

The Unitarian Universalist Church of Buffalo

JANUARY 2020 NEWSLETTER

Gather ~ Inspire ~ Transform

695 Elmwood Avenue, Buffalo, NY 14222

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MINISTER'S COLUMN: WHAT DOES IT MEAN TO BE PEOPLE OF INTEGRITY?

Oscar Wilde reportedly quipped, "Be yourself, everyone else is taken."

Being a person of integrity means knowing yourself and being who you are – not hiding behind a mask. Easier said than done, wouldn't you agree?

Maybe, for whatever reason, you need to stay behind the mask. Still, being a person of integrity is knowing who you are as you peer out at the world from a place of safety.

It is too easy to lose touch with our selves. When the demands of the day and the noise of current events suck all your attention and energy; when you get caught up in a game of right and wrong; when its just easier to meet expectations than to be truthful, then our essential self can burrow so deep behind the mask we can hardly find it.

The old ones taught us, for the sake of our spirits, we need regular time away from the noise and haste so we can reconnect with our true selves. Although this "time away" has many names in the diversity of world cultures, for myself, I call it sabbath.

A sabbath does not have to be all day Sunday, or Friday to Saturday sunset, or any other prescribed time. But it does need to be intentional and regular. If you aren't intentional and regular about spending special time away from the usual hurly burley, you won't.

The sabbath is a time to peel off the mask. It is a time set apart from the rest of your life. Maybe you need one hour each day with your family and without phones. Maybe you need a weekly yoga class. Maybe a quiet half hour to read a book with a cup of coffee in the morning. It could be your time walking the dog. Or maybe you get your sabbath at church.



I know you want to tell me, “But there’s no time for me to take even an hour out of my week!” Or maybe you are saying, “I sit alone at home and stare all day at the wall, Joan; now you want me to take even more quiet time!”

The sabbath is not just another demand on your week or another period of quiet. It is a time of healing and personal rejuvenation so you can face whatever life gives you.

There was a time in my life when I forgot to take my sabbath, my holy time of rest, and I completely lost myself. I lost the boundary between me and the world. I began to bleed everywhere and was no good to anyone. The mask became part of my face. In short, I learned the hard way: for the sake of your spirit, take regular and intentional time for yourself or you will lose your integrity.

You are too good, too precious, too valuable to lose. Keep the sabbath and make it holy. You are worth it and you deserve it.

Yours in faith and affection, Rev. Joan Montagnes

PULPIT PREVIEWS



January 5, Breathing In, Breathing Out, Sarah Martin

Unitarian Universalism is a living tradition that changes and adapts with time and events. How do we live into our shared values with each in breath and out breath?

January 12, SPEAK, Michele Costa

Every day we look for a voice of integrity – a truth to hold on to. These three voices can help us; Charlie Chaplin, Carl Sagan and Annie Dillard. Brilliant relevance, chilling, wonderful, heartbreaking, intimate and beautiful.

January 19, Peeling Away the Layers, Rev. Joan Montagnes

When we peel away the layers of protection, other people’s expectations, and intentional forgetfulness we find, at the very core, our true selves. The process is not unlike peeling onions. There are tears.

January 26, The Greater Wholeness, Rev. Joan Montagnes

Hindu philosophers will tell you that “atman = brahman.” At the most fundamental level of being, they say, the tiny flame which is in your core is equal to and part of all transcendent existence. Thou art That.

JOYS and SORROWS



Our hearts are with Cindy Havey and her family. Cindy’s father, Hans Reif, a long-time member of our congregation died last month. A memorial service will be held for him at the church at 2pm on January 11.

Our congregation was delighted to dedicate ourselves to baby Rudey William Mann, son of Daisy and Dallas Mann on Sunday, December 15.

We are overjoyed to announce that Kristina Church, a member of our congregation, just passed the Ministerial Fellowship Committee of the Unitarian Universalist Association. That means she is ready to be ordained as a minister of our faith!



Sarah Martin, Director of Religious Education

This January is not only the beginning of a new year, it is the start of a brand new decade. And with it, we are trying something entirely different in Religious Education. On Thursday, January 23, we invite you to Family Worship in the Parish Hall at 7 pm. This fun, casual, interactive worship time will be an opportunity for families to participate in deepening their spirituality together while exploring our monthly theme of Integrity. We'll have songs, story, and a chance to create worship together in a very different way than we have before. The half-hour program will be followed by hot cocoa, tea, and

fellowship.

