



Unitarian Universalist Church of Buffalo

November 2020 Newsletter

Gather ~ Inspire ~ Transform



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Minister's Column: What Does it Mean to be a People of Healing?



In my mind's eye I see furtive wild animals curled up in their burrows, licking their wounds; legs raw where the trap snapped, sides slashed where bramble met flesh, back scratched deep by predatory claws. My best beloveds, it's been a rough year.



We've had super storms and savage wildfires caused by climate change. We've had a pandemic that rocked everything we took for granted. We've had righteous uprisings for racial justice and police reform. The death of RBG and the aftermath. And we have had a president who unprecedented even himself.

And this month... Well, this month begins with an election which pits our deeply polarized nation against itself. A day to honor those who came home from military service, still carrying the scars of war. A day to hold in our hearts the transgender dead, many murdered, many suicides, many missing, just for daring to live into their true selves. Thirty days more of a pandemic that seems not to want to end. And somehow, amid all this, a holiday of gratitude without the travel, without the feast, without the family. What indeed does it mean to be people of healing in times like this?

I wish I knew. I really can't bring you the balm that soothes the heart sick soul. All I can do is share my worn-out mantras with you. Maybe they will help.

- Take care: first yourself, then your family (whoever you understand them to be), then everything else.
- People are complex. They contain multitudes and contradictions.
- Stay curious. If someone says something outrageous, ask a question to which you don't know the answer.
- Have faith in the transformative power of Fierce Love that overcomes all hatred, all fear, and all oppression.
- Remember you are blessed.
- Remember you are a blessing.
- And above all else, remember you are not alone. You are never alone.

2020 has been a wretched year for the books. We have to work harder than ever to take care of each other and our community. We need to reach out to one another and our community more intentionally than ever before. We need to strive to live into our values because they are being challenged every moment.

Maybe healing is about connecting: connecting to yourself, to each other, to the stranger, to the person we are quick to call “enemy”. Maybe.

It’s going to be another 2020 month, maybe a doozie. It makes sense for us to think now about becoming people of healing. Maybe through our healing we can begin to heal the world.

Yours in faith and affection, Rev. Joan Montagnes

Online Worship Service

Join us for worship at 10:30am on Sundays; either by computer at <https://uuma.zoom.us/j/367428065> or phone +1 646 876 9923 and use the password 367428065

Pulpit Previews

November 1: Beyond the Band-Aid, Rev. Joan Montagnes

All our social ills are systemic – white supremacy, climate change, hunger, classism, homelessness, even covid – and yet we insist on using band-aid solutions to solve these deep wounds. Let’s begin to heal society by changing the systems.

November 8: Indigenous Wisdom, Rev. Clyde Grubbs

In our time of climate crisis, freshwater crisis, food crisis and other ominous developments, we might wonder if there is a problem in how we see the earth, and how we act toward her.

November 11: Remembrance Day Service, 11am, Rev. Joan Montagnes

A short, outdoor service of music and words to remember our Veterans, living and dead, and their service to us all.

November 15: Healing Our Wounds, Rev. Joan Montagnes

A reflective service to soothe our worn and weary souls. This has been a very hard year. November is an especially difficult month. Take care of yourself.

November 20: Transgender Day of Remembrance, 7:00pm, Sarah Martin, Daniel Bassin and Joan Montagnes

We will hold a safe and meditative space in our sanctuary, to hold sacred the lives of transgender people who died this year. We hold this service in our sanctuary because transphobia is more deadly than covid.

November 22: Our Welcome Table, Rev. Joan Montagnes

What is Thanksgiving in a time of covid? It’s not the feast with thirty far-flung relatives flying in from all directions, that’s for sure. It’s something smaller, maybe less stressful, certainly safer. Maybe just the soft warmth of gratitude, gratitude, gratitude.

November 29: Under Pressure, Rev. Joan Montagnes

These days it’s easy to lose your temper, react rather than respond, and generally blow your gasket. Stress levels are so high that we lose sight of our best selves. Time to take a moment for stillness and healing, for even here, even in the wildly unpleasant days, you are at home.

Joys and Sorrows

We celebrate with Hope and Dick Krause on their forty first wedding anniversary! Many happy returns of the day. We send healing wishes to Kathleen Ludwig who recently broke her shoulder. She welcomes cards and calls at Harris Hill Rehabilitation Center.

Leo Mitchell is on the mend after back surgery. May his recovery be speedy and uneventful.

We send our best wishes to Eve Holberg who is recovering from abdominal surgery.

We hold Ellie Lawson in love. Ellie suffered a major heart attack last month.

We offer condolences to Michael Hill, Scott Nuwer and their family. Michael's father recently passed away.

Our sympathies go to Paul Zanolli and his family. Paul's father recently passed away.

