



**October 10<sup>th</sup>-16<sup>th</sup>**

**October 10th This Land,**

**Rev. Joan Montagnes**

This is Indigenous People's Day weekend. We pause to reflect on our relationship to this land and the people who have lived here for generations and generations before that.

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Every month our congregation joins over 200 Unitarian Universalist Congregations in exploring a single spiritual theme. For the month of October, we are asking:

**"What does it mean to be People Cultivating Relationships?"**

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## **Welcome Home!**

Welcome home! We are now worshipping in person in our beloved sanctuary. To protect the health of our most vulnerable, we ask everyone continue to wear your mask over your nose and mouth at all times in the building, seated or standing or singing. Masks are available at the greeter desks. Please sit in household pods six feet from your neighbors. Sit where the seat cushions are down, not where the seat cushions are tilted up. The Nursery will be professionally staffed during worship services. Fellowship Time will be held outside. No refreshments will be served. Please, if you have any reason to think you may have been exposed or are feeling unwell stay home. The service will be livestreamed so you can participate from the comfort of your home

Everyone is welcome to multigenerational bring-your-own picnics every Sunday 12:30-2:30 in the church garden. Masks on except when eating while seated. Every child must be accompanied by at least one parent or guardian.

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### **How to use Zoom to watch Live-Stream Sunday Morning Services.**

In preparation for worship this week, we want to send the login information and tips for those who have not used zoom before. It is a simple process, but we want to address any difficulties you may have.

First, if possible, download the zoom app on your computer, phone, or tablet before Sunday morning. This is a free app. If you haven't downloaded it yet, just download it from your app store and follow the set-up instructions. If you have Gmail or Facebook set up is extremely fast and as easy as a click. If you do not have Gmail or Facebook no worries, it is still a very simple 2-3-minute process.

#### **Things to know:**

Unlike a zoom meeting, worship will be a zoom webinar. You will be able to see all those who you normally would see on the chancel, but you won't be able to see or hear anyone else, and they won't see or hear you. This has an upside. You can tune into church with your coffee and in your PJs.

During the service and during a short online fellowship hour, you can make a comment, say hello, and connect with the whole congregation in the chat box.

On Sunday morning just paste

<https://uuma.zoom.us/j/367428065> into your (computer, phone or tablet) browser, follow the prompts and you will be in the service.

If you are just using the audio on your phone dial +1 646 876 9923, and when they ask for the meeting ID, dial this number 367 428 065 and you will hear the service, but you won't see it.

# **Unitarian Universalist Church of Buffalo - ORDER OF SERVICE –** **10/10/2021**

**Prelude** *Trois Morceaux - I. D'un Vieux Jardin* by Lili Boulanger  
Jonathan Vogtle, piano

**Welcome and Announcements**

Rev. Joan Montagnes

**Call to Worship** Territorial Acknowledgement

Charlene Montgomery

**Chalice Lighting**

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

**Story for All Ages** Where Are You From?

**Offering**

**Musical Offering** *Trois Morceaux - II. D'un Jardin Clair* by Lili Boulanger  
Jonathan Vogtle, piano

**Reading** Creation of Turtle Island

**Musical Reflection** *The River Meditation* by Pauline Oliveros, arr. Jessie Downs  
(participatory piece led by the UUCB Choir)

**Sermon** This Land

**Hymn** #1011 Return Again

**Pastoral Prayer**

**Hymn** #366 Heleluyan

**Extinguishing the Chalice**

As we extinguish the flame of this chalice,  
May we carry its light with us into the world,  
In the power of peace, faith, justice, and love.

**Benediction**

**Postlude** *Trois Morceaux - II. D'un Jardin Clair* by Lili Boulanger  
Jonathan Vogtle, piano



*You can share an offering with the church through the following methods:*

Donate via the church's Paypal account by going to [www.buffalouu.org](http://www.buffalouu.org) and clicking on the blue Donate! button.