ADULT FAITH DEVELOPMENT

REFRESHMENT FOR THE SOUL -- THE MUSIC OF JOHANN SEBASTIAN BACH

Michael Harris, instructor

14 Wednesdays, 9:30-11:30 a.m., from January 8 to April 8, 2020

Alliance Room, Unitarian Universalist Church of Buffalo

695 Elmwood Avenue; Buffalo NY 14222

Cost: \$75 for full course, or \$10 per session

For information, call UUCB office at 885-2136 or email at office@buffalouu.org

Johann Sebastian Bach's place in the musical firmament is high indeed. For Beethoven, he was "the immortal god of harmony. For Gounod, "Bach is the most comprehensive; he has said all there is to say." And Brahms agreed: "Study Bach -- there you will find everything." This course will look at Bach's encyclopedic musical mind, and show how he summed up the Baroque Age with such masterpieces as the Brandenburg Concertos, The Goldberg Variations, and The St. Matthew Passion, while with his visionary late works like the Mass in B Minor and The Art of the Fugue gave us tantalizing clues to the music of the future. As we listen to this fascinating music, we'll prize, along with Glenn Gould, what "is valuable beyond all its skill and brilliance... its humanity."

Week-by-Week Syllabus

Session One (January 8): The Family Business -- The Like of J.S. Bach and the Bach Family

Session Two (January 15): Bach the Apprentice -- Teachers, Influences and First Jobs

Session Three (January 22): Bach the Lutheran -- His Use of Chorale Melodies

Session Four (January 29): Bach at the Court of Weimar -- Organ works and Cantatas

Session Five (February 5): The Dance of God -- Bach and the Dance Suite

Session Six (February 12): The Monophonic Bach [Cello Suites; Violin Partitas]

Session Seven (February 19): Bach in Cothen -- The Concerto Principle

Session Eight (February 26): Bach, Master of the Keys -- The Well-Tempered Clavier

Session Nine (March 4): Bach in Leipzig -- The Church Cantatas

Session Ten (March 11): Bach the Dramatist -- The St. John Passion and The St. Matthew Passion

Session Eleven (March 18): Bach the Borrower -- Secular Cantatas and The Christmas Oratorio

MARCH 21 -- HAPPY BIRTHDAY, BACH!!

Session Twelve (March 25): Bach and the Variation Principle -- Goldberg Variations

Session Thirteen (April 1): Apotheosis of the Latin Mass -- Mass in B Minor

Session Fourteen (April 8): Canon Law for the Ages -- the Contrapuntal Bach

[The Art of the Fugue and The Musical Offering]

MUSIC NOTES



Daniel Bassin, Music Director

As we enter into this next decade of the 21st century, we join congregations across the country in pondering the Soul Matters monthly theme, *What Does it Mean to be a People of Integrity?* This month's four Sunday services parallel our paths into the new year, from Director of Religious Education, Sarah Martin's reflective January 5th service, *Breathing In, Breathing Out*, through Michele Costa's *SPEAK* and *Peeling Away the Layers*, on January 19th, concluding with Rev. Montagnes's *The Greater Wholeness*. Similarly, in our music program the month starts out softly, with our solo quartet on display (your UUCB Choir will be on winter break until our January 8th rehearsal*) and, by the end of the month we'll begin to leave a trail of musical breadcrumbs toward our February and March programming, which will highlight musical contributions of people of color and women, respectively, for the Black History and Women's History months.

It all begins on Sunday, January 5th. Sarah Martin's service examines how our living tradition of Unitarian Universalism has and must adapt to the changes of time. Our service music includes a new year's welcome by Bass soloist, Michael Harris, *Snappy Happy New Year*. Your music program's professional staff will also offer up a pair of contrasting part songs: Dr. Ysaye Barnwell's contemporary anthem, *Breaths*; and English baroque composer, William Paxton's *Breathe Soft, Ye Winds*.

