

UNITARIAN UNIVERSALIST CHURCH OF BUFFALO

August 2023 Newsletter

Gather - Inspire - Transform



A HUGE Welcome to Rev. Dr. Cathy Harrington, our new Interim Minister!

Rev. Dr. Cathy Harrington is an Accredited Interim Minister who has successfully served UU congregations through their time of transition in Michigan, Florida, Tennessee and North Carolina. She also served as a settled minister for nine years.

She is no stranger to cold and snowy winters: Her home base is Ludington, Mich., and she owned a bakery/ cafe in Seward, Alaska.

Cathy will be moving to Buffalo from Asheville, N.C., with her 6-year-old dog, Zoey, while her husband, Jim, patiently holds down the fort in their Ludington home. He is fully supportive of her call to ministry.

Prior to becoming a minister, Cathy was an award-winning hairdresser for 25 years and owned Miller's Daughter Bakery/Cafe in Seward, Alaska, which is where she recognized that her call to feed people was a call to ministry. She drove the Al-Can Highway to Berkeley, Calif., where she spent five years (including a one-year internship in Austin, Texas) to study at Starr King School for the Ministry.

While in seminary and beyond, Cathy's ministry has been deeply informed and creatively shaped by her involvement with the Faithful Fools Street Ministry in the Tenderloin District of San Francisco. Faithful Fools was founded by the Reverend Kay Jorgensen and Sister Carmen Barsody in 1998. During Cathy's first semester of seminary, in the fall of 1999, she took Kay and Carmen's first class at Starr King School for the Ministry, Bearing Witness. After experiencing several life-changing street retreats with the Faithful Fools, Cathy traveled to Nicaragua four times to live in the barrios of Managua for 10 days at a time with a diverse group of students and seekers led by Kay and Carmen. These profound experiences helped her understand her privileged status in life, as she began to peel away her prejudices and assumptions about people who live in poverty.

She believes that transitional ministry should be joyful and fun as well as a time of deep discernment and exploration.

Since ordination, Cathy has dreamed of serving a church that "looks like a church" and is thrilled to be coming to UUCB.

Pulpit Previews

Aug 6: Hard Times, Rev. Fran Manly and Doug Yeomans

What shall we do when our world seems to be breaking up around us? When democracy, truth, civility, justice, and respect are all threatened, and there seems little or nothing any of us can do to change things. Where do we find hope? How do we stay centered enough to do the little we can? Doug and Fran will wrestle with these questions in words and music. Maybe we'll even find some answers.

Rev. Fran Manly is a retired UU minister now active in this church as a Worship Associate and in the choir. She has served churches in Niagara Falls and Hamburg and preaches occasionally at the small UU churches in Western NY.

Singer, Songwriter, and Guitarist Doug Yeomans, a member of the Buffalo Music Hall of Fame, is a popular guest musician here and in other congregations. He and Fran and have been creating services together since 2010. Check him out at <https://dougyeomansmusic.com/home>

Aug 13: Differentiation, Diversity, Division, Rev. Rita Capezzi

At present, the world is blessed with two kinds of elephants and 248 kinds of woodpeckers, just two glorious examples of the differentiation nature provides. And we human beings manifest diversity as well, in our beings, bodies, experiences, and histories. Why do we so often resist this natural multiplicity and instead sow division amongst us? Why do we turn away from the pain, oppression, and injustice division causes?

Rev. Dr. Rita Capezzi has recently returned to Buffalo, where for 25 years she lived, worked, and raised two children, after serving five joyful years as minister with the Unitarian Universalist Fellowship of Mankato (MN). She currently serves the Unitarian Congregation in Mississauga (ON) as Interim Minister. Rev. Rita is grateful to be preaching at her home congregation, which, along with her internship congregation, the Unitarian Universalist Church of Canandaigua, ordained her in 2018.

Aug 20: The Essence of Presence, Hy Carrel

Be present with ourselves. Be present with each other. Too often we become busy in our daily lives and ignore what is going on around us. How do we pay attention and tap into the essence of what fuels our community? Bringing community-driven art into our neighborhoods reminds us of the humanity of each person living alongside us and helps to shift our perspectives.

Hy trained for 5 years with Faithful Fools before moving back to Buffalo and serving in homeless outreach and housing for the next 3 years. Hy now serves as Director of Programs at Community Canvases, an arts nonprofit that builds community in WNY. Over the winter, Hy started Kind Fools, a community organization that brings healing via deep listening, as a program of Community Canvases.

