

# Powerline

*First Unitarian Universalist  
Church of Niagara*

**September 2022**

639 Main Street  
Niagara Falls, NY 14301  
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*Learn, Love, Build a Better World*

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The Powerline is a monthly publication of the First Unitarian Universalist Church of Niagara. It is free online to anyone who wishes to subscribe- members, friends, and anyone else anywhere in the country and beyond.

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Many thanks to our contributors Paul Brundage and Erica Kopp.

## Sunday Services

### **September 11:** “A Sort of Homecoming”

Vacation can be an adventure, and returning home from travel can renew our special sense of belonging, while also reminding us what an exotic location Western New York really is.

*Speaker: John Snodgrass*

*Coffee Hour: Board of Trustees*

*Usher: Teresa Labuszewski*

### **Adult Education Class September 11, 12:30 – 1:30**

### **September 18:** “Standing On The Side if Love... Reality or Fantasy”

Our speaker will share with us, his most recent reflections on the Unitarian - Universalist movement... "Standing On The Side of Love". Is it something you and I can make real? Is it just another spiritual "rabbit hole"? Come with an open heart and find out.

*Speaker: Ron Skowronski*

*Coffee Hour: Diane McNamara*

*Usher: Paul Brundage*

### **September 25:** “Here We Are”

Honoring the Jewish New Year and our beginning year of UU services, we will look at where we are as a faith people. So much has happened from last year to now, it's good to take inventory.

*Speaker: Susan Frawley*

*Coffee Hour: Pot Luck*

*Usher:*

## President's Report

It's been an exciting summer in our program of UU volunteers speaking each Sunday with all the different subjects.

I'm looking forward to our next Board Meeting in September to get down to business with the other Board Members.

Many thanks to Peter for helping us keep track of our finances. Finances are stable with only a slight dip in our account balance. But this is only from the June 12, 2022 report at our Board Meeting. Since we are in a new fiscal year (07/22-6/23 with new pledges, I'm looking forward see the next financial report from Peter at our September meeting.

We have many speakers to look forward to with the start of church season in September such as John Snodgrass, Susan Frawley, Donna Evans, Deyermond, and Ron Skowronski. At our next board meeting, we will discuss the progress of open Sundays which I am confident have been filled.

We will also discuss further, our churches phone system and internet. Voice over IP seems like a possibility in upgrading our system.

I know we have done some repairs and related work on our church and I know we still have more improvements to work on. This I intend to bring up at the next meeting and I also want to give Patty Calback a thank you for keeping our building clean and in order between church on Sundays.

These are just a few of the things we need to do and in the next few months, we will go forward with these current changes and the ones to come.

Paul Brundage - President U.U.

## UUA

### Go Play

By [Marisol Caballero](#)

February 22, 2017

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

—Thich Nhat Hanh



Among my circle of friends, there's an ongoing inside joke: to quote song lyrics that give terrible advice. Among them are, “Don't cry out loud. Hold it inside; learn how to hide your feelings.” Another is, “Smile, though your heart is aching. Smile, even though it's breaking.”

In our Eurocentric American culture, outward displays of emotions other than happiness are taboo. Women, especially, are taught that anger is unacceptable or unladylike. Just listen to how country singer Miranda Lambert [sings \(YouTube\)](#) about her mother's rebuffed advice:

*Go and fix your makeup girl it's just a break up run an' / Hide your crazy and start actin' like a lady 'cause I / Raised you better, gotta keep it together even when you fall apart / But this ain't my mama's broken heart.*

Of course, it's not just women who feel the pressure to control their “difficult” emotions. Men are pressured to be “manly” about how they express theirs, too: there are definitively acceptable and unacceptable means of expressing sadness, anger, frustration, or any other emotion that's deemed unpleasant. When our emotions boil the lid off of those repressed feelings, we risk behaving in regrettable ways with the people we love most.

There exists, however, a growing body of scientific and anecdotal evidence that it's possible to “fake it 'til we make it” on our way to happiness—and that such “faking” doesn't necessarily deny the full range of our human emotional experience. Studies tell us there's a connection between the upward movement of the corners of the mouth (i.e., smiling) and the production of serotonin in the brain. Maybe this is why, nowadays, my therapist ends most sessions by telling me the same thing my mom used to shout at us whiny, bored kids on long summer days: “Go play!”

To play is to pretend... and honestly, sometimes the world seems too heavy to leave the house, let alone inspire moments of joy. But the more I watch the news these days, the more I'm coming to view playing—intentionally seeking joy—as a means of radical resistance. And I'll continue to laugh with my friends at songs that deliver terrible emotional advice.

Prayer: Divine Mystery, you are present in my joy and in my sorrow, anger, and fear. Guide me to create joy in my life and in the lives of others, that despair finds no permanent home within my soul. Amen.



Rev [Marisol Caballero](#), Faith Innovation Specialist in the UUA's Lifespan Faith Engagement Office, is a native Texan who lives and works in Austin. She enjoys social justice activism, cooking, crocheting, sewing, and traveling with her wife, son, and pup, Diego.

<https://www.uua.org/braverwiser/go-play>



Return Service Requested  
September 2022

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Facilities available for Wedding Services,  
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