

The Unitarian Universalist Church of Buffalo



NOVEMBER 2019 NEWSLETTER

Gather ~ Inspire ~ Transform

695 Elmwood Avenue, Buffalo, NY 14222

Phone: 716-885-2136

Website: www.buffalouu.org



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

Social worker and storyteller, Brené Brown tells us:

*I don't have to chase extraordinary moments to find happiness –
it's right in front of me
if I'm paying attention and practicing gratitude.*

November seems a perfect month to both pay attention and practice gratitude:

Abundant harvests of gorgeous fruits, grains and vegetables thanks to the hard work of farmers, transporters, storekeepers, and thanks to the good earth, rain and sun.

Daylight saving time, thank heavens, the morning is brighter, an extra hour of sleep!

Election Day; your community; your power, our future.

Last leaves clinging to the trees, branches revealing their delicate structure against the sky, crows.

Veteran's day; peace, war, sacrifice, survivors, the wounded and the many dead. A short service in the sanctuary, 11am

Mistakes, forgiveness, and a community that will always love you.

Trans Day of Appreciation/Remembrance; beautiful fluidity, diversity, humanity, a grief acknowledged and held openly in love.

Cool rain, crunchy apples, crisp air, juicy pears, buttery pecans.

Music Sunday; glorious sounds to raise heart and soul.

Snuggly sweaters, steaming soup, escaping into a good novel.

Thanksgiving; family, sweet winter squash, cozy smells from the kitchen, friends, laughter, abundance
Grace, always grace.

The first hot chocolate of the year, a delightful indulgence, with whipped cream of course!

Breathing in love, breathing out peace.

And I can add a hundred things to this list every day, if I just pay attention. May you and your loved ones pay attention this holiday season and be filled to overflowing with gratitude.

Yours in faith and affection, *Rev. Joan Montagnes*





Pulpit Previews



Services begin at 10:30am unless otherwise noted.

November 3, *A New Justice in Town*, Rev. Joan Montagnes

As of this printing, four people have died in the Erie County Detention Center in the last four months. Twenty-eight inmates have died during Sheriff Timothy B. Howard's oversight of the Holding Center in downtown Buffalo and the county Correctional Facility in Alden. That's one death every six months. That's just plain too many, and very wrong.

November 10, *Learning How To Stay*, Gaelynn Lea

Gaelynn Lee will be our speaker on November 10 for this UAIM service. A violinist and singer as well as a speaker she will talk about disability education and awareness building. You can find out more about Gaelynn at ViolinScratches.com



November 11, 11am, *Veteran's Day*, Rev. Joan Montagnes

A short service to honor veterans of every war. Lest we forget.

November 17, *Be Present this Day*, Rev. Joan Montagnes

A meditative service. Time to breathe. Time to rest on the forming moment of life. Time to be here, now.

November 24, *Thanksgiving Communion Service and Music Sunday!* Daniel Bassin and Rev. Joan

We are combining our annual Thanksgiving communion service and our Music Sunday service, featuring a celebration of the voices of women composers. See [Music Notes](#) for more details!

JOYS and SORROWS



We send healing thoughts to both Kathleen Ludwig and John Rex. Kathleen is recovering from not only a hip replacement but also some fractured bones. John is healing from a fall and an unconnected medical issue which had him in the hospital for two nights. Both are in their respective homes and recovering with the help of their respective daughters.

We send our deepest sympathies to Kathy Moffett-Bradford and Beth Moffett, daughters of Warren and Becky Moffett. Becky passed away in the summer of 2018. Warren joined her on September 26. Warren and Becky were long time members of our congregation.