Aug 27: Being in Relationship, The UUCB Respectful Relationship Team

Respectful relationship is about facilitating community. It does not happen by mistake. We will discuss the practices we learned over twelve weeks through the UU Institute and share our vision for the church moving forward.

The Respectful Relationship Team is currently:

Sharon Walker: Restorative Practice Circle Keeper and long-time congregational member,

Liz Parke: Covenant Group Facilitator and long-time congregational member

Ginny Vaughan: Universal Access and Inclusion Ministry Team chair, Pastoral Care and Support Ministry Team chair, and long-time congregational member

Stephen Wixson: Member of the Justice Ministry Team and long-time congregational member

Christine Slocum: Interim Member of the Board of Trustees, Justice Ministry Team member

Religious Education & Faith Development News



Greetings from the Religious Education Ministry!

Jess Pond, Director of Religious Education

Hello UUCB!

The excitement is building as we're getting ready for a new year of Religious Education classes!

If you want to learn more about what we have in store for this year, I'll be holding space for questions and conversation about RE on August 13, 20, and 27 from 11:45-12:30 in the upstairs classrooms. Come meet other parents, learn more about the curricula we'll be using, and ask whatever questions you may have!

Have you ever wanted to teach a religious education class? Now is your chance! We still need a few teachers, especially for the following age groups and classes:

- Grades 4 & 5 will be learning about the values that Unitarian Universalists find important, like integrity, courage, and love, and how those values serve as tools to help us live our lives and build a covenanted community
- Grades 6 & 7 will be interacting with social justice in different ways, using various media to introduce different issues, and learning how to become justice-makers themselves, with the opportunity for hands-on involvement
- Youth Group (Grades 8-12) will be learning leadership and community-building skills by coming together and figuring out what is most important to them in their spiritual community, with the opportunity to create their own program around the group's special interests

If you're interested in teaching any of these topics, working with any of these age groups, or in working with any of the younger classes, please let me know!

We also need a few more trained volunteers to be able to bring back the Our Whole Lives comprehensive sexuality education program for three age groups: grades 1-3, 4-6, and 7-9. The training is a total of 20 hours, and costs for the training are covered by UUCB. Registration for an online training for the elementary school levels opens on August 21. Parents can't teach their own children in OWL, but let's create the village that teaches each other's kids!

I am also working on forming two ministry teams for next year: Adult Faith Development, and Religious Education for children, youth, and parents. Would you like to see more faith development programming for adults? Talk to me about joining the Adult Faith Development Ministry Team! Would you like to help with special programming for kids and parents, including potlucks and party planning? Talk to me about the Religious Education Ministry Team!

As always, feel free to reach out to me with any questions or thoughts about Religious Education for any age group at jpond@buffalouu.org.

Bright blessings, Jess

SEARCHING FOR A CHILDCARE COORDINATOR: Looking for that side hustle? Do you or does someone you know enjoy working with kids? We're looking for childcare staff to cover the nursery for children under 3 on Sunday mornings, and by request for special events and meetings. Compensation is \$15/hour and the position is open to everyone 18 and older. We may hire multiple individuals for flexibility, so if you're interested but don't want to miss Sunday services, please reach out anyway! Everyone interested should contact Jess at jpond@buffalouu.org.

It's never too late to register for Religious Education! Please complete this form if you would like to register your child for Religious Education classes: <https://forms.gle/4LzWAX73L8vwNQWV6>

Check out the RE Calendar here: <https://rb.gy/hxvmju>

Adult Education

“Let Freedom Read,” Banned Book Week 2023

UUCB Banned Book Club with Mary Lou and Sharon



The club is now on summer break but we will be returning the first week in October celebrating “Banned Book Week” for 2023. Our picks for 23-24 based on our members’ suggestions: Oct., Kurt Vonnegut, Cat’s Cradle; Nov., Jodi Picoult, Nineteen Minutes; Dec., break; Jan. 2024, James Baldwin, Go Tell It On The Mountain; Feb., Alex Hailey and Malcolm X, The Autobiography of Malcolm X; Patricia McCormick, Sold; Salman Rushdie, The Satanic Verses; May, Alison Bechdel, Fun Home.

Starting Wed., Oct., 4, we will be meeting the 1st and 3rd Wednesday of each month in the Marge Gardner Room, from 7:00 pm-8:30pm.

