



# THE WEEKLY REMINDER

FIRST UNITARIAN CHURCH OF ROCHESTER, NY  
A SPIRITUAL COMMUNITY OF HOPE, HEALING AND OCCASIONAL HERESY

## **EVENTS FROM MONDAY, FEBRUARY 8, 2010 THROUGH SUNDAY, FEBRUARY 14, 2010**

### **Vipassana Meditation**

Monday, February 8<sup>th</sup>, 7:30pm

From the Buddhist tradition, Vipassana is a simple form of mindfulness and breath awareness practiced by many in the West. You do not have to be familiar with Buddhism or sit on the floor! Participants take part in a 40-minute sit. The cost is \$2 per session. Led by church members on a rotating basis.

### **Bring Them Home Vigils**

Tuesday, February 9<sup>th</sup>, 4:30pm-5:30pm

(Peace Advocates meeting at 5:30pm)

First Unitarian Church, 220 S. Winton Road

Witness against the wars in Iraq and Afghanistan. Come and leave as it fits your schedule. The goal is to bring an awareness of the wars into our daily lives, remind those driving by that the wars are still going on, call for our troops to come home, and advocate for another approach to healing in Iraq and Afghanistan. **STAND WITH US!**

Signs are provided.

### **Let's Go To the Movies: *Preacher's Sons***

Tuesday, February 9<sup>th</sup>, 7pm

First Universalist Church of Rochester, 150 S. Clinton Ave., corner of Court Street;  
Clara Barton Lounge, Doorway off Parking Lot.

**In observance of Freedom to Marry Week (February 8-14)**, First Universalist Church will be hosting a free screening of *Preacher's Sons*. Please join us for this powerful documentary and a brief discussion after the film. Light refreshments will be provided. Co-sponsored by: Empire State Pride Agenda; First Unitarian Church of Rochester; Gay Alliance of the Genesee Valley; Interfaith Advocates for LGBT People; Third Presbyterian Church of Rochester. This documentary is a provocative, real life story about the Stewarts: five troubled boys, pulled from the train wreck of foster care, and the two men who are now their fathers. To learn more about the family featured in *Preacher's Sons*, visit: [preacherssons.com](http://preacherssons.com). For more information about this event contact WNY Program Organizer, Todd Plank at 585-271-2420 or email [todd.plank@gmail.com](mailto:todd.plank@gmail.com); or [prideagenda.org](http://prideagenda.org). The lounge and sanctuary at First Universalist Church are wheelchair accessible: [uuroc.org](http://uuroc.org); or 585-546-2826.

### **Phoenix Rising Group Returns!**

Tuesday, February 9<sup>th</sup>, 7pm-8:30pm

*A FREE introductory workshop!*

"Phoenix Rising Yoga Therapy was one of the greatest learning experiences of my life!"—Claudia, UU member and Phoenix Rising Group Alumna. This transformation process will help you to manage stress, to connect with Spirit, and to illuminate the joy of your day-to-day life. Using gentle yoga, meditation, breath awareness, and supportive group-discussion, the program follows a progressive approach to awareness, choice, and change. A free introductory workshop will be offered on February 9<sup>th</sup>, from 7pm-8:30pm in the Susan B. Anthony Lounge. Please RSVP: [sherikreher@frontiernet.net](mailto:sherikreher@frontiernet.net), or call 314-6068.

### **The Morning Book Discussion Group**

Wednesday, February 10<sup>th</sup>, 11am

The Morning Book Discussion Group will meet at 11am, Wednesday, February 10<sup>th</sup>. Lew Ward-Baker will review the book, *The Age of Empathy*, by Frans de Waal, who has done extensive research on primate behavior and its implications for instinctive human nature. The review will begin at 11am with coffee and conversation from 10:30am. Many attendees bring bag lunches and stay on through lunch. All are welcome.

### **Susan B. Anthony Birthday Luncheon**

Wednesday, February 10<sup>th</sup>, Noon

This year's birthday celebration luncheon will again be held at the Rochester Riverside Convention Center on Wednesday, February 10<sup>th</sup>. The year, 2010, will find us celebrating the 90<sup>th</sup> Anniversary of Woman Suffrage by presenting a one-act drama, *Hear My Voice: Win the Vote*. The story takes place during the years after Susan B. Anthony's death and the ratification of the Amendment in 1920. Miss Anthony was a long-time member of our congregation and, as in the past, we will have our own tables at the luncheon. For more information, and/or reservations, please call Linda Betstadt at 723-1619 or Sally Whitbeck at 461-3150.

### **Labyrinth Quest**

Thursday, February 11<sup>th</sup>, 7pm-9pm

First Unitarian Church

You are welcome to attend our next Labyrinth Quest, and experience the transformative, spiritual, and healing qualities of the labyrinth. Orientation to labyrinth walking is 7pm-7:15pm. Reiki, chair massage, and other healing arts are also available from 7pm-8:45pm. No registration or fee—just come. Everyone and all ages are welcome.

### **2nd Friday Flicks Presents *The Sting!***

Friday, February 12<sup>th</sup>, 7pm

Join us on Friday, February 12th for our screening of *The Sting*. This classic film, winner in 1973 of seven Oscars, including Best Picture, is set in Chicago in the 30's. It stars Paul Newman and Robert Redford. Join your host, Karen Reimringer, at 6:45pm for some yummy, "Chicago-style" snacks! At 7pm we will begin with some little-known trivia about the movie and then . . . *The Sting!* As always, all are welcome.