We send our compassionate prayers to Leslie Nickerson and her family. Leslie's grandmother recently passed away.

Brown Bag Lunch Get Together

Monday through Saturday at 12pm, join a lunch time get together with kindred spirits on zoom. Bring a sandwich and a cup of coffee. Visit with old buddies and make new friends. See each other's smiling faces, share your worries, tell your stories, gain insights, and have some laughs. Everyone is very welcome.

To attend, paste <https://uuma.zoom.us/j/138000249> into your browser, follow the prompts and you'll be at lunch. Or if your computer doesn't have a camera or mic, you can just dial in on your phone, **+1 646 876 9923**, **the meeting ID is 138 000 249**

UUCB Worship Survey!



Let Your Voice Be Heard!

We invite all members and friends to share their thoughts about worship, including the possibility of returning to in-person worship.

The "Gathering In-Person Task Force" is reviewing NYS regulations and UUA guidelines to help advise the board about next steps. We want to include your survey responses as part of the information the board will use to make important decisions about safe, fulfilling worship for our congregation.

We hope that everyone will participate so we have the most complete data.

Please click [HERE](#) to complete a brief, anonymous survey.



RELIGIOUS EDUCATION & ADULT FAITH DEVELOPMENT NEWS



Sarah Martin, Director of Religious Education

As we head into the month of November, I'd like to take a moment to express gratitude to the volunteers who have been making our online programming happen each week. These wonderful, caring people have been dedicated to showing up for our children and youth week after week, and making sure we have programming available for those families who are able to meet online and that we have the right number of adults available to continue meeting our safety standards. This year's RE volunteers are:

PreK: Lucy Sloan, Eileen Katz, and Sarah Anderson

Spirit Play (Grades K-2): Sara Metcalf, Andrea Brock, and Grace Friel

K-5 Workshop Classes: Leslie Nickerson, Beth White, and Anna Lau

Graphic Novels (Grades 4-9): Kara Maloney and Maya Martin

Coming of Age (Grades 8 & 9): Ashley Mountcastle and Meg French

Youth Group (Grades 10-12): Bridget Marquis, Tom Petrocelli, Bee Walsh, Jack Kavanaugh, and our two newest youth advisors, Thea Hassan and Alexis Muka

If your child is unable to make it to our synchronous Zoom classes on Sunday afternoons, there are still so many ways to participate. You can connect through our Padlet pages (linked below) and use our take home packets to engage with religious education lessons. Please contact lifespan@buffalouu.org to get connected to our program!

Padlets for Sunday afternoon religious education classes at UUCB:

PreK: <https://padlet.com/sarahmartindre/vlhroi0qwfvgm3fl>

Spirit Play: <https://padlet.com/sarahmartindre/gpcs9berf1y5ddct>

Workshops: <https://padlet.com/sarahmartindre/wt0tsg7u709k843a>

Graphic Novels: <https://padlet.com/maloneykl/yd6rg738kwy8u3m4> (Make sure you scroll DOWN for updates on the Graphic Novels page)

As we enter the 9th month of this pandemic, I know that our families are overextended, stressed out, and burdened by Zoom fatigue. Dismantling white supremacist culture, fighting for climate justice, advocating for economic justice, and election anxiety are also weighing on the minds of many of us. As we meditate on our ministry theme of Healing this month, may we take small moments to breathe and connect with our loved ones. Light a chalice together before bed. Share our intentions and worries for the day at breakfast. Spend a little extra time snuggled up on the couch in the afternoon. You can find links to bonus songs, stories, and interesting videos on our padlets that you can share with your family at any time during the week. Remember that our religious education program is here to support your family in living out your Unitarian Universalist values. How you connect with the program is entirely up to you!

PLEASE NOTE: Parent Support Group will meet on the 2nd and 4th Tuesdays of the month at 7 pm going forward. If you'd like to connect to this group, please email lifespan@buffalouu.org or check the weekly RE email for links.

ADULT FAITH DEVELOPMENT

Tuesday Night Memoir Group

Our Tuesday Night Memoir Group is getting the band back together and there's only one thing missing. YOUR stories! If you're interested in joining this group for Zoom meetings, please email lifespan@buffalouu.org.

Facilitators and Tech Assistants Wanted for Online Fall Adult Faith Development Classes

We've gathered some great information about what you're looking for in adult programming at the UU Church of Buffalo, and now we need to facilitators and tech assistants to help make it happen. Do you have an area of expertise in Spiritual Development, UU History, UU Theology, or a skill to share? If you're interested but fear you don't have the experience to make it happen, don't worry, we can provide premade curriculum or Zoom training! If you have an idea for a great class you'd like to offer, we'd love to work with you on that, too! Email lifespan@buffalouu.org for details.



