell

Minister of Lifespan Faith Dev. |
Rev. Michelle Yates

Music Director | Dr. Brock Tjosvold

Office Manager | Mx. Emma Barry

Finance Admin | Maresa Carmody

Cong. Life Coordinator | Madi Russell

Nursery Care Providers |
Carol Williams & Lily Thatcher

Worship begins at 10:30am on Sundays

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More info is available on our website: uuroc.org

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