Michele Costa's service *SPEAK* integrates story, music, worship and politics through the lens of three 20th century geniuses. Your UUCB Choir returns with renditions of the classic ballad, *Te Quiero* and Sara Bareilles' contemporary pop anthem, *Brave*. Your in-house Cornette-and-Piano duo will kick things off with Hoagy Carmichael's *Stardust* and concluding with "Happy Talk" from Rodgers and Hammerstein's, *South Pacific*.

Rev. Montagnes returns to the pulpit on January 19th for her sermon, *Peeling Away the Layers*. U2's commemorative ballad, *MLK* will be heard in Bob Chilcott's powerful arrangement, alongside Leonard Cohen's *Hallelujah*. Finally, we end the month with *The Greater Wholeness*. This service will feature contemporary UU choir director and composer, Mark David Buckles' setting of *The Seventh Principle*. As this final service in January comes a day before the anniversary of Mozart's birth, our Choir will offer up an English setting of Psalm 46 penned while the composer was just nine years old, and on a tour of England. Our sanctuary harpsichord will also be on display, featuring works by Mozart contemporaries, in anticipation of our music programming shift for the Black History and Women's History months to follow – music by Joseph Boulogne, Chevalier de Saint-Georges (1745-1799) and Mozart's early musical inspiration –and older sister- Maria Anna "Nannerl" Mozart (1751-1829) will be heard.

We look forward to sharing this music with each of you!

Finally, both for those of you who've followed our Choir and music program for years and for those who've loved singing in choirs in the past and miss the experience, you may have noticed that the date of our first rehearsal back – January 8th – falls on a Wednesday, not the customary Thursday evening, which has been our regular rehearsal day since time immemorial. Due to staffing considerations, we are now moving to Wednesday evening rehearsals from 7:30-9:45. If any of you reading this have been unable to participate due to a Thursday conflict, I encourage you to write music@buffalouu.org for more information – we would love to welcome you to our musical family!

SHARE THE PLATE



JANUARY Share the Plate: [PUSH Buffalo](#)



The mission of PUSH Buffalo is to mobilize residents to create strong neighborhoods with quality, affordable housing; to expand local hiring opportunities; and to advance economic and environmental justice. Our work always starts from community organizing. We have demonstrated that the people who live closest to the problem have the best solutions. environmental justice in Buffalo.

Over the last decade, PUSH has built a powerful, grassroots movement guided by racial, economic and environmental justice rooted in the realities of poor and working-class people living in Buffalo. In improving living and working conditions on the West Side, PUSH has focused on creating green affordable housing construction, community-based renewable energy projects, housing weatherization, green jobs training, green infrastructure, and vacant land restoration projects toward the goal of creating pathways to employment for neighborhood residents while, reducing our carbon footprint.

Membership in PUSH comes with a donation of five dollars or more. More information can be found at our website pushbuffalo.org

BEYOND THE HEDGE: Denomination and Interfaith News



Sharon Walker, uucb.wny.specevents@gmail.com

DENOMINATIONAL NEWS

Activate! Shared Ministry Day

Who: Leaders in worship, pastoral care, social justice, faith development, social events, hospitality, etc. and anyone who is involved or interested.

What: What does being in covenant and restorative practices have in common? What can each learn from the other? The Justice Ministry Team in partnership with our UUA District, the Central Eastern Region, invite you, the congregation, on January 18 "to a day of trust building, creativity, community and joy." We'll learn and practice fun and effective ways of working together through restorative practice.

Saturday, January 18, 2020, 9:30am –3:30pm, Unitarian Universalist Church of Buffalo, facilitated by Rev. Renee Ruchotzke

\$10 donation at the door for lunch/snacks. \$5 for childcare (deadline January 6).

*Doors open at 9:00 am. Come early for check-in, coffee and conversation.

Pre-registration Required: <https://tinyurl.com/UUActivate2020>

More Info: Covenant Meets Restorative Practice

Join us for this year's UUA-CER winter programs

Looking for programming for this spring? We have a wide variety to offer you.

