



November 2023
Gather - Inspire - Transform



Musings

Rev. Cathy Harrington, Interim Minister

What does it mean to be a people of generosity?

November's Soul Matters theme invites us to understand generosity as a form of kindness that moves us beyond charity to a deeper commitment to end the inequity and poverty.

As Laura Arrillaga-Andreessen put it, "Charity is about helping people survive. Justice is about helping people thrive."

Generosity isn't always about money, it is also about presence and showing up when someone is in need. To "love wastefully" by generously spending our time caring for another can be lifechanging. When I think of the transformative nature of generosity, I am reminded of Henri Nouwen, the Dutch priest who had been a professor at Notre Dame, Harvard, and Yale, as well as a prolific writer, but it wasn't until he went to serve at L'Arche Daybreak as their pastor from 1986 until his death in 1996 that he found his true path. His 38th book, *Adam: God's Beloved* tells the story of Nouwen's transformative experience of caring for a severely handicapped young man named, Adam, who could not speak or even move without assistance. Grippled by frequent seizures, he spent his life in obscurity, and yet Adam became Nouwen's friend, teacher, and guide." When Nouwen agreed to be Adam's caregiver, he was afraid of Adam at first, but over time Adam taught him that "the very center of what it means to be human is the ability to give and receive love." Generosity can call us to step out of our comfort zone as Nouwen explains in this short video. https://youtu.be/B6ysRXLG5HM?si=uU_mqSeoGIYUkeDd.

Our first two Worship services this month will explore the meaning of generosity from the aspect of both giving and receiving. Brene Brown wrote, "We often associate kindness with giving. I think that's true, but I've also come to believe that there is a deeply spiritual type of kindness that happens when we give ourselves permission to receive." On November 5th, we will explore that notion that giving and receiving are the same. On November 12th, I'll share what I learned about generosity and love while on my first street retreat in the Tenderloin of San Francisco with the Faithful Fools Street Ministry.

Sharon Salzberg writes, "The Buddha said that a true spiritual life is not possible without a generous heart. If we practice joyful giving, we experience confidence. We grow in self-esteem, self-respect, and well-being because we continually test our limits." Generosity in Buddhism is practicing letting go of our attachments, the beginning of spiritual awakening.

The world's great wisdom traditions exalt generosity as a spiritual practice. This month, we are invited to see generosity as more than giving to those in need during the holidays but as a path of transformation for both the giver and the receiver.

In faith and love,

Cathy

November Pulpit Preview

November 5: The Gift by Rev. Cathy Harrington

All the world's great wisdom traditions praise the act of giving. Christianity states that *it is more blessed to give than receive*, but I challenge the notion that it is more blessed to give. This is so ingrained in our society that we often find it more difficult to receive than to give. This is a sermon about learning that to receive a gift graciously is actually a form of giving.



November 12: Bearing Witness, by Rev. Cathy Harrington

A seminarian's experience of spending several days living on the streets of San Francisco's Tenderloin District with the Faithful Fools Street Ministry. The Fools believe that crossing social barriers is the only way to become one with the other because you must challenge your norms, change your paradigms until you strip away the image of who you think you are. As Buddhist Bernie Glassman teaches, "When we really listen, when we really pay attention to the sounds of joy and suffering in the universe, then we are not separate from them, we become them."

November 19th: "Prayers for God's Peace"

We will hear excerpts from the prior evenings events performed at UUCB and Slee Hall, but in the context of a moving service at our church that will include information about the history and lived experience of the war in Ukraine, as well as how we in the U.S. can help. Please see the Music Notes section for more info about the UUCB and Slee Hall evening performances.

November 26th: We welcome guest speaker Rabbi Jonathan Friedrich to our pulpit. Stay tuned to our various announcements for more information as we get closer.

OUR CHURCH HISTORY - through live tours!

Church tours were successfully given during summer festivals this year. During the Buffalo Garden Walk and the Elmwood Village ArtFest, volunteers gave free architectural tours of our Sanctuary to 183 visitors! We hope some will try attending our Sunday services. Thanks to Maria Testa, Paulette Notaro, Judy Kieffer, and myself for holding the tours and to Rev. Joan for her support of our purchase of beautiful, new garden signs to promote them.



If you or a group you are in are interested in an architectural tour, or if you would like to volunteer to be a tour guide or assistant, please contact me through the church office or the church's online member directory, IconCMO.

Bill Parke, Church Historian



Religious Education & Faith Development News



Greetings from the Religious Education Ministry!