OR

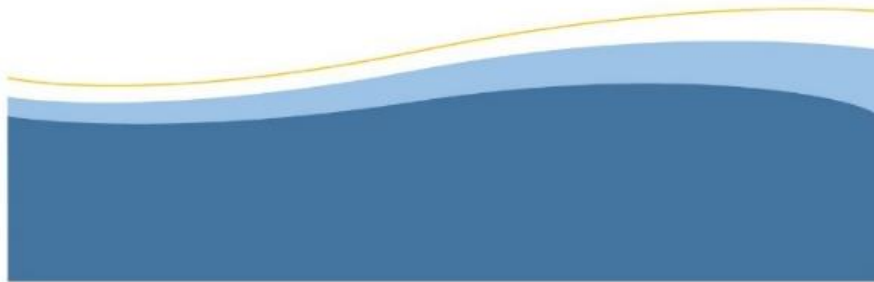
Send a check to the church by mail:

Unitarian Universalist Church of Buffalo

695 Elmwood Avenue

Buffalo, NY 14222

Please write "Pledge" or "Share the Plate" on the memo line.



**The Religious Education Ministry is collaborating with the Universal Access and Inclusion Ministry to bring an important training to UUCB**

Mental Health First Aid for Youth, presented by Compeer of Buffalo

October 16, 2021

Time: 10:00 am to 3:00 PM (Online).

The National Council for Behavioral Health certifies individuals throughout the nation, including Compeer, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand, and respond to signs of mental illnesses.

\*People who enroll in local Mental Health First Aid courses learn a five-step action plan to help loved ones, colleagues, neighbors, and others cope with mental health or substance use problems.

\*Like traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

\*Mental Health First Aid is an evidence-based public education and prevention tool – it improves the public's knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems.

\*Compeer offers trainings throughout the community and will also coordinate trainings for specific groups – including, but not limited to, work sites, colleges, churches, schools, and law enforcement.

\* *This course is for adults who wish to learn about youth mental health and how to spot warning signs in this vulnerable population.*

**This training will include two hours of homework prior to the October 16th class. The certification lasts for three years. Suggested donation is \$10.00 per person per class.**

Email: [lpeterangelo@buffalouu.org](mailto:lpeterangelo@buffalouu.org) to register.

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## Restorative Practice Listening Circles

This has been a challenging year for many reasons. Daniel Bassin's departure from our staff has been particularly challenging for many of us. Restorative practice listening circles can heal communities through deep listening; not only that, by sharing our personal experience we can grow in compassion and strengthen our community relationships.

We are holding restorative practice circles as an opportunity for all of us to respond to what happened and to be involved in repairing and healing the harm that has occurred within our congregation.

The circles will focus on the impact of Daniel Bassin's departure. We will focus on how the behavior of those involved impacted you. The purpose of the circles is not to decide whether anyone is good or

bad, rather we want to explore in what way people have been affected and hopefully work toward repairing, healing and deepening our relationships.

Circles of no more than eight people will be led by trained facilitators. They will begin by creating a covenant with members of the circle and then every one in the circle will have the chance to answer the following questions.

- What did you think when you heard about what happened?
- What do you think now?
- What has been the hardest thing for you?
- What do you need to be able to move forward?

Feedback on moving forward will be given to the Board and Rev. Joan who will follow up with participants and the congregation as a whole. This is what participation accountability, vulnerability and honesty looks like in the Beloved Community.

Circles will be held in person and on zoom at a variety of times within the first several weeks of October. **If you wish to participate in the restorative practice listening circles, we encourage you to let Rev. Joan know: [minister@buffalouu.org](mailto:minister@buffalouu.org) by Oct. 10.**



## The Great Pumpkin Hunt!

Join Rev. Joan in hunting for the perfect pumpkins for your home. We'll carpool out to a farm stand (TBD) where we can find not only pumpkins, but other autumnal decorations, flowers, baked goods, fruits and veggies and maybe even a petting zoo of baby farm animals. Fun for the whole family! Saturday Oct. 9. Meet at the church for carpooling 10am.