Money Mythbusters: An Online Stewardship Conference will be January 25, 2020. This is an all-day online conference featuring Elizabeth Terry, UUA Giving Specialist as the keynote speaker. One low rate for as many folks in your congregation to attend! [Registration is now open.](#)

Winter Institute is a relaxing weekend gathering for UUs of all ages. There are frosty outdoor activities like sledding, hiking and cross-country skiing. For those who choose to stay in their slippers all weekend, there is a beautiful lodge with its many cozy corners and fireplaces. Join us at Salt Fork State Park in Cambridge, OH February 14-17, 2020 (President's Day Weekend). [Registration is now open.](#)

Jubilee Anti-Racism Training helps participants understand what is involved in nurturing a multicultural community and working against racism in all of its forms. The workshop requires a weekend commitment; and it is worth every minute of that commitment. There are several offerings of this training being planned around the region this winter and spring.

Current dates are:

January 17-19, 2020, All Souls in Washington DC, [Registration is open](#)

March 27-29, 2020, UUs of Delaware County, Media, PA, [Registration is open](#)

April 10-12, 2020, First Unitarian Church of Rochester, NY

An additional date in May is currently being considered.

Additional youth trainings, cluster events, Beyond the Binary, the Annual Seaway Gathering and more are being added to [our calendar](#) every day, check it out and see what programs interest you!



Early Registration Open!

Adult full-time registration is \$400 through March 15.

NEW! Registration Payment Plan: With a \$50 down-payment, the cost of registration can be paid over the course several months. Final payment must be received by February 29, 2020. When the final registration is complete, special consideration for dormitory lodging bundles, [financial aid](#) and [volunteer opportunities](#) will become available.

See <https://www.uua.org/ga> for more info and to register.

UUA GENERAL ASSEMBLY

WNY Interfaith News



VOICE Buffalo our interfaith social justice partner

Join the UUCB/VOICE Buffalo Peace Hub; 2nd Tuesday of each month; 6:00pm Check-in and Refreshments, 6:30-8:30 Circle, 2nd Fl., Alliance Rm.

Our VOICE member organizations have teamed up to offer Peace Circles with the long-term goal of UUCB becoming a Community Peace Hub site. Our present focus is to ensure restorative practice are indeed being implemented and followed in our public schools and supporting our congregation's commitment to social and restorative justice change in Buffalo. For more information email Sharon Walker at uucb.wny.specevents@gmail.com



Gaelynn Lea's visit to the UUCB

The UU Accessibility and Inclusion Ministry brought international touring artist and disability rights advocate Gaelynn Lea to the UUCB in November. It was a beautiful concert in a beautiful space on Saturday night, a moving sermon on Sunday morning, and a diverse and meaningful discussion group after the Sunday service. Many people had their first experience at the UUCB via the concert or sermon. The new spots in our sanctuary that were created for people who use wheelchairs and walkers were filled for the Saturday night concert. It was quite meaningful for many of us, including Gaelynn. She wrote about it in her most recent newsletter:

“Arts & Access: Grateful for POSITIVE CHANGE

...this past year I made a decision not to perform at inaccessible venues anymore... As far as I see it, if a venue hasn't either made modifications or relocated to a new building... they are perpetuating the discrimination of disabled people in America. That may seem kind of hard-line, but if we don't demand change now (after 29 years of accessibility being the law) I fear we are just pushing back progress another three decades.

Well, to be honest, these criteria I have in place for touring make finding venues a lot more difficult. Many places are just straight-up not options because they lack basic accessibility. Some venues are accessible for customers but then I am having to do lots and lots of troubleshooting with the venues ahead of the show to get me on the stage...There is so much work to be done.

But ... I wanted to take a few minutes to shed some light on the venues and people who are MAKING A POSITIVE DIFFERENCE in arts and accessibility... Because in the midst of this labor, there have been some huge bright spots this November...

[UU Church of Buffalo](#), NY recently installed accessible seating in their historic sanctuary. Then they got a ramp so I could be on stage when I performed on Saturday night and then gave the sermon the next day. A bunch of amazing disability advocates planned the show and many more attended. I was the first person in a wheelchair to be up at the pulpit in their church.”

To read the whole article go to: <https://violinscratches.com/>

Thank you to all of the people who did all of the work to make this concert a success!

PULPIT FLOWER MINISTRY



Happy New Year from the Pulpit Flower Ministry!

If you have thought about sponsoring flowers for one of our Sunday services, please consider reserving one of the following open dates or contact us about other available dates in this new year:

March 15, 29, April 5 and 26. Please see us at the flower table in the church hall after most Sunday services, call us at 716-885-2136, ext.4, or email us at pulpitflowers@buffalouu.org for more information, and if you have a "standing" reservation for flowers in 2020, please be sure to remind us of your chosen date.

