

# Powerline

First Unitarian Universalist  
Church of Niagara

March 2018

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

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**DAYLIGHT SAVINGS BEGINS MARCH 11, 2018.  
BE SURE TO SET YOUR CLOCK 1 HOUR AHEAD.**

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 Marge Gillies, Betsy Diachun, and Judy Bongiovanni.

## Sunday Programs

**March 4:** “Unitarian Universalist Rituals: Constructing Meaning and Connecting to the Past and Future”

At their heart, rituals are a combination of time and attention. In this sermon, Bob LaVallee will talk about UU rituals and maybe even facilitate a ritual or two.

**Bob LaVallee**

**March 11:** “WATCH OUT - HERE COMES THE SPIDER-MAN”

In an old story from the Sioux tribe, a messenger warns the Native Americans about a coming invader who is crafty and inventive like a spider. But if this power is not used responsibly, it can lead to great destruction. And here we are. Can the Spider-Man be taught to use power responsibly?

**John Snodgrass**

**March 18:** “Awake my Senses”

Everyday our senses are put to the test. What challenges us, builds us up, informs us and feeds us? This interactive service will feed, soothe, nurture and restore your senses. Gotta be here to experience it, it will be fun and delicious.

**Susan Frawley**

**March 25:** “The Palm Sunday Protest”

The first Palm Sunday were symbols of protest, not admiration

**Donald Reidell**

## President's Message

Within the last month there have been more killings in a school in the United States from someone with an automatic weapon. To those of us not in the "gun" culture it seems unbelievable that people can still defend their right/need/desire for owning these weapons. We feel that the evidence from all over the world should prove the point that nothing but tragedy happens when civilians are able to have guns regardless of their background.

I am so proud of the young people who have taken up this cause and are taking their case to the politicians to get the laws changed. They realize, of course, that their lives are at stake. What a horrible thing for anyone to have to face at any age.

I read that students, and maybe personnel, around the country are walking out of school on April 20 at 11 AM and not returning until the laws have been changed. The date and time were chosen because that is when the initial school shooting in Columbine, Colorado began. I know there are other marches taking place before then. For this date the students have been charged with marching to government buildings and expressing their fears and need for better gun laws.

If this does become reality, I am hoping to open the doors of the church so that local students can come and make use of this time. We are close to City Hall which might be one of their destinations. At the moment I'm thinking of having poster board and markers available for sign making. We will also try to have other means for the young people to express themselves and learn more about how politics work and what positive measures can be taken.

Stay tuned...

**We Love UU and YOU!**

~Betsy

**THIS IS US** is coming next month! Be prepared!

## **Ordination of Bob LaVallee**

The Board of Trustees of First Unitarian Universalist Church of Niagara request the honor of your presence for the *Ordination of Bob LaVallee* Sunday, March 18<sup>th</sup> at 4:00PM

## **Our People**

Marge Gillies will be laid up for a while after suffering a bad fall from a projection sticking out of a sidewalk in Rochester. She is suffering from bumps and bruises to her face as well as a broken bone in her wrist. We send her healing thoughts.

## **UU Announcements**

### **Brunch**

For the last several years members have been enjoying brunch at the South Wilson Fire Hall on Chestnut St., just off Rte. 425 and close to Rte. 104. We invite everyone who is interested to join us there again this year on Palm Sunday, March 25, at 9 AM. This gives us plenty of time to get back to church by 11 AM. These wonderful meals are served the 6 Sundays during Lent from 9 AM to 1 PM. Cost per adult is \$11. If you want a piece of “Americana” `a la Norman Rockwell, do plan to join us. If you need aid or, have a question contact Betsy Diachun – 754-2830.

### **Ordination**

On Sunday afternoon, March 18, at 4 PM we will be celebrating Bob Lavallee’s Ordination as a UU minister. It will be a ceremonial, fun FUUN celebration. Do plan to join us. If you can help out by ushering, clean up, set up or helping with the reception let Betsy know and she will be happy to assign you a job!

### **Board Members**

The March Board Meeting is scheduled for March 25. The Board is looking for a candidate to be the President Elect and also for people to serve on the Program Committee. The Board term is for two years. The Program Committee, which also needs a chair, selects and works with the speakers for the next church year.

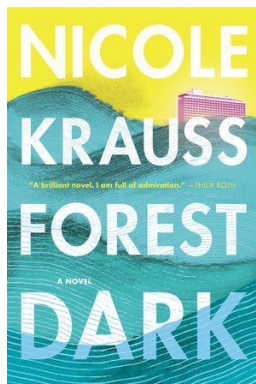
## **SAVE THE DATE!**

2018 Seaway UU Spring gathering will be on Friday/Saturday, April 13 and 14 in Syracuse. This replaces the SLD Spring Assembly held in past years. More information will follow but Rev. Megan Foley will be the Keynote speaker.

## **Heart, Love, and Soul**

BASKETS are back in Narthex for small personal hygiene items to be given to Heart, Love and Soul for their clients. Don't forget to share shampoo, deodorant, soap etc. which you might get in your travels and don't plan to use.

## **Book Discussion Group**



Our readers and talkers will meet at March 20 at 7pm in Unity Hall. We will be discussing *Forest Dark* by Nicole Krauss (305 pg.)

Our group tends to talk about ideas presented in our books so it is not necessary to have read the book to attend and share your opinions (although it helps). Everyone is welcome so join us for a chat

## **Visual Art**



*Watercolor,  
Canyon Ridge  
Bonnie Soley*

## WE CAN DO HARD THINGS

*This sermon was preached by the Rev. Elea J. Kemler at the First Parish Church of Groton, MA on January 29, 2017. Used with permission.*

Over 800 years ago, the Muslim mystic poet, Rumi, wrote:

*Do not stray into the neighborhood of despair.*

*For there are hopes: they are real, they exist -*

*Do not go into the direction of darkness -*

*I tell you: Suns exist.*

### SUGGESTIONS FOR SPIRIT CARE

*Excerpted from the sermon.*

1. Go outside every day.
2. Choose news sources you trust and only follow those.
3. Choose two or three voices that you trust and focus your attention on what they are saying. Figure out who your leaders are right now, the people whose voices, wisdom, and experience help you.
4. Think about the two or three causes or issues you are most passionate about, that you feel most connected to, and keep your focus on those things.
5. Do something to build your resilience every day.
6. Do something to resist what you don't believe in and to support what you do.

Full Sermon:

<https://www.uua.org/small-group/small-group-ministry-sessions-now/session-two-call-love/we-can-do-hard-things>Community

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



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