November Religious Education News

Sarah Martin, Director of Religious Education



It has been hard to avoid paying attention to the news these last few years. Stories of injustice and human rights violations are everywhere, and sometimes it can feel overwhelming when we try to figure out what we can do to help. The Unitarian Universalist Service Committee is a nonprofit organization advancing human rights together with an international community of grassroots partners and advocates. Their work is grounded in the belief that all people have inherent power and dignity. (Source: uusc.org/about-uusc/)

This month our ministry theme is Attention, and we are going to try something a little different than the usual Guest at Your Table boxes. Most years, we hand out these boxes from the UUSC for our members and their families to keep on their kitchen or dining room tables. These boxes are meant to collect change throughout the month, and when we return them at our Mitten Tree service, that change is counted up and sent to the UUSC. Often times, boxes are forgotten at home, or left unfilled. Sometimes, they're left in the car and never make it to the table at all. (I, myself, may have--hidden deep in a filing cabinet drawer in my dining room--a couple of boxes dating back to the mid-2000s, when I was a member of a congregation in another part of the state.)

The theme of this year's UUSC Guest at Your Table program is "Women Leaders, Strong Communities". It seemed this year that if we were going to engage with this project as we reflect on Attention, we should do it in a way that keeps the mission of the UUSC and the program's theme on our minds all month. To that end, during the Time for All Ages in our November 3 service, we will be handing out a calendar attached to a paper bag. The calendar will detail moments during the month when we can feel gratitude for what we have, learn about the women leaders in organizations in partnership with the UUSC, and remind ourselves to pay attention to the ways we can help make a difference in the world.

If you are not able to pick up your calendar and bag at the service on November 3, they will be available at the Religious Education table throughout the month. Bags can be returned on December 1, during our Mitten Tree collection.

Other Upcoming Events:

Lantern Walk

Saturday, November 2, 6 pm

Meet us in Delaware Park at the playground by the rose garden. Bring a lantern of your own or borrow one of ours. We'll sing some songs, take a stroll through the park, and return to the Harper Room at church for hot cider and treats afterward. Please RSVP to lifespan@buffalouu.org if you plan to attend so we can alert you to any changes or weather-related cancellation.

Advent Spiral

Sunday, December 1, 6 pm

Please join us in the Parish Hall on Sunday evening, December 1, for this quiet and contemplative event. All are welcome. We will gather in darkness, then carry our unlit candles to the center of the spiral where we will light them at the central flame. As we exit the spiral, we leave our candles in the greenery to create a beautiful, glimmering symbol of the return of the light as we so patiently wait out those long December

nights.

NOTE: We will be looking for evergreen clippings prior to this event! If you know of any tree farms or lots that have clippings available during Thanksgiving week, please email lifespan@buffalouu.org and let us know about them! Thank you!

Adult Faith Development

You can register for any of our Adult Faith Development offerings by emailing lifespan@buffalouu.org or at the Religious Education Table on Sunday mornings.

Saturday Salon

Saturday, November 9

2 - 3:30 pm

Alliance Room

While we can't have Gertrude Stein, we can try for the next best thing! Come join us for the first of what is hopefully to be many Saturday Salons. All are welcome! Come with a quote, poem, thought, statistic, or book you've been reading and would like to share. Let's deepen our connections to one another and cross-pollinate our intellectual curiosity! Facilitated by Nicole Urdang.

Michael Lays Down the Law!! HOT DOCS! WRITINGS THAT HAVE MADE HISTORY Michael Harris, Instructor

This course examines some of these key formative documents that, for better or worse, have changed our country and the world at large.

14 Wednesdays: September 11 to December 18, 9:30-11:30 a.m.

Unitarian Universalist Church of Buffalo; Alliance Room on 2nd Floor

695 Elmwood Avenue, Buffalo, NY 14222. Cost: \$75 for course, or \$10 per session

For more information, call Church Office at 885-2136, or email office@buffalouu.org

Week-by-Week Syllabus for remaining classes:

Session Eight (November 6): Uniting the States -- from The Articles of Confederation to The United States Constitution

Session Nine (November 13): Selling The Constitution -- Hamilton, Madison, Jay and The Federalist Papers

Session Ten (November 20): Revolutionary Rallying Cries of 1848 -- The Communist Manifesto and The Declaration of Sentiments

Session Eleven (November 27): "With Malice toward None" -- Writings of Abraham Lincoln

Session Twelve (December 4): Civil Rights (and Wrongs) -- Key Decisions of the Supreme Court

