

The Grapevine Newsletter



November 2013

Published by **Pullman Memorial Universalist Church** Albion, NY

Member of **The Unitarian Universalist Association**

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Visit our Website at pullmanmemorial.org

Minister Musings – by Lee Richards

Stop what you're doing and breathe! For most people, we are heading into the busiest time of the year. Holidays, families, shopping, greeting cards, craft fairs, decorating, travel, parties, meals - many things demanding our time and attention concentrated into a two month time span.

This can be an exhilarating time of year, or it can be exasperating. The difference between the two is purely temperamental. Do you enjoy the increased opportunities to be engaged or do they wear you down and increase your stress levels? Regardless of which effect these have upon you the advice is the same - stop and take care of yourself first.

OK, so you say you really enjoy the hustle and bustle of the holiday season. I'm happy for you, but I want you to consider that it's possible to have too much of a good thing. Burning the candle at both ends. Trying to do it all. Eventually all the fun and frolic can frazzle a person if you're not taking care of your own needs.

And if you don't relish the extra end-of-the-year obligations then you especially need self-awareness around your physical, and mental, health. All the lights and tinsel and glad tidings thrown your way cannot feed one's soul better than being in the moment, fully alert and cognizant of one's own pulse and feelings.

Stop and breathe. Absorb the finer details of the moment. Notice the smells, the sounds, the sights, the tastes that are so often missed in the rush. LIFE is in the details, and if a person just rushes headlong into the season then you risk getting to January and having the preceding two months just be a blur.

So notice your own reactions as the holiday time unfolds, and respond appropriately. I assure you that if you take good care of yourself then others around you will notice, and be happy for you, and appreciate being in your presence. Remember this on turkey day (or tofurkey day) and throughout these year end days. Carpe diem (seize the day) and observa momentum (notice the moment).

Service Schedule – Sunday at 11:00AM

Nov. 3	Rev. John McCarthy	
Nov. 10	Lee Richards	“Seat of the (under)Pants Theology”
Nov. 17	Susan Daiss	“A Meditation on The Lord’s Prayer”
Nov. 24	Lee Richards	“One Good Memory”
Dec. 1	Don Reidell	

~ Childcare available during service times ~

Sunday, Nov. 3 – worship service @ 11 am with Rev. John McCarthy.

Sunday, Nov. 3 – “**Church Stories You Won’t Hear in Church**” @ 7 pm. Historian C.W. (Bill) Lattin conducts a very special storytelling session and no denomination is spared! A donation of \$20 will reward the listener with entrance into a world of “dish” – stories from the past pertaining to Albion’s local churchgoers (and even a few ministers!). Tickets available at Bindings Bookstore or at pullmantickets.com.

Monday, Nov. 4 – Potluck supper @ 6:30 pm. Enjoy good food and conversation in a relaxed atmosphere. Guaranteed laughter. Dish-to-pass.

Sunday, Nov. 10 – Second Sunday Stroll @ 9 am. Join other liberals for a little “walk-about” before service.

Sunday, Nov. 10 – Finance committee meeting @ 10 am.

Sunday, Nov. 10 – “Seat of the (under)Pants Theology” worship service @ 11 am with Lee Richards. Do you have a well thought out theology or are you flying by the seat of your pants? Maybe you’ve experienced a theological wedgie when asked about your beliefs, or lack thereof. What might UUs have in common with the most banned book of 2012 – *Captain Underpants*? Whether your drawers are dragging or riding up you’ll find something to hold onto in this service.

Saturday, Nov. 16 – Workbee from 10 am to noon. General clean up in and around the building. Free bagels and coffee provided.

Sunday, Nov. 17 – Board of Trustees meets @ 9 am.

Sunday, Nov. 17 – “A Meditation on The Lord’s Prayer” worship service @ 11 am with Susan Daiss. I have no recollection of having learned The Lord’s Prayer, but some time in my youth I was taught and memorized the words. It took me years, however, to internalize them so that now The Lord’s prayer is not simply a string of remembered words, but an invitation to reflect on its meaning not just for that moment but also across 2000 years of Christian history.

Monday, Nov. 18 - Bereavement Support Group @ 7:30 pm. Grief is experienced individually but handled better communally. Join Pastor Lee on the 3rd Monday of each month for assistance in working through feelings of loss in an atmosphere of safe sharing with others on the same journey. ***This month bring a photo or two of the person or pet for whom your grieve.***

Wednesday, Nov. 20 – Movie with the Minister @ 7 pm. “Not My Life,” a documentary about human trafficking and slavery on a global scale. Filmed on five continents and in a dozen countries, the film takes viewers into a world where millions of children are exploited every day, through an astonishing array of practices, including forced labor, domestic servitude, begging, sex tourism, and child soldiering. Challenging as it may be, the film’s message is ultimately one of hope. Narrated by Glenn Close. This viewing is open to the public. Free admission.