Jess Pond, Director of Religious Education

Hello UUCB!
Religious Education classes are underway!

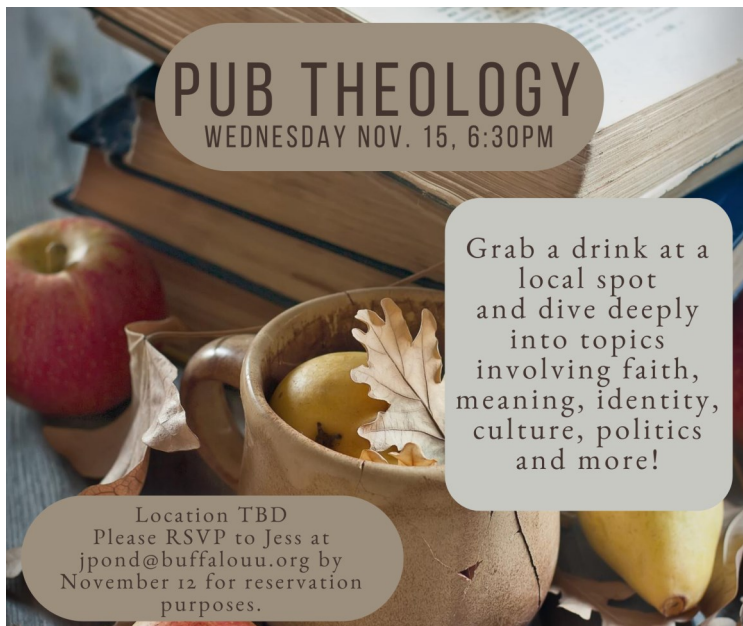
Register for Religious Education here: <https://forms.gle/4pCR9yikK9fAJgrA9>
Check out the Lifespan Religious Education Calendar here: <https://shorturl.at/aMSX1>

We can always use more volunteers in RE, especially for the Youth Group. If you're interested in volunteering, please email me at jpond@buffalouu.org.

There is so much excitement coming up this month!

Sundays	Introduction to Sufism, Marge Gardner Room and Library, 12:00-1:00 Harvard and Buff State professor Yunus Kumek will lead this course to examine the practical aspects of Sufism in our everyday life, especially focusing on meditative, philosophical, and psychological practices that have relevance and meaning in personal spiritual journeys. Sufism is generally referred to as Islamic mysticism or Muslim spiritual teachings in popular Western discourses. The class will meet on Sundays from 12:00-1:00 through November 26.
Saturday, November 11	Family Movie Night, Alliance Room, 6:00-8:00 Make a wish with Mirabel on 11-11! Come watch <i>Encanto</i> with your RE friends and have some tasty snacks.
Wednesday, November 15	Pub Theology, location TBD, 6:30-8:00 Grab a drink at a local spot and dive into topics of faith, meaning, identity, culture, and more! Please RSVP to Jess by November 12 for reservation purposes.
Sunday, November 19	Newcomer Class, Alliance Room, 12:00-1:30 Are you new to Unitarian Universalism and UUCB and want to learn a bit about both, or are you interested in becoming a member? Come to the Newcomer Class!

Bright blessings,
Jess



Adult Faith Development

UUCB Banned Book Club with Mary Lou and Sharon

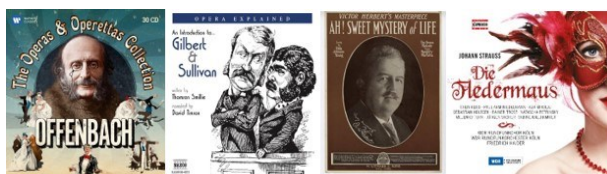
We meet the 1st and 3rd Wednesday of each month in the Marge Gardner Room, 7:00-8:30pm.



Our November read is Jodi Picoult's Nineteen Minutes. "... an American writer. Picoult has published 28 novels, as well as short stories, and has also written several issues of Wonder Woman. Approximately 40 million copies of her books are in print worldwide, translated into 34 languages." [Wikipedia] Florida has now pulled 20 of her titles from their shelves including Nineteen Minutes, although they are not the only state to do so.

Taking a break in December, we pick up again in January 2024 with James Baldwin's Go Tell It On The Mountain. February will be Alex Hailey and Malcolm X's The Autobiography of Malcolm X. March: Patricia McCormick, Sold. April: Salman Rushdie, The Satanic Verses. In May, we finish of the year with Alison Bechdel's Fun Home.