Session Thirteen (December 11): Franklin Delano Roosevelt/Winston Churchill -- The Art of the Speech

Session Fourteen (December 18): Our Living Document -- The Bill of Rights and Other Constitutional Amendments



Music Notes – November 2019

Daniel Bassin, Music Director



During this month of November, we and other congregations participating in the Soul Matters Sharing Circle are called to ask the question, *What Does It Mean to be a People of **Attention**?*

Your church's Music Ministry has been paying extra careful attention in recent years to the ways in which we select, share, appropriate, celebrate, and advocate music through our performances of compelling works that are imbued with significant spiritual, cultural, and social depth. And, during the 2019-2020 church year, we are deeply excited to *attend* to a few revolutions in how we program music at UUCB. One such revolution will come about in early 2020, when our musical offerings in February and March musical offerings will fully reflect the Black History Month and Women's History Month celebrations. But first, I call your *attention* to our special change in Music Sunday planning, with this month's November 24th Thanksgiving Music Sunday service.

Sunday, November 24th will mark a departure from our normal winter holiday-themed Music Sunday services, which typically occur at the beginning of December. Situated to coincide with Rev. Montagnes's Thanksgiving communion service, and coming right after the feast day of Saint Cecilia – the patron saint of music – our Thanksgiving Music Sunday service is also a celebration of the voices of women composers. Formed around sections of Florence Price's *Communion Service in F-Major*, of 1936. This special music service will also feature Fanny (Mendelssohn) Hensel's 1833 cantata *For the Festival of St. Cecilia* – both in their regional premiere performances. Hymns by UU women, and a contemporary favorite – UU choral director and composer, Elizabeth Norton's *There is a Love* – will also be heard. An extra-special treat will be the world premiere performance of a selection from our own Jessie Downs' upcoming dissertation composition, the opera *The Second Sight*. We commissioned Jessie to create an extract from this work to be played on our Sanctuary Steinway during the service's communion of bread, and we can't wait to share this service with each of you!

The month begins with Rev. Montagnes's service, *A New Justice in Town*. Service music will include Mark Miller's setting of Gordon Light's poetic hymn, *Draw the Circle Wide*, featuring soloist, Helen Lowry and your UUCB Choir. An operatic chorus will also be heard, Verdi's immortal hymn for freedom, "Va, pensiero" from his opera, *Nabucco*, which dramatizes the story of Jewish exile under Babylonian King Nebuchadnezzar II. On November 10th, we are honored to present a service by American folk singer, violinist, public speaker, and disability advocate, Gaelynn Lea. Ms. Lea is presenting a concert on Saturday evening, November 9th that is not-to-be-missed.

Monday, November 11th is Veterans Day, and we will hold a service of reflective readings, and instrumental and vocal selections honoring those who heeded the calling to serve. The November 17th service, *Be Present this Day*, will feature two choral anthems as musical vehicles for mindfulness: Charles Stanford's Mary Coleridge setting, *The Blue Bird*, and the opening piece from Stephen Chatman's cycle, *Voices of Earth*, "The Bird and the Hour." We look forward to sharing this music with each of you!



Covenant Group Ministry News

A Covenant Group May Be Just What You Are Searching For

The Covenant Group Ministry is preparing to welcome new members to our groups in January 2020. During Sunday worship services in November, group members will be sharing their reflections on their Covenant Group experiences. After each service, we invite you to spend time at the Covenant Group Ministry table in the Parish Hall to talk with group members and facilitators who can answer questions and register you for upcoming introductory events.

Covenant groups are for both church members, as well as those who are considering whether UUCB may become their church home. Each group, consisting of 8 committed members, with two trained facilitators, meets monthly. Topics relate to the monthly ministry theme and encourage deep reflection and broadening awareness of personal spirituality and connection to others both within the church and in the greater community.

Each month, participation in a Covenant group offers the practice of presence, the courage of compassion, and the gift of listening. We welcome each other as we return to the safe sacred space that we have created together, where we can reflect, share and deeply listen.