## Grief Group Meeting

Because it is important that grief be shared to help integrate it into our lives, we are having a gathering of grieverers. This is an enlargement of the Widows Group that we had before the pandemic. Now let's gather all grieverers, no matter the source of our grief, on Sunday Oct 10th at noon in the Alliance Room to share our sorrow and offer support to each other. (Bring your lunch if you would like)

For more info contact Bonnie Collins via email ([collinsb@buffalo.edu](mailto:collinsb@buffalo.edu)) or phone or text (716 867-9628)

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## Share the Plate Recipient September 2021: Kenmore Alliance Church's Shelterless Ministry

Kenmore Alliance Church started its Shelterless Program in 2012 with the mission of identifying and providing supports for the chronic homeless population of Buffalo. Our services now also reach those on the verge of homelessness. K.A.C. works in concert with local service providers to identify persons in need. It is our mission to stabilize families and neighborhoods so that those at risk do not lose everything and fall into homelessness. As part of our preventive efforts, we provide food, clothing and other items to those who need the assistance You can learn more about our efforts by visiting our website at:

<https://www.kenmorealliance.com/ministries/kac-serves/>

In addition to financial support The Shelterless Ministry would welcome donations of 'joy' items. Items such as dollar store makeup, cologne, playing cards, crossword/sudoku books would be greatly appreciated.

### Nominations for Share the Plate

Share the Plate welcomes nominations for recipients for the 2021-2022 church year. Please send your ideas to Steve Wixson [wixsonsg@gmail.com](mailto:wixsonsg@gmail.com)

## **Religious Education and Adult Faith Development News**

The Religious Education ministry is looking for an additional advisor for our Youth Group. Please consider working with our youth as they continue their journey of growth.

Please let Lisa Peterangelo know if you are interested and email her at [lpeterangelo@buffalouu.org](mailto:lpeterangelo@buffalouu.org) for more information.

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### **Membership Class: Everything you ever wanted to know about Unitarianism, Universalism, and Unitarian Universalism but were afraid to ask.**

Rev. Joan will facilitate a four-session introductory course which will explore our faith; its principles, theology, history, and our congregation. Lots of open discussion time. A great way to make new friends. Whether you are visiting for the first time or you are a long-time member, this fun and fascinating workshop series is for you. This course is a pre-requisite for church membership, but if you aren't interested in formally joining the congregation, we still invite you to join the conversation. You don't have to be a member to enjoy our church! All seekers welcome! Tuesdays, 7pm Oct. 12, 19, 26 and either Nov. 2 or 9 (depending on the class's wishes) in the Parish Hall.

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### **VOICE Buffalo and UUCB Peace Circles**

VOICE Buffalo and UUCB offer Peace Circles every 2nd Tuesday with the goal of UUCB becoming a Community Peace Hub site. Our next Peace Circle is Tuesday, October 12 from 6:00-8:00pm by Zoom. <https://us02web.zoom.us/j/85443698921>

These circles provide opportunities for conversations about reducing violence in our community and encouraging the use of restorative practices in the Buffalo Public Schools. Please send any questions to Hy ([hcarrel@gmail.com](mailto:hcarrel@gmail.com)). Note: pre-registration is no longer necessary.



## IT'S TIME FOR THE UUCB 2021 AUCTION TO RETURN

**Be a Part of the Fall Edition of UUCB's Fun and Fellowship 2021 ROLLING AUCTION Catalog!**

Autumn is officially here and with it the chance to learn something new, enjoy great food, buy a gift for someone special, and provide for the financial needs of the church after the very long Covid year prevented our traditional fund-raising activities.

Can you donate a dinner, event, culinary treat, tour, service, music, artwork? The wonderful generosity of our members is what makes the auction possible. Contact Juli Van Woert at [JVW61@aol.com](mailto:JVW61@aol.com) or Andrea Burke-Harris at [aburkeharris@gmail.com](mailto:aburkeharris@gmail.com) with your ideas and we will happily help you brainstorm!

**Don't miss out on the fun! Thank you for your generosity and support !!**

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### ***Covenant Group Ministry News***

A Covenant Group

May Be Just What You Are Searching For

Our Covenant Group Ministry has been transformed, and we now offer in-person, virtual and hybrid groups. *We are holding space for you.* Participation in a Covenant group has been a way that many of us have developed even deeper connections during this time when we were apart. Covenant groups are for both church members, as well as those who are considering whether UUCB may become their church home. Meeting once every month, our groups offer an opportunity to explore our congregation's monthly ministry theme in more depth. Each group consists of 8 committed members, with two trained facilitators.