Sunday, Nov. 24 – “One Good Memory” worship service @ 11 am with Lee Richards. It’s been said that one good memory is worth all the bad ones. But memories can be elusive or distorted. Some things we wish we could forget and put behind us while other memories we’d like to hold on to are lost. And beyond personal memories is the idea of societal history, or communal memory. Let’s explore recollection, reminiscing, and remembrance before our hard drives get wiped clean.

Sunday, Nov. 24 - Thanksgiving potluck meal @ noon. Dish to pass. Please see sign-up sheet in social hall to choose a menu item.

Wednesday, Nov. 27 - **NO** 4th Wednesday Walkies in November or December due to holidays.

Sunday, Dec. 1 – worship service @ 11 am with Don Reidell.

Sunday, Dec. 8 – worship service @ 11 am with Lee Richards

Sunday, Dec. 8 – Book discussion group @ 12:30 pm. Read any Newbery award winning book and come share what you learned by the experience. [Click here for a complete list of winners.](#)

JOYS & SORROWS

Beth Allen – said this day (Oct 13) is a special day of joy for her since we are honoring the rape crisis services through Planned Parenthood. She wants to thank them for all they did for her 23 years ago when she reached and made a phone call. Someone picked up the phone and talked to her and not only did this start the process of healing, but was also instrumental in involving her in advocacy.

Debby Rodrigues – plans to bring her grandchildren up north for a December service. She is very excited about it!!

Chris Loss – it was her joy to attend the marriage of Michael Brown and Melissa Mulcahy on October 12th at the Genesee Country Village! What a lovely wedding and reception! Michael is Chris' second cousin and Sara Phillip's nephew. And the highlight of the evening was when Michael and his beautiful daughter, Cassandra, broke out into a funky dance routine! And it was even more special that Chris' daughter, Joni, attended with her.

Andrea Rebeck – attended the Mark Twain program at the Presbyterian church and noted that Twain's comments were very 'Unitarian' sounding, especially when he spoke about war. It was a wonderful show.

Diana Dudley – Tied for 1st place at the 5K race at Brown's Berry Patch recently with the only other person who was over 70! It just can't be said enough how amazing Diana is!!

Tobin Carson – was having a discussion with one of her patients recently about what kind of death he wants. It was a very productive talk. It occurred to her that everyone needs to talk to their loved ones about what you want them to do when you it comes your time to go through the dying process. It is so helpful to know what it is that you want.

Rich DellaCosta – he teaches English in Rochester and noted that the creator of the Common Core Curriculum (John King) was boo-ed recently at a public meeting, prompting him to cancel his other appearances. Rich says that it is important to know that the Common Core is at a level far above where many students are and he sees how frustrating this is for students, teachers, and parents. Critics are becoming more vocal!

Susan Daiss – her overwhelming joy today is this remarkable community, and what we've heard today from the very depths of the heart!

Debby Rodrigues – says that she has been through a rough patch lately and members of this church have been there for her, especially Louise Richards! She doesn't know what she would have done without the support!

Louise Richards – was very happy to see Sara Burroughs (10/20/13)!!

Monica Beck – her joy was that Fiona celebrated her 14th birthday recently!

Chris Loss – was very happy to see Pat Cammarata! And it was wonderful to participate in the Breast Cancer Walk with fellow church members! And what a nice early morning ceremony at the church that Pastor Lee held!

Sara Phillips – is happy to be back from a conference in San Antonio, Texas that lasted almost two weeks. It was a nice trip!

Beth Allen – it is her personal joy to have found her joy again! And everyone is so glad to see you back!!

PULLMAN PLAUDITS

Jeff Pier – wanted to thank everyone at Pullman for the Humanitarian Award and for the opportunity to achieve this recognition, highlighting the hard work of the staff and the commitment they have to helping others. It isn't often that they are recognized properly, he said.

Aiden and Leyland Carson – served as 'runners' on October 13th and did a great job!!

Pastor Lee Richards – for a wonderful 'Making Strides' Ecumenical service at 7 am on the morning of the Breast Cancer Walk here at PMUC.

Louise Richards, Gay Smith, Chris Loss, and Jim Knight – participated in the 5 K Cancer Walk at Watts on the 20th. It was a nice, crisp day and a good time was had by all!

If you follow Lee on Facebook you will see his Thought for the Day, e.g., "I never worry when I get lost...I just change where I want to go." One that we seniors can identify with.



Pullman was mentioned as a proud owner of Louis Comfort Tiffany's work in an article for *The Brockporter* online newspaper by Monica Beck. She stated, "Learning more about Tiffany and his company makes me appreciate Pullman's physical treasures even more. "

ON THE ROAD WITH SUSAN

Chris Loss – saw the colorful leaves and bountiful apples this morning..a beautiful sight!