January Flower Schedule:

January 5- UUCB Women's Society
January 12- Don Shedd
January 19- Robert & Gina Klick
January 26- Tim & Gretchen Ashton

UUCB ANNOUNCEMENTS, MEETINGS & EVENTS



STEWARDSHIP NEWS

Come on out and Celebrate a successful Stewardship Drive for 2020 ...



On Saturday, January 11, 2020 in the Parish Hall, between 6-9 pm, "Dos Fogies", an acoustic guitar duo, will be playing music from the 70's. You know! The 1970's ...who can forget songs from the likes of ... Jackson Brown, The Eagles, Gordon Lightfoot, Cat Stevens and more ... Bring you favorite beverage, a snack to share, and appreciation tip money ... they will put out a "TIP JAR", (Dave Batt will take care of the rest!) I went to hear these "old" guys play at the Lumberjack Bar and Grill on River Rd. this summer and I'm looking forward to hearing them again. Any questions contact Dave Batt at dbatt47@gmail.com or 716 870-5570. Come on out and have an evening of fun, community and music with us.

WOMENS SOCIETY NEWS



Did you ever wonder who is making soup in our church kitchen every Monday morning? The answer is: members of **FOOD NOT BOMBS**. Their delicious, FREE, vegan soup is distributed all year, every Monday at 1 pm downtown in Lafayette Square. We'll learn how this national program was founded, its evolution, and current issues regarding hunger in our community.

Refreshments: 11 am (\$3 donation), Food Not Bombs presentation: 11:30 am, Prepaid Luncheon: 12:30 pm. Pay for the luncheon (Women's Society members - \$15, \$20 for non-members) in the Parish Hall after the service on Jan. 5 or Jan. 12, or by mailing a check to: Church Office, Unitarian-Universalist Church of Buffalo, 695 Elmwood Ave., Buffalo, NY 14222. Make check payable to UUCB; write Women's Soc. Lunch in the memo line; CHECKS MUST BE RECEIVED IN THE CHURCH OFFICE BY NOON ON FRIDAY, JAN. 10. For the Food Not Bombs presentation only (no lunch) the cost is \$5 at the door. No reservations necessary.

SAVE THE DATE! Tuesday June 16, 2020 - GYPSY at the Shaw Festival in Niagara-on-the-Lake, Ontario. Field trip organized by your Women's Society. Tickets are \$45 and go on sale after the service on Feb. 9 and 16 at the Women's Society table in the Parish Hall.

UUCB BOOK GROUP MEETING: Monday, January 27 at 2 pm. We will be discussing **KILLERS OF THE FLOWER MOON** by David Grann. Everyone who has read the book is welcome to join us. Please call or e-mail our host-of-the-month, Wilma (949-7252 or wrc@buffalo.edu) to let her know you are coming so that she may plan for seating and refreshments.

Looking ahead: Feb. 24 at 2 pm: **WHITE FRAGILITY** by Robin de Angelo.

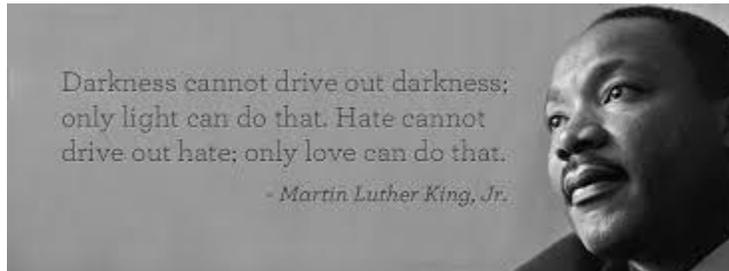
WIDOWS and WIDOWERS CIRCLE

A monthly gathering of Women and Men who have lost their partners



Our Widow and Widowers Circle meets the first Sunday of every month at noon in the Marge Gardner Room. All widows and Widowers are invited. We use the time to share our grieving process and help each other adjust to the transition. You may bring a lunch and/or a friend.

For more information contact Bonnie Collins via email at collinsb@buffalo.edu or by phone and/or text at 716-867-9628.



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

695 Elmwood Ave. Buffalo New York 14222

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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

