

Powerline

*First Unitarian Universalist
Church of Niagara*

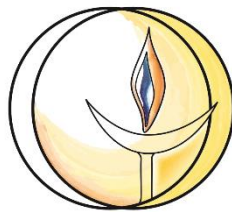
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October 2023

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.

It's a simple one step process: Just email your request to uuniagara@gmail.com or click the link. Please spread the word.

Many thanks to our contributors Shelley Baxter, and Erica Kopp.

Sunday Services

October 1: "Heritage and Legacy"

Speaker: Ron Skowronski

Coffee Hour: Kathy McCunn and Wally Lamb

Usher: Bill Lisk

October 8: "Immigration"

Speaker: Craig Mokhiber, Human Rights Lawyer for the UN

Coffee Hour: Marie Spears-Howard

Usher: Bill Lisk

October 15: "Don't Sweat the Big Stuff."

We are often reminded "not to sweat the small stuff," to have patience and not get stressed over the small annoyances of life. But when we think about the big things -- buying a house or car, how a relationship is going to work out, whether a church is "right" for us or not, we tend to start sweating. The truth is, the good things in life take time to evolve and it's just as important to have patience waiting for our lives to unfold as it is to have patience with the small stuff.

Speaker: Donna Evans-Deyermond

Coffee Hour: Stephen Wittkowsky

Usher: Bill Lisk

October 22: "Exploring"

Early explorers were credited with discovering places that already existed in their wholeness. How do we explore faith with the roots we carry and the ideas and faiths that have already been named?

Speaker: Susan Frawley

Coffee Hour: Patty and Bill Lisk

Usher: Bill Lisk

October 29: “Winning”

We live in an incredibly competitive culture, where even recreational “play” is often a struggle for victory. Sometimes after the game is done, it's hard to tell if we've really won or lost, in terms of honor and relationships. And what's it worth to win, anyway?

John Snodgrass

Adult Education Class October 29, 12:30 – 1:30

Speaker: John Snodgrass

Coffee Hour: End of month potluck

Usher: Bill Lisk

President's Report

I hope this message finds you all well. First, I would like to congratulate my recent graduates who successfully completed their GED program. It is a true testament to their hard work and dedication. I am are proud of their achievements and wish them all the best in their future endeavors. I appreciate using the church for the ceremony.

In exciting news, I am pleased to inform you that we have invited Craig Mohkiber, a retired Human Rights Lawyer from the United Nations, to address our congregation on October 8, 2023. His insightful words are sure to inspire and enlighten us all.

Our church's finances are in a stable position. Your generous donations and continued support have played a significant role in maintaining our operations. However, we are always grateful for any additional contributions you can provide.

In an effort to support our community and generate additional funds for our church, we sell TOPS gift cards. For each purchase made, our church will receive 5% of the proceeds. They will also help us meet our financial goals.

Jim Hufnagel is working on stair treads for the stairways leading from Patty Callback's apartment to the sanctuary.

Erica

Nadja



The Nazi's took Nadja and other young people to work in the factories making parts for weapons of war. She was on the train in a cattle car on her way to Dachau to work in the factory. All the people stood or laid down on the floor.

At one point the train stopped and people got to get out and relieve themselves. The train was moving again and Nadja wasn't on the train. Fearful of being alone she started running towards the cattle car she had been riding in. When a man stuck out his arm and pulled her into the moving train.

When they arrived they had to walk to the camp, a long walk. Nadja wearing wooden shoes and carrying her two bundles of belongings found the walk too long to carry both heavy bundles. She had to drop one the bundles on the side of the road. She decided to drop the bundle with the blankets.

When she arrived they were all washed down and hair was washed with harsh chemicals. She said they thought they all had bugs. The girls and boys were separated into separate buildings. They were housed in barracks of wooden beds. They were woke at 4:00AM each day to eat breakfast and then walk a mile to the factory to work from 6:00AM to 6:00PM. Breakfast was a cup of black coffee and a boiled potato. Dinner and supper was a bowl of soup. Nadja said if there was any meat in it, it was horse meat. Once a week they were given 30 grams of bread and a small piece of sausage. She said they were all very skinny.

One day a German man who was a boss gave her a pair shoes and socks and said shhhh to her.

At 15 years old she was taken to have surgery, as they did with most of the young women so they could not get pregnant.

One time the machinery caught hold of her hand and pulled her up into the air. It tore her hand open and damaged the bones.

She was In Dachau Germany until about 18 years old.



UUA

Our Bodies Already Know

By [Julica Hermann de la Fuente](#)

September 27, 2023

Editor's note: This reflection is the first in a five-part series called "Embodying Self." We hope you keep returning through October 25th to witness the way our five authors share the awe, the pain, and the power of living at home in their bodies, and of accessing their bodies' wisdom.

“The heart has its reasons that reason does not know.”

—Pascal

In a coaching session this summer, one of my clients was trying to figure out some discomfort that she was feeling in a professional relationship. Since she mentioned discomfort—in fact, she used the word *squirmy*: “I'm feeling squirmy”—that led me to say, “Let's see what else your body has to teach us. Why don't we check in with your body compass?”

She sat up and said, “Body compass... what's that?”

I explained that I learned this technique with Martha Beck about noticing what your body teaches you, or has to tell you, that can be pre-verbal/pre-processed, as in before you've actually brought it to your head or your consciousness. Your body already knows something, and it can point you in the direction you need to go.



I'm not an expert in this area, but I've read that we actually have neurons in our stomach, which means we have a way of understanding the world that's not just in our head, but is actually in our gut. So when we connect to our body compass, we're tapping into a different level of wisdom; a different level of understanding and connection: *What do I know? And How do I know it?*

When we trust our bodies—particularly for those of us who are recovering from trauma—when we trust that our bodies know what they need to heal, and that they know the truth of what's going on, we have access to much more than if we just *think* about something.

When my client and I explored the squirmy feelings more, she noticed that her throat chakra was tight, and that feeling of tightness in her throat felt like fear. A few more

questions helped her understand that it was fear of not meeting expectations, or of doing it wrong. Once she was able to identify that feeling, she was able to engage the relationship in a totally different way: tightness gave way to abundant trust, connection, and even love.

Our bodies are so wise, and they hold so much information about what we need and how we can relate well with others. I'm grateful we have access to so much wisdom when we take a moment to check in, to feel, to recognize what we already sense is true.

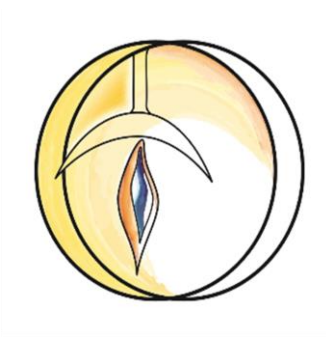
Prayer

Queridísima Diosa, thank you for the many ways that you remind us how important and sacred our bodies are. ^[SEP] Thank you for helping us connect to the wisdom of our bodies, and for bringing us back to our bodies when we have left them. Please help us continue this journey of reconnection and grounding in ourselves. Bendita seas. Amén.



[Julica Hermann de la Fuente](#) (she/ella) is a coach, trainer and facilitator for liberation, transformation and justice, and is currently completing her path toward ordination in Unitarian Universalism.

<https://www.uua.org/braverwiser/our-bodies-already-know>



Return Service Requested
October 2023

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First Unitarian Universalist Church of Niagara
Facilities available for Wedding Services,
Receptions, and Celebrations



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