Beth Allen – the air is crisp and her Dahlia's are in bloom.

Dennis Seekins – Oak Orchard Creek is at just the right level!

Monica Beck – saw a lovely Blue Jay this morning!

Jim Knight – saw people harvesting apples and noted that we need to thank the folks who go out in the cold and wet and pick our crops.

Gay Smith – saw lots of pumpkins!

Susan Daiss – saw clouds that looked like a mountain range..it was a spectacular sight!

Come Early, Stay Late

Having a quick bagel and coffee ready to grab on a Sunday morning can sometimes make the difference in deciding to roll out of bed and show up at church. So come a few minutes early, grab a bite, and then stay after the service for our usual social hour. We'd love to see you at church!

Book Discussion

Our next book discussion will be on December 8th. This time we're focusing on Newbery award winning books. Books written for children and youth sometimes yield amazing truths that are missing from adult publications. Choose any award winning book and then come share what you learned with others. Lists of Newbery winners are easily found with a Google search, then check your local library for a copy, or search for book titles to buy on used.addall.com

Movie with the Minister

This month on Wednesday, November 20th at 7 pm, Lee will show "Not My Life," a documentary about human trafficking and slavery on a global scale. Filmed on five continents and in a dozen countries, the film takes viewers into a world where millions of children are exploited every day, through an astonishing array of practices, including forced labor, domestic servitude, begging, sex tourism, and child soldiering. Challenging as it may be, the film's message is ultimately one of hope. Narrated by Glenn Close. This viewing is open to the public and will be advertised.

Bereavement Support Group

Grief is experienced individually but handled better communally. Pastor Lee is offering an opportunity for people who have experienced a loss to come together in a safe environment on the 3rd Monday of each month at 7:30 pm. Stories encouraged, and feelings lovingly accepted. Tears okay, and tissues provided. Loving support offered for, and by, others on the same journey to wholeness. This month bring a photo or two of the person or pet for whom your grieve.

Aluminum Recycling Drive

Have any scrap aluminum lying around the house? Save clean washed aluminum, sans wrapper. Examples... small cat food or juice cans, old gutters and downspouts, foil, etc. Any clean aluminum item can be recycled. If a magnet doesn't stick, it's good. Bring to the church and leave in the library room. Debby Rodriguez has offered to take to the recycling center, with the proceeds going to the church.

Pullman Pastor's Blog

by Lee Richards

This month I wrote about Bill Lattin's upcoming fundraiser, offered up two articles about our special Humanitarian Award service, and took a stab at answering the question: is UUism a movement or a religion? That last post was picked up by the UU World and linked on their website - the second time (to my knowledge) that one of my essays has caught the attention of our denomination's magazine.

The Minister's Musings column appears on the first page of the monthly newsletter. In between, I invite you to check out my explorations and ramblings on the weblog. And please, if you feel so moved, leave your own ideas in the comments section after an article. The direct url for the blog is pullmanpastor.blogspot.com, or you can get there by a link on our main church website at pullmanmemorial.org

SPECIAL >>>> No access to the internet but want to read my weekly musings? Subscribe to receive a paper copy by postal mail once a month. Send your name and address to: Lee Richards, 31 Ravenwood Ave, Rochester, NY 14619. This service is offered free of charge as a means for staying connected and promoting Unitarian Universalist thought.

Electronic Donations & Automatic Pledges

Our website pullmanmemorialdonations.com offers several choices for making financial contributions to our mission. Drop-down menus provide a variety of monthly and weekly automatic options. Alternatively, you can make one-time donations in any amount, learn where to send a check, or inquire about planned giving. All major credit cards are accepted, or you can fund your contribution with a bank transfer or a PayPal account.

Of course, cash and checks still work OK, too. The offering plate will continue to circulate during a Sunday service to provide an opportunity for "instant wallet withdrawals." But if you prefer to plan ahead and pay online then please check out our donations webpage.

Childcare Available During Services

Kasandra Connor is now available to provide childcare for Sunday morning services. Kasandra is finishing a program in education at Genesee Community College.

Eye on the Board

The board did not convene prior to the newsletter deadline for this month. Check here in the December issue of the Grapevine for reports on both the November and December meetings.

Pastoral Care

You are encouraged to call Pastor Lee and share what's going on, or pull him aside during coffee hour. Lee wants to know about the difficulties people are facing. Sometimes just talking about your troubles with a minister will help with finding a solution. Lee can be reached at 585-454-9450, or on his cell at 585-729-8167, or at his a toll-free number: 877-265-1709. Lee is also available for home and hospital visits, or can meet with people in the pastor's office at the church.

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