“There is a quality of listening that is possible among a circle of human beings, who by their attentiveness to one another create a space in which each person is able to give voice to the truth of his or her life. There is the miracle of authentic narrative, made possible by listening that holds still long enough to let the truth be told. Where there is this kind of listening and speaking, a new kind of community is born - a community of life.”

- Rebecca Parker, Unitarian Theologian

The Covenant Group program is an established small group ministry in UU churches all over the country. If you are interested in learning more, please stop by the Welcome table during September where you can pick up a brochure and talk to a representative. Throughout October we invite you to spend time with us at the Covenant Group Ministry table. Save the date for our annual pot-luck on November 4th. You may also contact us at covenantgroups@buffalouu.org.

Join Us !! Covenant Group Orientation

Sunday, November 17 OR Friday, December 6th
12:00 – 2:00 PM 5:30 – 8:00 PM
Alliance Room Alliance Room

The Covenant Group Ministry is welcoming new group members!
Register for an Orientation session to learn more!

Covenant groups are for both church members, as well as those who are considering whether this may become their church home. Each group, consisting of 8 committed members, with two trained facilitators, meets monthly. Topics relate to the monthly ministry theme and encourage deep reflection and broadening awareness of personal spirituality and connection to others both within the church and in the greater community. The Covenant Group program is an established small group ministry in UU churches all over the country. If you are interested in learning more, please stop by the Covenant Group Ministry table where you can pick up a brochure, talk to a representative, and **register for the Orientation session**. You may also contact us at covenantgroups@buffalouu.org.



Sharon Walker
uucb.wny.specevents@gmail.com

JOIN WITH OUR INTERFAITH SOCIAL JUSTICE PARTNER, VOICE BUFFALO!



MONTHLY PEACE CIRCLE PRACTICE

2nd Tues. of Each Month | 6:00-8:30PM
UU Church of Buffalo | 695 Elmwood Ave.

Registration and Refreshments at 6:00PM - Circle 6:30-8:30PM

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

Our organizations have teamed up to offer Peace Circles with the goal of UUCB becoming a Community Peace Hub site. Our 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

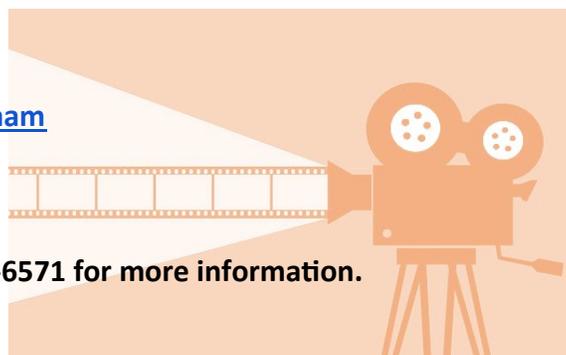
Join us for A Night of Power with Yusef Salaam on Friday, November 15th, 6:00-8:30PM at Elim Christian Fellowship (70 Chalmers Ave.).

Nationally known from the award winning film series, When They See Us, directed by Ava DuVernay, Yusef Salaam will be here in Buffalo to discuss his experience with wrongful conviction. The evening will include a panel of representatives including Jerome Wright and Luna Fernandez, both returning citizens, who will talk about solitary confinement, women's healthcare while incarcerated, and the penal process. **Tickets to this powerful event are \$35 general admission, \$30 each for a group of 10 or more, or \$50 with a VIP meet-and-greet experience with light refreshments and photo-ops from 5:00-6:00PM before the main event.** We anticipate these will sell out quickly!

You do NOT want to miss out!

[Click Here to buy tickets to A Night of Power with Yusef Salaam](#)

Email events@voicebuffalo.org or call our office at 716-842-6571 for more information.





There are several sets of Pews in the Sanctuary that are shorter so that anyone using a walker, wheelchair or scooter is able to comfortably participate and sit with their family and friends. These pews are open to everyone, however please consider others who may need them.