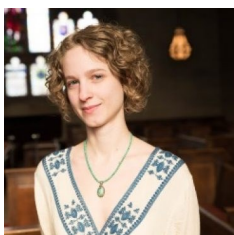
“Burning Books” is graciously giving “banned book club members” a discount on our monthly reads. Just let the staff know that you are a part of the UU Church Banned Book Club. Another source [thrift-books.com](https://www.thrift-books.com) which is reported to be a great source for “cheap” books.

All are welcome and you can join us at any time. For more information, contact Mary Lou Hill and Sharon Walker at uucbbbc@buffalouu.org or DRE Jess Pond at jpond@buffalouu.org.



Music Notes

Dr. Jessie Downs, Music Director



The first Sunday in August – 8/6/23 - brings with it the yearly service led by UUCB’s own Fran Manly alongside her dear friend, guitarist Doug Yeomans. The service will begin with “Eve of Destruction,” a folk tune whose lyrics capture the essence of the ‘hard times’ alluded to in the sermon title. As the Centering, Doug will share an original piece called “Breathe” for solo guitar. The Offertory will be “The Darkest Hour is Just Before Dawn,” a hopeful bluegrass tune by Ralph Stanley. For the Reflection, Doug will share his version of the hymn-like “Hard Times (Come Again No More)” by Stephen Foster. The Postlude will be another Yeoman’s original entitled “Walk in the Silence.” There will also be three opportunities for the congregation to join in the music-making, with UUCB Choir President Phil Nicolai accompanying on piano.

On 8/13/23, UUCB welcomes back Reverend Rita Capezzi to our sanctuary - as well as to Buffalo more generally - for her service entitled Differentiation, Diversity, Division. Rita’s daughter - our Alto Soloist Helen Lowry - will be leading the music for this service, alongside various guest musicians and with support from UUCB pianist Chris Sierzchula. Chris will begin the service with an upbeat piano prelude. As the Centering, Helen will share a setting of William Blake’s “A Poison Tree” set to music by Ralph Vaughan Williams, lightly accompanied by Chris. As the Offertory, Helen and guitarists Paul Zanolli and Dave Goddard, as well as guest vocalist Alex DeJesus will share “More Love” by country pop group the Chicks, and as the Postlude they will perform “One Voice” by The Wailin’ Jennys, with the help of guest vocalist Lindsey Holland and pianist James Burgess.

On Saturday August 19th at 2pm, join special Casual Concert guest Saranaide for a meditative sound journey in our sanctuary. Saranaide is an accomplished vocalist, songwriter and musician based out of Buffalo, NY. With parents from Panama and Puerto Rico, Saranaide has dipped into her DNA to embrace and celebrate the pulses and sounds of Latin America, exploding on the Buffalo Jazz Scene with a new vigor. Inspired by the legends of soul and jazz riding on the rhythms of the world, Saranaide’s unique sound is sweet honey dripping over a spicy stew. For her Casual Concert, Saranaide will be joined by multi-instrumentalist and percussionist Ravi Padmanabha for a meditative journey that awakens your spirit. Bringing you rhythms from Latin America to India, this duo will create soundscapes that take you through the earth elements. Listeners are encouraged to do what feels best: sit and receive the vibrations, write, meditate, move your body- connect with your mind, body and breath in the present moment and see what unfolds.

As we begin to gear up for the start of the church year proper, both Helen and Taryn will be on call for Hy Carrel’s 8/20 service “The Essence of Presence” and will be accompanied by Chris on piano. The service will begin with the playful piano piece “Minstrels” by Claude Debussy. Taryn and Helen will then share the ritualistic “Circle Round” by MaMuse, accompanied by Chris on cajon. The Reflection will be the participatory tune “Turn the World Around” by Harry Belafonte and Robert Freedman, inspired by traditional Guinean mythology. “For What It’s Worth” by Stephen Stills (as performed with Buffalo Springfield) will end the service on an anthemic note.

On August 26th from 3:30 to 5pm on our lawn, you won’t want to miss the HoUUse Band’s 2023 Elmwood Arts Festival performance. This concert will feature music from music theatre, rock, folk, and pop traditions taken from our 2023 Cabaret performance and Pride service. Performances will feature staff musicians Jessie Downs, Taryn Goehrig, Helen Lowry, Shaun Doyle, and Michael Harris (voices) and Chris Sierzchula (piano), volunteer vocalist Beth White, and guest musicians Steve Lattimore (percussion) and Zane Merritt (guitar). Zane will also preview his Saturday October 21st Casual Concert. Come early or stick around after the HoUUse band's show for screenings of the UUCB Choir's May 2023 performance of Henry Purcell's opera Dido and Aeneas, presented inside our Parish Hall at 2pm and again at 6pm. This is a great opportunity to share the vibrant musical life of UUCB with the larger community, so come out and invite your friends!