All are welcome. 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.



TWO HEARTS IN ¾ TIME: THE WORLD OF OPERETTA, MICHAEL HARRIS, INSTRUCTOR

Unitarian Universalist Church of Buffalo, 695 Elmwood Avenue; Buffalo, NY 14222

Wednesdays, 9:30-11:30 a.m., Cost: \$10 per session

To register, send your check (made payable to UUCB) to the Unitarian Universalist Church of Buffalo; 695 Elmwood Avenue; Buffalo, NY 14222. [Put 'Operetta Course' on memo line of check.] For information, call 716-885-2136, or email us at office@buffalouu.org.

In the 19th and 20th centuries, the language of love was theatrically expressed by the operetta. It was the vehicle not just for high romance, but also for social satire & extravagant fantasy. We will salute the great melodic geniuses of the operetta form, including Jacques Offenbach, Arthur Sullivan (with W.S. Gilbert), Johann Strauss II, Victor Herbert and Sigmund Romberg. Each class will leave you with a song in your heart!

Remaining Classes for 2023:

Session Nine (November 1): Oh Promise Me – Early American Operetta (John Philip Sousa and Reginald De Koven)

November 8 – No Class Session!!

Session Ten (November 15): Ah, Sweet Mystery of Life – Irish-American Operetta Master: Victor Herbert

Session Eleven (Nov. 22): When I'm Calling You – Rudolf Friml

Session Twelve (Nov. 29): Lover, Come Back to Me – Sigmund Romberg

Session Thirteen (December 6): And This Is My Beloved – Robert Wright and George Forrest

Session Fourteen (December 13): Exit Music – Operetta's Last Gasps (Candide, She Loves Me, A Little Night Music & On the Twentieth Century)

Music Notes

Dr. Jessie Downs, Music Director



This November brings with it not only our usual variety of service music, but also our Fall Music Weekend, and a special Casual Concert treat.

The month kicks off on Sunday November 5th with a service about giving and receiving. As the Prelude, Chris will share another installment in his exploration of piano pieces by mystic G.I. Gurdjieff and Ukrainian composer Thomas De Hartmann. As the Offertory, the UUCB Choir will share “Y'Varech'cha" by Max Janowski, a piece sung partly in Hebrew (by Michael Harris) and partly in English (by the choir) – alluding to Cathy’s engagement with the Jewish tradition of “midrash” in her sermon. As the Reflection, the UUCB soloists will share “I’ll Cover You – Reprise” from the musical Rent, a song about selflessly giving and receiving love. Finally, as the Postlude, the soloists will share “All Good Gifts” from Godspell, a song celebrating the many blessings that life has to offer.

On November 12th, Cathy will share stories about some of her formative experiences working with the Faithful Fools, and the musical selections will speak to how we all might seek to engage with those on the margins of our society. As the Prelude, Jessie and Helen will share their rendition of Queen and David Bowie’s “Under Pressure” with a backing track by Alex Huddleston, the lyrics of which proclaim that “Love dares you to care for the people on the edge of the light.” At the Offertory, Jessie and Helen will be joined by the HoUUse Band for The Who’s “Behind Blue Eyes,” a sardonic yet heartfelt song about the contradictory ways we see marginalized persons. As the Reflection, Helen and Paul will share a unique rendition of “Hello in There” by John Prine, interspersed with readings of The Beatitudes. Finally, Chris will close out the service with a reflective piano Postlude.

The weekend of November 17th, 18th, and 19th is both our Fall MUUSIC Weekend and the weekend of our November Casual Concert. This Fall’s MUUSIC Weekend is entitled “Prayers for Peace – collaborative choral concerts in solidarity with the people of Ukraine.” For these events, the choir will be presenting Ukrainian choral works in collaboration with the UB Choir and Chorus, Mriya Ukrainian Women’s Choir, and St. Nicholas Ukrainian Catholic Church Choir – creating a combined choir of over 100 people. The concerts will also feature three Ukrainian vocal soloists and a local Polish soprano, as well as the sounds of the bandura (the Ukrainian national instrument), guitar, and piano. On opening night 11/17 at 7:30pm in our sanctuary, we will welcome the larger community into our space for this fabulous concert followed by a catered reception of traditional Ukrainian food. [Reserve your spot for this special event and consider donating NOW on Eventbrite](#) or after church in the Parish Hall on Sunday 11/5 or 11/12. Donations will be shared between the church and the Ukrainian American Freedom Foundation, which provides humanitarian aid to people in Ukraine.