AND IF I'M ELECTED...!
GREAT RACES FOR THE U.S. PRESIDENCY

**Discussions Led by Michael Harris, Sponsored by Unitarian Universalist Church of Buffalo
Online Zoom Meetings; Wednesdays, 9:30 – 11:30 a.m. through December 16th, 2020.**

Cost: \$10 per Session.

If we compare presidential elections to horse racing, then many have been 'photo finishes' that have been won by a nose. In this course, we'll look at the most thrilling and controversial of America's presidential campaigns and discover the surprising number of nail-biters in our nation's history. It shows the truth that every vote counts!

Our meetings will take place virtually by computer or phone through the Zoom platform. To register, send your check, made out to UUCB, to the Unitarian Universalist Church of Buffalo, 695 Elmwood Ave.; Buffalo, NY 14222. The church office will send the Zoom meeting number and instructions for logging-in to your email address. For more information, call the UUCB Office at 885-2136.

Course Syllabus

No Class Session on November 4!

Session Nine (November 11): Nixon's the One – Campaign of 1968

Session Ten (November 18): The Reagan Revolution – 1980 Election

Session Eleven (November 25): Rise of the Clintons – Election of 1992

Session Twelve (December 2): Recount! – Bush/Gore Election of 2000

Session Thirteen (December 9): The Obama Effect – Election of 2008

Session Fourteen (December 16): What Happened?? – Election of 2016



MUSIC NOTES



Daniel Bassin, Music Director

What does it mean to be a People of Healing? This Soul Matters question strikes me as none before, as our community, our city (of Good Neighbors), our nation, and indeed our whole world considers a November beyond the U.S. Presidential Election occurring on Tuesday, the 3rd. Four years ago, following the vitriolic fifteen-month leadup to that last presidential contest, I felt the personal need and the community calling to stage what we called a *Jazz Vigil* – a service of readings and music, featuring the powerful spiritual message of John Coltrane’s *A Love Supreme*. That singular experience, playing and sharing the gifts of community and genius with my inimitable colleagues, Juini Booth, John Bacon, and Michael Wagner was conceived before we had any indication of what was to come. And, looking toward this *Healing* November of 2020, we can understand that no single evening of togetherness could fully mend things – but I am hopeful for the five worship Sundays of this month!

We begin on the first of the month, with Rev. Joan Montagnes’s service, *Beyond the Band-Aid*. Jonathan Vogtle will offer up one of Franz Liszt’s *Consolations* for piano, bookending the service between that work and his own rendition of Duke Ellington’s *Mood Indigo*. Soprano soloist, Jessie Downs, will be heard alongside Matthew Spaulding in her arrangement and mix of Queen’s *Is this the World We Created...?* On the other side of the election week, we welcome Rev. Clyde Grubbs for his service, *Indigenous Wisdom*. A beloved UUCB Choir anthem, *Earth Song*, by Frank Ticheli, will be musical focal point, performed by our soloists. Service music also features Bass Soloist, Michael Harris in a Harold Arlen tune, a musical ‘frame’ in the form of the two seasonal piano pieces from Amy Beach’s Op. 102, as well as the hymns *Ancient Mother* and *Earth is Our Mother* - both from our ‘teal hymnal’ *Singing the Journey*.

Our annual Veteran’s Day service will take place at 11am on 11/11, in a small socially-distanced gathering at our church garden entrance. Then, Sunday the 15th Rev. Montagnes is back at our virtual pulpit for *Healing Our Wounds*. This reflective service of music and readings will feature UUCB Choir member/Jessie Downs student, Beth White in a Schubert’s masterful setting from Goethe’s *Faust*, “Gretchen at the Spinning Wheel” (sung in German). Art Song’s beauteous healing will be on full display, with Alto Soloist, Helen Lowry’s rendition of Gabriel Fauré’s *Au bord du l’eau* (“By the water”), alongside two famous keyboard *Pavanes* will be heard – by Ravel and Fauré. This service will also feature a rehearing of Jessie Down’s recorded arrangement of the hymn, *What Wondrous Love*.

Our annual Thanksgiving service will take place on November 22nd, and your UUCB Choir will be featured in the Musical Offering position in their monthly hymn recording project. Jonathan will make our sanctuary pipe organ sing in Florence Price’s *Adoration*, alongside a work by her teacher, turn-of-the-century American composer, George Chadwick. And, finally, we end the month with *Under Pressure*, a service that will feature the eponymous Queen/David Bowie song, alongside music from the traditions of African American gospel, Buddhist metta meditation, Zulu marching hymns, and Christian church rounds.

We look forward to sharing the music, and the month of *Healing* with each of you!