On 8/27/23, join the full UUCB Music Staff for the last service of August - “Being in Relationship.” The Staff Soloists will share UUCB favorite, “Draw the Circle Wide.” Chris will also share special piano selections and accompany the congregation on three hymns. After service, folks are invited to join us on the lawn for a reunion with former UUCB Accompanist Su Lee who is visiting town from Korea!

August Share-the-Plate: [Friends of the Night People](#)

FoNP has been a Buffalo institution for over 50 years and continues to change lives for people with problems of hunger and homelessness. Those who visit FoNP for services have different stories, but all are welcomed with empathy, compassion, and the desire to help. Providing dignity is just as important as providing services to many of the guests.

The shelter serves daily, high quality meals (breakfast and dinner) at its 394 Hudson Street kitchen/dining room location. Included in the many services offered for those experiencing homelessness, FoNP connects clients with housing resources and gives direct assistance for those needing identification, mail and other basic needs.

In addition to collecting much needed funds, we plan to serve a meal as a group later in the summer. Please stay tuned for the date.



Respectful (Right) Relations Team and our Church Covenant

At the beginning of the year Reverend Joan and Board leadership heard about a training that is put on by the UUA and is called "Tending Covenant: Training for Right Relationship Teams". Five members of the congregation (Sharon Walker, Ginny Vaughan, Chris Slocum, Liz Parke, Steve Wixson) are currently taking this training and would like to give you a sense of our experience. While this work is called "Right "Relationship training, we would like to consider our team as a Respectful Relationship team and we will use that term going forward.

The purpose of Respectful Relationship teams is to provide congregational members with a place to deal with conflicts that might arise between individuals. We are learning that in order to function as a caring and respectful congregation we need to know how to hold each other in covenant. We need to be a congregation that understands and tries to live by its values.

We have learned some specific techniques around the restorative practices/ listening circle concept. Our role is not to solve problems but to allow each individual to be heard in fact and emotions. We are neither responsible to the Board or to the Minister.

What we have learned the most, or become much more aware of, is that UUCB does not have a real Congregational Covenant. We recite our vision statement at the beginning of Service, that does not give us specifics on how we want to be in this religious community. We are a sacred organization made up of imperfect human beings. It is our hope that working with our interim minister, the board, and the larger congregational community we can create a document that not only identifies our values but gives us specifics about how we can treat each other in community. As a Respectful Relations team we will help to hold this community in covenant. Our team will be offering the Worship Service on August 27. If you have questions about our work, please contact any of us.

Respectfully - *Sharon Walker, Ginny Vaughan, Chris Slocum, Liz Parke and Steve Wixson*



Pulpit Flowers



To remember a loved one or recognize the hard work and efforts of our UU family, flowers make a perfect tribute. Lots of Sundays are available for ordering Pulpit Flowers. Please consider reserving a date to schedule your floral tribute soon. For \$50 you can share beautiful fresh flowers with the congregation and take home a fragrant arrangement.

We are asking those who purchase flowers to consider NOT taking home the plastic pot the arrangement is in. After the service, the flowers will be removed from the pot and placed in a large plastic bag. This will make it easier to carry the flowers home. The florist will re-use the pots, cutting down on our consumption of plastic. If you purchased flowers in the past, you could return the pot(s) to Sandra Bissontz or Ted Bieniek. If you still want to take home the entire arrangement, pot and all, that's OK too. We will ask you after that particular service if you would like to return the pot for re-use. Just contact Sandra Bissontz at smp1127@yahoo.com to place your order, or if you have any questions .

Announcements, Events and Opportunities, Oh My!

WBFO Promotion

If you think promoting UUCB through spot announcements WBFO was a good idea, here's your chance to put your money where your opinions are. Mark your donations "WBFO Promotion" and all of WBFO's listening audience will hear what this church has to offer, thanks to your generosity. Have a listen to the [June 26th WBFO broadcast](#), in case you missed it!



The Western New York Refugee Film Festival continues! This season has a bit of everything: from an unlikely friendship between a Syrian Kurdish refugee and former member of the KKK, to a gay refugee from Uganda now living in Canada and grappling with his new-found freedom during the pandemic, to an Afghan filmmaker documenting on his cell phone the flight of his family on foot to Europe, and much more. **Please see trailers and bookmark the schedule page here:** www.wnyrff.org Our film festival is still **virtual and FREE!** If you are able to give, **donations** towards the vital work of Journey's End and to help us cover the costs of the festival are most welcome (suggested donation: \$100). **Three films remaining: September, October, December!**

Collage Club at UUCB!