On Saturday 11/18 at 2pm, our November Casual Concert will feature acclaimed jazz vocalist Alex McArthur presenting a special sneak-peak of her Phil Collin’s musical in-progress. That evening, you can catch the Ukrainian concert again at UB’s Slee Hall, with additional numbers by the UB Chorus. Finally, on Sunday 11/19, the service will center around the history of the conflict in Ukraine and how we can help, with a reprise of some of the concerts’ more reflective numbers.

On the final Sunday of the month, we welcome guest speaker Rabbi Jonathan Friedrich as well as guest pianist Nicholas Emmanuel. For the Prelude and Postlude, Nick will share two reflective contemporary piano pieces by John Cage and Arvo Pärt respectively. At the Offertory, Michael Harris will share the Hebrew song “Ba’a M’enucha” as arranged by Kurt Weil, and as the Reflection, the Chamber Choir will sing “The Last Words of David” as set by Randall Thompson as we reflect upon the latest escalations in the Israeli-Palestinian conflict.

Announcements, Events and Opportunities, Oh My!

KAIROS Witness to Injustice



This **Saturday, November 4th**, please join us for a KAIROS Blanket Activity with Buffalo Nekanehsakt **from 12pm to 3pm** in UUCB's **Parish Hall** at 695 Elmwood Avenue. Please invite your friends: everyone is welcome! This activity is recommended for mature middle-schoolers and any person high-school aged and above.

Please [RSVP here](#) or reach out to Hy at hcarrel@gmail.com or (716) 259-2725

This is a highly participatory, profound examination and journey of learning about the many challenges and traumas that have been inflicted on Indigenous peoples of North America. Participants are invited to listen with open hearts and minds to begin to better understand the multiple factors of historical traumas impacting Native people. Small group discussions will also be held so that participants can share and process their reactions to the activity. We invite you to join us on what will be a remarkable journey of storytelling and within a spirit of healing.

There is a sliding scale of \$10-\$30 to support our indigenous facilitators. Our workshop will be similar to the one shown here <https://vimeo.com/129161339>

Social Justice News

On Wednesday November 15 we will again be serving dinner at Friends of Night People, from 4:45-7:16 PM. Contact Maria Testa if you're interested in doing this again or for the first time, mariaLtesta@gmail.com.



November Share-the-Plate: [International Institute of Buffalo](#).

Working to settle and empower new immigrants in our community, the International Institute is honored to be part of Western New York's long history of welcoming immigrants. Their 100 years of experience gives them a unique perspective on the value of the region's immigrant communities to Western New York. They help make Western New York a better place for, and because of, immigrants and refugees.

Thanks to all for your generous contributions to the recently completed toiletry drive for IIB!

Landlord wanted for 10 person Afghan refugee family needing to relocate

The family can manage \$1000 monthly rent, and may have the support of another \$1000 through the Kaleidoscope Foundation. They do not have a credit score that would help them relocate from their current situation, where the small children have tested positive for lead poisoning. They do have the dedicated support of the Rev. Dr. Sarah Rieth at St. Paul's Episcopal Church, who is reaching out to interfaith neighbors for help. Please spread the request. Please contact Sarah at sarahmrieth@gmail.com, or Susan Milde at susanmilde@yahoo.com and at coffee hour, with any possibilities or questions.

The Women's Society Luncheon and Program - 998 BROADWAY!

Who does not recognize that address?? Growing up in Western New York, we all recognize Sattler's Dept Store, just opposite the Broadway Market. On November 16, 2023 the Women's Society has planned a real treat for us to reminisce! Mary Ann Voorhees will present her book The Sattler's Diary complete with photos and stories about the famed address. Please join us at 11 AM for a glass of wine and some apps, followed by the program at 11:30. Lunch, \$20 for members and \$25 for those yet-to-join, will follow. Attending the presentation alone is \$5. Please join us! Reservations taken after church.



(100% of those leaving ANY of our meetings are heard to say, "That was really fun!")

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.



December is the last month at the Western New York Refugee Film Festival!

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!



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.

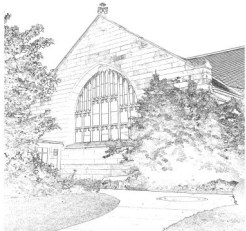
How to be in touch with your Board of Trustees:

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

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

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<p>Pastoral Care & Support 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