Joys, Sorrows & Concerns Tables

The Pastoral Care & Support Team would like to remind people that there are two Joys, Sorrows & Concerns tables at Sunday Service (one at the Ferry Street Door and the other near the Parish Hall door). One purpose of these tables is to take a moment to light a candle and reflect on someone or some Joy, Sorrow, or Concern in your life. Another purpose is to fill out a yellow card with a Joy, Concern or Sorrow in your life to be read during the Pastoral Prayer. A member of the Pastoral Care & Support Team stands at the Ferry Door Table to answer any question you may have or need assistance in filling out the card.

Coming November 9th and 10th!

Special concert and sermon with the beloved musician Gaelynn Lea.

Get tickets at the UAIM table after Sunday Service on November 3.

See Poster on the next page!

Gaelynn Lea won NPR Music's [Tiny Desk Contest](#) in 2016, and she's been on the road ever since playing her unique mix of haunting original songs and traditional fiddle tunes. So far the singer-songwriter and violinist has appeared in 43 states and 7 countries – she's graced the stage of renowned venues like Nashville's Music City Roots, The Kennedy Center, House of Blues and even BBC World News. In addition to performing and recording, Gaelynn also does speaking engagements about disability rights, finding inner freedom, and accessibility in the arts. In recent years, she has used her music as a platform to advocate for people with disabilities and to promote positive social change.

The UAIM is excited to welcome her for a ticketed concert (\$10 suggested donation, \$5 for children) on Saturday November 9th at 7pm and to speak during the service on November 10th. Music lovers (Gaelynn is a classically trained violinist), disability rights advocates, youth with and without disabilities, and just about anyone will enjoy this opportunity to spend time with this delightful, spirited, and talented young woman. We highly recommend listening to her music, watching her speak, or reading her writings, which can all be found at <https://violinscratches.com/>



GAELYNN LEA: NPR MUSIC'S 2016 TINY DESK CONTEST WINNER
NEW ALBUM OUT NOW: WWW.VIOLINSCRATCHES.COM/ALBUM

GAELYNN LEA
learning how to stay



GAELYNN LEA
Unitarian Universalist
Church of Buffalo
November 9th, 2019
7:00pm • All-Ages
\$10 Suggested Donation
Wheelchair Accessible

TICKET LINKS & FULL TOUR SCHEDULE: WWW.VIOLINSCRATCHES.COM/SHOWS

Get tickets at the UAIM table after Sunday Service on November 3.

Save Time! Simplify your Life! And Help our Church!

Yes, it may sound too good to be true. But did you know that you can do all of these things simply by authorizing your bank to withdraw and send your contribution to the church automatically each month?

It is a huge timesaver and then you don't have to worry about forgetting your checkbook, or worse, forgetting to make your contribution. No stamp required! It also makes a yearly contribution much more manageable when divided into 12 pieces.

The church benefits greatly by having a steady source of income each month – no summer drop-offs – and no need to remind people.

Set it up once for the year and that's it! It is safe, secure, and a win- win for you and UUCB." Need more info? Contact [Dave Batt](#)



TIME TO ORDER WREATHS AND POINSETTIAS



Believe it or not November is here and it is time to order your holiday decorations!!

Look for our table in the Parish Hall every Sunday in November. If that is a problem email Barbara at bklober@aol.com.

We have Red, Pink, and White Poinsettias and fabulous Wreaths.

Our pickup date is Sunday December 8, 2019.

Please make checks payable to UUCB and write Wreaths in the memo line.

November Share-the-Plate: [Restoration Society](#)



Restoration Society, Inc. (RSI) is a peer operated agency that offers recovery-based person-centered services serving Western New York. The agency was founded in 1973. RSI customers are adults (18 years and above) with significant and persistent mental health issues. Agency services are founded upon the recovery vision that all individuals can lead active lives filled with hope and satisfaction and make valuable contributions to our community.

RSI offers holistic, person-centered services premised upon customer self-determination and self-direction. Programs embracing life coaching strategies facilitate the customer's personal life direction, development and fulfillment.

RSI Services include Psychosocial Rehab, Habilitation, Educational Support, Supportive Employment, Peer Support and Family Support and Training. In addition, RSI offers housing assistance and an overnight drop-in center, Harbor House Resource Center for individuals who are homeless.