If you are interested in learning more, please contact Juli Van Woert at [JVW61@aol.com](mailto:JVW61@aol.com).

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## Family Promise Update

Thanks to your volunteer support and generosity to Family Promise homeless shelter families are helped, given hope and find and a permanent home. Your gift laundry baskets filled with cleaning supplies helped departing families set up housekeeping. Other ways you can help? Donating a gently used small appliance, creating a basket full of startup items like cleaning products and paper towels, grocery gift cards, or by dropping off the (uncooked) components for a meal at 75 Hickory Street, off Clinton. More details are available at the Family Promise website [fpwny.org](http://fpwny.org). UU Family Promise volunteers are fabulous!

If you contributed to Share the Plate in December, or made a meal, or have ever helped Family Promise, thank you! We no longer host in our church, but the two full time staff at FP depend upon us and other churches to sustain the program which succeeds in placing families in permanent homes in less than seven weeks. Family Promise works!

The need is growing....Covid-19 has resulted in more unemployment, family violence, evictions, and stress, resulting in more families with young children being "unhoused". Thank you! Family Promise volunteers are fabulous! -Nancy Wilkins





### **Donations Sought for Food Not Bombs**

Buffalo Food Not Bombs is seeking donations of folding tables, bike carts, and food storage bins- if able to donate any of these, please speak with a participating UUCB member or [reach out to them through their Facebook page](#).



The Food Bank of WNY and Meals on Wheels for Western New York have joined forces to become FeedMore WNY! FeedMore WNY offers dignity, hope and a brighter future by providing nutritious food, friendship and skills training to its Western New York neighbors in need. [FeedMore WNY](#).

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### **Click on the flyers and links below to read more about other upcoming events in the community**



### **Unitarian Universalist Church of Amherst**

UUCA is located at 6320 Main Street in Williamsville. [Read about their upcoming events and more in their newsletter](#)



[UUA News & Updates](#)

[UU World Blog](#)

### **⚠️ Updated Resources for Action in Our Communities and Beyond ⚠️**

This is by no means a complete list but is instead a starting point for ways we can live our faith and our UU values by supporting the communities we value.

### **Resources to Support the Asian American and Pacific Islander Community**

Free Bystander Trainings: <https://www.ihollaback.org/bystanderintervention/>

Asian Americans Advancing Justice: <https://www.advancingjustice-aaajc.org/>

Self Evident: Asian American Stories Podcast: <https://selfevidentshow.com/>

Asian Mental Health Collective: <https://www.asianmhc.org/>

### **Resources in Support of Black Lives**

Black Lives of Unitarian Universalism: <https://blacklivesuu.org/>

Donate in Support of Black Lives: <https://nymag.com/strategist/article/where-to-donate-for-black-lives-matter.html>

NAACP Legal Defense and Educational Fund: <https://naacpldf.org/>

### **Resources to Support Indigenous Communities**

Women Empowering Women for Indigenous Nations: <http://www.wewin04.org/>

Native American Disability Law Center: <https://www.nativedisabilitylaw.org/>

UN's page on Covid-19 and Indigenous Peoples: <https://www.un.org/development/desa/indigenouspeoples/covid-19.html>

### **Resources to Support Latinx and Hispanic Communities**

United We Dream (protection for immigrants): <https://unitedwedream.org/>

Naleo Educational Fund: <https://naleo.org/>

UnidosUS: <https://www.unidosus.org/>



### **Weekly Announcements**

eBlast and Order of Service announcements should be

sent to [announcements@buffalouu.org](mailto:announcements@buffalouu.org) by NOON on Wednesday.

Full announcements are published in the eBlast; please send a 50 word/2-3 line version for the Order of Service.

eBlast is sent out every Saturday at noon.

### **Monthly Newsletter**

Please send any announcements for the newsletter to [newsletter@buffalouu.org](mailto:newsletter@buffalouu.org) by the 15th of the month.

Email any UUCB-related photos to [office@buffalouu.org](mailto:office@buffalouu.org) to be featured in future eBlasts!