Auction News

“West Ferry”

A print by Peter Sloan Capturing UUCB’s Heart and History

During our time apart, an original print entitled “West Ferry” has been seen hanging to the right of Worship Associates Fran and Ken Manly when they participate in our virtual worship services. This stunning image of the West Ferry doors represents not only UUCB’s intention to be a welcoming space for all, but it captures the rich architectural history that secured UUCB’s place in the National Register of Historic Places. The large arched oak doors, embellished with wrought iron decorative ornamentation resembling fleur-de-lis, are recognized not only for their charm and beauty, but for their place in social justice history. In 1968, during the draft resistance movement, police surrounded and stormed the church through these doors, in an effort to arrest anti-war activists who had sought sanctuary in UUCB. This print is timely in both its symbolic preservation of irreplaceable iconic structures and its reminder that UUCB has long been engaged locally and nationally in Social Justice issues.

You now have the opportunity to purchase this print, honoring not only our desire to return to our beloved sanctuary through these beautiful doors, but recognizing the important role they played in UUCB’s history of social activism.

If you would like a print for your own home or to give as a gift, place your order via e-mail to JVW61@aol.com. Include **the number of prints, the complete name and address to whom they should be mailed, and your phone number**. Prints will be mailed after payment is received. Send a check (write PRINT on the memo line) to UUCB, 695 Elmwood Ave., Buffalo, NY 14222. To pay by credit card, [CLICK HERE](#).

Thank you for your support of the auction and the work of UUCB. Your “open heart” is a gift to us all.

Also, we still have Peter Sloan’s print “This Little Light of Mine” available! Click [HERE](#) for more details.

Universal Accessible & Inclusion Ministry Team (UAIM)

UAIM is having a discussion group in February (date & Time to be determined) regarding the movie, ‘Crip Camp’ which is on Netflix. and/or Judy Heumann’s book, [Being Heumann](#). Judy is in ‘Camp Crip’ and became an advocate for disabled people. If anyone is interested in joining this virtual discussion group, e-mail Ginny at wixsong@gmail.com.



It’s time to Order Wreaths and Poinsettias!

Please consider ordering your holiday wreaths and poinsettias from the church, as it is a small fundraiser. They are always beautiful! The wreaths will be made out of concolor fir this year, which has slightly bluer, longer needles and is very fragrant. Wreaths are \$30 (22” outside diameter, with pinecones, ribbon and berries) and Red, White or Pink Poinsettias are \$15. We will do an easy curbside pick-up on Saturday December 5th or, if necessary, will deliver. Please fill out the [ORDER FORM](#). Payment can be: check to UUCB-wreath in memo line; or Paypal. Orders must be in by November 18th. Email with any questions – Andrea Burke-Harris aburkeharris@gmail.com.

Help for today.
Hope for tomorrow.



Share-the-Plate November - Evergreen Health

Evergreen Health fosters healthy communities by providing medical, supportive and behavioral services to individuals and families in Western New York — especially those who are living with chronic illness or who are underserved by the healthcare system. We offer services in:

- Primary care
- HIV testing, prevention and care
- Hepatitis C testing and care
- Transgender and gender-affirming care
- On-site pharmacy
- Mental health counseling
- Drug user services
- Syringe exchange program
- Substance use counseling and medication
- Care coordination
- Health education and engagement
- THRIVE wellness
- Housing
- Transportation
- Nutrition

For more information on our services, visit us at evergreenhs.org or call us at 716-847-2441.

Widow and Widowers Circle

At this point we are not meeting at all but I am available by email (collinsb@buffalo.edu) or by phone (648 4455) or text (867 9628). Rev Joan has offered the church zoom for a meeting if there is enough interest. Let me know by email, phone, or text if you want such a meeting. Stay safe! Namaste, Bonnie

FeedmoreWNY - Volunteer and help our community!

Hi, my name is Kathy Taylor and I began attending UUCB right before the pandemic hit. I recently began a part-time job with FeedmoreWNY and see their urgent need for volunteers to deliver meals in the City of Buffalo. From packaging food to delivering freshly-made home-delivered meals, volunteers make a lasting impact on the lives of those we serve. There are many ways you can volunteer!

Visit <https://www.feedmorewny.org/get-involved/volunteer> for an opportunity that is right for you. Please feel free to contact me, Kathy Taylor, at ktay0409@gmail.com or 203-605-1544 with questions. Thank you!





We gather in loving community, inspiring one another, to transform ourselves, to create a more just and compassionate world

The Unitarian Universalist Church of Buffalo

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Administrator for Finance: Donna Sentz donnasentz@buffalouu.org	Nursery Care Coordinator: Morgan Silver	Newsletter (submissions due by the 15th) newsletter@buffalouu.org Weekly Announcements (submissions due by NOON Wednesday) announcements@buffalouu.org	



A chalice alit since 1831

A sanctuary on the National Registry of Historic Places