**Sunday, February 14, 2010**

***Worship: 9:30am & 11:15am***

***Monthly Theme: Curiosity***

***Rev. Scott Tayler, preaching***

## **NEWS & NOTES**

### **Walking After Midnight:**

Friday, February 19<sup>th</sup>, 1:30pm-3pm

### **One Woman's Journey Through Murder, Justice, and Forgiveness by Katy Hutchinson**

Join me in reading one woman's story of living through the experience and aftermath of her husband's murder--and turning her experience to use in the world. As we wrestle with the month-long theme of curiosity, I invite us to let in a story we might prefer to ignore. With open minds and open hearts, let's hear one woman's story, and one woman's way of coping and making sense of the world. And then, let's join together to talk about it. A book discussion group will be led by Rev. Jen Crow on Friday, February 19<sup>th</sup>, from 1:30pm-3pm.

### **UU101 Introducing First Unitarian**

Sunday, February 21<sup>st</sup>

Newcomers are invited to join us in Room 209 at either 10:45am or 12:30pm to find out more about our church's history and programs, and to discuss ways to explore us further. Child care in Room 120. No need to sign up, just show up!

### **The Gilbert Spirit Fund Committee is Accepting Applications for Monetary Grants**

*Applications are due by Sunday, February 21<sup>st</sup>.*

The Gilbert Spirit Fund honors Rev. Richard and Joyce Gilbert. The committee will award grants that: Will Contribute to social or economic justice; or Promote art and music; or Support the goal of world community. Complete Information and Application are available on the church's website <http://www.rochesterunitarian.org/GSF.html>. Applications are due by Sunday, February 21<sup>st</sup>. Place them in labeled folder in workroom. Committee members are Rus Simpson, Cara Cavelli, Elizabeth Seka, Taylor Gawinski Stern, Kelly Weisman Asprooth-Jackson, and Bob Ames. Contact one of them if you have questions.

### **Introduction to Vipassana Meditation**

Begins Monday, February 22<sup>nd</sup>, 6pm-7:15pm

*Introduction to Vipassana Meditation* will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays in March and April before the Vipassana sitting group meets in the Thoreau Room. Make the leap from curiosity or self-doubt to /BEING/ one who can confidently meditate alone, or within our community. Facilitator: Jan Cook, [Jancook@frontiernet.net](mailto:Jancook@frontiernet.net).

### **The Great Chili Cook Off**

Tuesday, February, 26<sup>th</sup>, 6pm

The Great Chili Cook Off returns February 26<sup>th</sup> at 6pm. Do you make great chili? If yes, bring a pot of chili to the competition. If not, then bring a salad, appetizer, or dessert and taste them all. Vote for the best. Great prizes!! Sign up on the 14<sup>th</sup> or 21<sup>st</sup> of February.

### **Save the Date:**

Saturday, February 27<sup>th</sup>, 9:30am-12:00pm

### **Going Deeper: From Newcomer to New Member**

Join us for an interactive workshop focusing on engaging and integrating newcomers into our large congregation. Targeted especially for small group facilitators, lay ministry leaders, membership and hospitality teams, and anyone interested in the ongoing health and vitality of our congregation! Contact [memberservices@rochesterunitarian.org](mailto:memberservices@rochesterunitarian.org) for more information or to register.

### **Starting from Seed**

Saturday, February 27<sup>th</sup>, 12 noon

This class will cover proper techniques for sowing garden seeds, the merits of buying seed versus collecting your own, timing for indoor and outdoor plantings, and indoor seed-starting setups. Sign up by calling or emailing Megan Meyer at 585 264-1051 or [meganmeyer1@mac.com](mailto:meganmeyer1@mac.com) or at the Landscape Committee Table on Sunday, February 14<sup>th</sup> in the Williams Gallery--\$5.00 to cover materials. Checks made out to First Unitarian Church; please note Seed Workshop at bottom.

### **Winter Feast for the Soul**

Winter Feast for the Soul is a 40-day Worldwide Spiritual Practice Period. Log onto [www.feastforthesoul.com](http://www.feastforthesoul.com) for details. Here, you'll find links to meditations from a variety of spiritual practices plus short meditations for each day. The practice started on Jan 15<sup>th</sup> and is completed Feb. 23<sup>rd</sup>. However, people can join anytime. To support local practitioners, our church offers two weekly events: Mondays: Vipassana from 7:30pm -9pm, and Friday morning meditation from 8:30am- 10am. The Friday morning meditation will run through Friday, February 19<sup>th</sup>. Join us in the Thoreau Room (Room #200, upstairs). Everyone is welcome.

### **Grant Funds Panel**

Ever wished you could do more to support your favorite nonprofit organization? Ever wanted to play the role of big-time philanthropist? Now is your chance! Each year First Unitarian awards grants to local, nonprofit, nonpartisan organizations on behalf of our church from three funds. So what is your part? Organizations must be sponsored by a member of the church. While organizations are not guaranteed funding, we can 100% promise organizations will not be funded that do not apply. Applications must be submitted by March 18, 2010. Forms are available in the church workroom or can be found at <http://rochesterunitarian.org/GP.html>.