

# Powerline

*First Unitarian Universalist  
Church of Niagara*

**April 2023**

639 Main Street  
Niagara Falls, NY 14301  
716-285-8381

*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](mailto:uuniagara@gmail.com) or click the link. Please spread the word.

Many thanks to our contributors Nan Simon and Erica Kopp.

## Sunday Services

### **April 7:** “To be Heard and Obeyed”

In a world where individual opinion is subjectively viewed as universal Truth, can we look beyond this folly and rediscover what really matters in our struggle to be fully human. Our speaker will reflect on some bare necessities needed to lead us towards a life worth living... A world where community means more than individually.

*Speaker: Ron Skowronski*

*Coffee Hours: Stewardship*

*Usher: Kathy McCunn*

### **April 14:** “Sins of the Fathers”

How old is the concept of patriarchy? What existed before it? And if the patriarchy is to be overthrown, where do we begin to envision what might come after it?

#### **Adult Education Class, April 14, 12:30 - 1:30**

*Speaker: John Snodgrass*

*Coffee Hour: Stephen Wittkowsky*

*Usher: Kathy McCunn*

### **April 21:** “Why do UUs worship, anyway?”

If we don't believe in the same God — what makes us come together each Sunday? Let's explore what the attraction is and how it fulfills our needs.

*Speaker: Donna Evans- Deyermond*

*Coffee Hour: Pam Smith*

*Usher: Kathy McCunn*

### **April 28:** "Fools in Faith"

UU history is full of fun loving, foolish people that celebrating fools in the month of April helps us appreciate UU humor and fun.

*Speaker: Susan Frawley*

*Coffee Hour: April Pot Luck*

*Usher: Kathy McCunn*

## President's Report

I hope this report finds you well. I am pleased to share with you some updates from our recent activities.

Finances: I am delighted to report that our financial situation remains robust. Thanks to the diligent efforts of our finance team and the support of our community, we continue to maintain stability and meet our financial obligations.

Events: Our Adult Easter Egg hunt was a success, providing our community with a fun and engaging activity to celebrate the holiday season.

We have an upcoming GED graduation scheduled for April 11. If anyone is available to assist with this event, please reach out to Erica for more information. Your participation would be greatly appreciated as we celebrate the achievements of our students.

Additionally, mark your calendars for our annual meeting on May 19. It will be an important opportunity for us to come together as a community, reflect on our accomplishments, and discuss plans for the future.

Community Engagement: In line with our commitment to fostering a vibrant and inclusive community, I am excited to announce a Celtic, Folk & World Music Concert featuring Four Shillings Short on April 13. This event promises to be a delightful showcase of traditional music from around the world, performed on an impressive array of instruments. Please spread the word and encourage attendance to support this cultural experience.

Annual Report: As we approach the end of the fiscal year, I kindly remind you to submit any reports you wish to include in our annual report to Erica by May 12. Your contributions are invaluable in documenting our achievements and highlighting the impact of our work.

Erica

## Stewardship

After church on April 7th, we will have a fun game that will test your knowledge of eclipses, hand out NASA approved solar eclipse viewing glasses and food and drink after that.

## Four Shilling Short

# Four Shillings Short



*fourshillingsshort.com*

*Rooted in Celtic & Americana Folk inspired by, Indian Raga & Ethnic idioms.  
A diverse & inventive Traditional Music adventure...*

### **CELTIC, FOLK & WORLD MUSIC CONCERT**

**WITH FOUR SHILLINGS SHORT**

**SATURDAY: APRIL 13, 2024 @ 2:00 – 4:00PM**

**FIRST UNITARIAN UNIVERSALIST CHURCH OF NIAGARA**

**639 Main Street, Niagara Falls, NY 14301**

For info contact Nan at [nansimon@roadrunner.com](mailto:nansimon@roadrunner.com)

<http://www.firstuunf.org/>

**Free will donation & free refreshments served at intermission**



## UUA

### Intricate Beauty: Part 1 of 2

By [Quinn Gormley](#)

March 13, 2024

“The beauty of the natural world lies in the details.”

—Natalie Angier

When my hospital chaplaincy cohort completed our final reviews, we had to give (and receive) feedback from our peers—not just our supervisor. One of my peers clearly struggled to speak to me honestly, fearful of hurting my feelings.

"Quinn," he said, "you know a lot. Like, so much. And I love talking to you. But I think you might have an easier time relating to people if you dialed back the information. It's a lot to take in sometimes."

I deflated. Not because this was shocking to hear, but because it was terribly familiar. I've received similar feedback my whole life, and I've worked hard to rein it in.

In part, the struggle comes from a lack of understanding. If I were lost in grief, the first thing I'd want to know is the words for it. And the theory. And the pathway. How else do you get unlost without a map? Information is a coping mechanism. It gives me hope.