Buffalo Collage Club Member and art educator Julie Carter is hosting the Buffalo Collage Club at our Church! Be ready to use varied materials and play with shapes, textures and colors to create a unique collage each month. Julie will provide guidance and a changing theme. No experience necessary. Feel free to bring any materials you'd like to use or simply work with what is provided. This class is free of charge.

We meet at Church on the 2nd Wednesday of each month from 7pm to 8:30pm. See you there!

How to be in touch with your Board of Trustees:

- To reach the Board, email board@buffalouu.org.
- Attend Board meetings (3rd Wed at 7pm in the Alliance Room or via Zoom): <https://uuma.zoom.us/j/97736244745>.
- To view Current Board of Trustees members click here: [Governance](#).



Communicating and Connecting at UUCB!

A list with descriptions of our communication channels. Check them out!

PUBLICATIONS

The E-Blast. E-mailed every week, usually on Friday, and provides brief, current news, announcements, and updates.

Submissions due by NOON on Wednesday. Send to office@buffalouu.org.

The Monthly Newsletter. More in-depth, published every month of the year. Here you'll find a letter from our minister to the congregation, what's coming up in R.E./Adult Ed, and Music, along with news, events, announcements for the coming month (and beyond!).

Submissions due by the 15th of the preceding month (with some leeway, please let us know if you will be late). Send to newsletter@buffalouu.org.

To sign up for our newsletters above, go to <https://buffalouu.org/sign-up>

THE UUCB WEBSITE

- Learn about [who we are as UUs](#), and find answers to [FAQs](#).
- Read about our [Accessibility and UAIM Program](#), and who to contact for more info.
- [The current E-Blast](#), which includes the Order of Service. Posted on Friday evenings.
- [The Monthly Newsletter](#) (plus links to past Newsletters)
- Info on [Religious Education and Adult R.E.](#), how to [get involved](#), and become a [member and pay your pledge](#).
- [Sermons and Services](#) archive.

Questions? Comments? Concerns? Email us at website@buffalouu.org

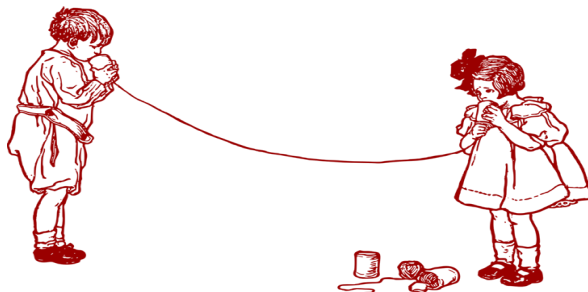
OTHER WAYS TO CONNECT

Board of Trustees - You can be in touch with the BoT via email, attend board meetings in person or via Zoom, and see the Current Board of Trustees members on the website [HERE](#).

We have a **Religious Education/Welcome Table** in the Parish Hall on Sundays.

Announcements are made near the beginning of the church service on Sundays.

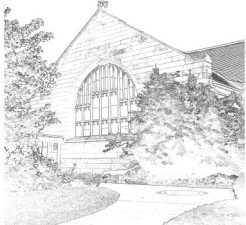
Facebook Pages for our Church in general [HERE](#), for Religious Education [HERE](#).





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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716-885-2136, www.buffalouu.org

<p>Interim Minister: Rev. Dr. Cathy Harrington minister@buffalouu.org</p>	<p>Administrator of Facilities and Communication: Kaylan Ruiz office@buffalouu.org</p>	<p>Director of Religious Education: Jessica Pond jpond@buffalouu.org</p>	<p>Music Director: Dr. Jessie Downs jdowns@buffalouu.org</p>
<p>Care Network: Ginny Vaughan 716-768-1077 wixsonsg@gmail.com</p>	<p>Gatekeeper: Sara Kirkland office@buffalouu.org</p>	<p>Administrator for Finance: Donna Sentz donnasentz@buffalouu.org</p>	<p>Organist/ Accompanist: Chris Sierzchula</p>
<p>Nursery Care Coordinator: TBH</p>		<p>Monthly Newsletter (submissions due by the 15th) newsletter@buffalouu.org</p> <p>Weekly Announcements (E-Blast) (submissions due by NOON Wednesday) announcements@buffalouu.org</p>	



A chalice alit since 1831

A sanctuary on the National Registry of Historic Places