RSI has a reputation of working with the hard to serve population (those individuals who were not successful in other traditional programs).

Mission

Illuminating pathways toward opportunity, possibility, wellness and independence.

UUCB WOMEN'S SOCIETY'S SPEAKER-LUNCHEON SERIES for November 21:



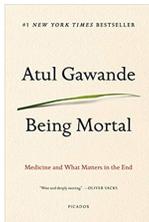
Tanya C. Lowe of HAWK CREEK WILDLIFE CENTER, INC. will bring three “wildlife ambassadors,” most likely these will be hawks and owls. Tanya, who is Curator and Education Director at Hawk Creek, will describe rehabbing injured wildlife and, when possible, releasing it back to an appropriate habitat. The serious injuries to the wildlife ambassadors that we will see made them unable to survive on their own in the wild, and they remain at the Center.

Refreshments: 11 a.m. - \$3 donation. 11:30 p.m. - Tanya's presentation. 12:30 p.m. Prepaid luncheon. Pay for the luncheon in the Parish Hall after the service on Nov. 10 and Nov 17. Women's Soc. Members - \$15; Non-members - \$20. For Tanya's presentation alone, no reservations are necessary. Cost: \$5; no charge for Women's Soc. Members.

FOOD BANK: For November, please place donations of **cold cereal** in the donation box located in the Garden Entrance foyer.



UUCB BOOK GROUP MEETING at 2 pm on Monday, November 25.



We will be discussing BEING MORTAL by Atul Gawande. Newcomers who have read the book are welcome to join us. Please notify our host-of-the-month Rivona (866-3587 or rivdon@icloud.com) if you are coming so that she may plan for seating and refreshments. Looking ahead: No meeting in December. Jan. 27 - KILLERS OF THE FLOWER MOON by David Grann.

THE PULPIT FLOWER MINISTRY

Schedule:

November 3-	Ellie Johnson
November 10-	Vincent & Nora Roberto
November 17-	Nancy Wilkins
November 24-	Music Sunday



If you have reserved Pulpit Flowers, please be sure that you have sent us your desired text dedication, as well as your payment in the amount of \$35.00.

Please see us at the flower table after most Sunday services, email us at pulpitflowers@buffalouu.org, or call us at (716) 885-2136 X4 if you are interested in sponsoring some lovely flowers for one of our winter or spring services. For a donation of \$35.00, you may sponsor flowers for your chosen Sunday, your desired text dedication will be in the OSS and eblast, and you may take the flowers with you after the service or donate them to a good cause.



An Evening of
Wine, Dessert & Poetry

Friday,
November 15, 2019
7:30 p.m. - 9:30 p.m.

*End your week
with a soothing and soulful evening of
wines, home-made desserts, and poetry reading
by a selection of
UUCB's talented poets and thespians*

Advance Tickets: \$20
At the door: \$25

Available at the Auction Table after services
For information: JW61@aol.com
Sponsored by The Auction Team



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
716-885-2136 www.buffalouu.org

<p>Minister: Rev. Joan Montagnes minister@buffalouu.org</p>	<p>Administrator of Facilities and Communication: David Drost office@buffalouu.org</p>	<p>Director of Religious Education: Sarah Martin lifespan@buffalouu.org</p>	<p>Music Director: Daniel Bassin music@buffalouu.org</p>
<p>Care Network: Ginny Vaughan 716-768-1077 wixsonsg@gmail.com</p>	<p>Gatekeeper: Sara Kirkland office@buffalouu.org</p>	<p>Wedding Coordinator: Helen Lowry weddings@buffalouu.org</p>	<p>Organist/ Accompanist: Jonathan Vogtle</p>
<p>Administrator for Finance: Donna Sentz donnasentz@buffalouu.org</p>	<p>Nursery Care Coordinator: Morgan Silver</p>	<p>Newsletter (submissions due by the 15th) newsletter@buffalouu.org</p> <p>Weekly Announcements (submissions due by NOON Wednesday) announcements@buffalouu.org</p>	



A chalice alit since 1831
A sanctuary on the National Registry of Historic Places