In my experience, people who aren't neurodiverse tend to frame neurodiversity as symptoms of inconvenience to people around them. My ADHD is being over-excited, distractible, fidgeting, being too much.

This is not what it feels like on the inside. For me, my ADHD means beauty. This world around us is so unbelievably beautiful that it simply demands my attention. ADHD is only disabling—at a psychological level—because the world is too big to admire fully: everything is interesting, Sadly, I can't pay attention to it all.

One way I cope is to info-dump: I love to share information, and I love to hear other people share it, too. If someone else knows a bunch about relativity, I can save myself a bunch of time listening to them share about its beauty so I don't have to start from scratch when I go to admire it.

My other coping mechanism is hyper-fixation. I can fall down a hole of fascination with the intricate beauty of something so specific. It's so distracting, and so painful, to keep to myself. “God made it this way,” I think, “and it's incredible! I have to show you so you can love it too! Just look: this world is beautiful.”

Prayer: Spirit of wondrous creation, I thank you today for the attention you give to each corner of creation: each iota of beauty, each afterthought of awe. I am blessed to live in a world so beyond my comprehension. May I never cease to be amazed by each detail.

## Intricate Beauty: Part 2 of 2

By [Quinn Gormley](#)

March 20, 2024

“Have enough courage to trust love one more time and always one more time.”

—Maya Angelou

Lately, my ADHD coping mechanism of hyper-fixation has been about seaweed.

Seaweed is incredible, and I go through a seaweed phase about once a year. I've amassed a collection of seaweed and intertidal field guides. I often go digging through it whenever I'm near the water. I even took a marine botany class just for fun a few years ago. And my delightful sibling got me a book for my birthday a few years ago: the product of someone else's hyperfixation.



We went to the beach together recently: my family and some old friends. I was excited. The beach is full of things to wonder about, especially all the rockweed and dead man's fingers that wash ashore. But on the way there I couldn't shake the fear: Would I be too much?

Before we arrived, I felt the need to warn those around me how excited I was about seaweed, and to apologize in advance. They know me. They love me. It would have been fine. But once on the beach I held back. I didn't go hunting. I tried to read a different book. I ate some cheese. I pretended to be interested in other things.

I didn't go on about the incredible structure of seaweed. I didn't explain that it's actually just a colony of single cells: unlike vascular plants, all the cells in a seaweed plant are entirely independent of one another. They know where they are only through interaction with the cells next to them. With this information, and detecting the direction of sunlight, they form incredibly intricate patterns together to optimize access to nutrients and light in their particular ecological niche: one cell talking to the next.

I think this is my favorite thing about seaweed: it feels so much like my neurodiverse brain. One thought jumping to the next, rarely with order or purpose. I'm excited by this, and then, "Ooh, what about that." Over, and over, and over again. It's chaos, I imagine, to witness. But inside my head it's like *Ascophyllum nodosum*: There is order in that chaos. And it thrives, reaching ever closer to the light.

Next time, I hope I can trust those who love me to see the beauty with me too. My husband asked me if I was okay when we got back to the car. "I thought you'd be more excited; the beach was covered today."

All I could do was apologize: "The doubt got to me today."

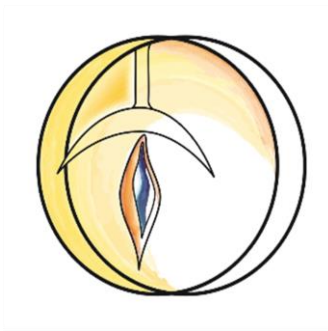
Not every story of neurodiversity is one of overcoming. But it doesn't mean I can't try again. Those voices in our head that give us doubt can be so loud sometimes. But an embrace of the holy gifts we're given requires that we move through doubt and into grace.

Prayer: God, please grant me the strength to love all you've given me without doubt or shame. May I remember that I am your blessed creation, each quirk of my being a sign of your delight. I am grateful.



Quinn Gormley (she/her) is a spiritual caregiver, equity advocate, and student at Chicago Theological Seminary. She has substantial work backgrounds in clinical, policy, and non-profit settings and is dedicated to work that lifts up marginalized people, encourages communities to embrace their diversity and interdependence, and supports people and communities through times of challenge to work towards personal growth and systemic change. Outside her professional and academic roles, she is a passionate classical and liturgical musician, determined homecook, math geek, and romance novel enthusiast. She lives in Auburn, ME with her husband, kid, and a menagerie of pets.

<https://www.uua.org/braverwiser/intricate-beauty-part-2>



Return Service Requested  
April 2024

First Unitarian Universalist Church of Niagara  
639 Main Street  
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Niagara Falls, NY 14302

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



639 Main Street,  
Niagara Falls, NY 14302-2566  
P.O. Box 2566  
(716) 285-8381

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