



the chalice

Unitarian Universalist Church of Canandaigua Newsletter

3024 Cooley Road | Canandaigua, NY 14424 | 585-396-1370 | <http://canandaiguauuu.org>

Unitarian Universalist Church of Canandaigua May 2017---

What Does It Mean to be a Community of Embodiment?

May 7

"Body Language" Rita Capezzi

May 14

"Circling Life" (Multigenerational Service), Rita Capezzi

May 21

"Embodied Joy" Rita Capezzi

May 28

Rev. J. D. Jackson

Coming up in June:

"What Does It Mean to Be a Community of Zest?"

June 4, 2017

Flower Ceremony and New Members Ceremony, Rita Capezzi



Rita Capezzi, Interim
Intern Minister

❖ Embodiment ❖

*The body is a sacred garment. It's your first and last garment;
it is what you enter life in and what you depart life with,
and it should be treated with honor.*

-- Martha Graham

A couple of weeks ago, the engine on my car went dead in the middle of Rochester while I was driving on the 490 headed to First Unitarian. As all the warning lights flashed on, I put on my right turn signal and my hazards, looked quickly over my right shoulder, and eased the car into the space between the autos moving beside and around mine, across two lanes to the side of the road where I drifted to a stop. I looked left to see that, mercifully, I had not caused any accidents.

I can't say that I thought much in the moment about what I was doing. My body, with the experience of 30 years driving, just seemed to know what to do. It was in the minutes following that the hair stood up on the back of my neck, my arms and legs commenced to shaking, and my eyes began to tear up. On the phone with my spouse, I could hear my voice trembling in anger and fear. My body, bearing the trauma of danger, just seemed to know what to do, both in the moment of action and in the moment of release.

One could say that my body was reacting to the danger and the fear, kicking into an automatic or instinctual mode of behavior. A mindless or thoughtless will to self-preservation.

Fight or flight, or both. I prefer to think that my body was responding, doing just what it knows how to do in such situations. That my body, and not my conscious mind, was doing the thinking in that moment. And thank goodness, because my conscious mind has grown more hesitant over the years. I second guess myself more these days, less sure that I know the "right" answers to things. More certain that my limited conscious perspective is narrow because it is based only in my own experience and knowledge. If my conscious mind were in charge, I might have realized that my hazard lights were cancelling out my right turn signal. And thinking about that, or which one action was the better choice, might have been just enough hesitation to get myself or someone else hurt.

Our bodies do so many remarkable things when we don't think about it. All the regulating of temperature and breathing and digestion that we often can take for granted. How we walk up and down stairs without thinking about it (and stumbling when we do!). It's hard to trust our bodies, though, especially as we grow older and they just don't move up and down stairs . . .

Intern Minister's Message cont'd



Worship Workshop

Saturday May 6, 9 to 2:30
(snacks & lunch provided)



effortlessly any more, especially when breathing or digesting is complicated by disease or illness. Our bodies can seem like our enemies, turning on us when we want to keep doing as we have always done, reminding us of our human frailty and our limitations.

Yes, our bodies can seem to betray us. Yet there is nothing to match the feeling of a breeze moving softly through the hairs on our heads and faces, our arms. There is nothing like snow falling onto upraised eyelids and tongues. There is nothing like the rumbling in our chests which matches the rumbling of a thunderstorm. Nothing like the feeling of a hand, warm or cold, clasped in your own. Nothing like the sloppy kiss of a baby, or a puppy. Nothing like the glow you feel inside, spreading to the edges of your body and even beyond when you are in the presence of, when you are giving and receiving, love.

Walt Whitman, great poet of the liveliness of the body wrote "If anything is sacred, the human body is sacred." During this month, let us be mindful of our bodies, and learn, if we don't know already, to celebrate them.

See you at church!



Wondering how to tie all the different parts of a service into one "arc of worship"? Pondering how a personal observation or story can become an effective sermon? Doubting you could feel comfortable speaking from the pulpit? This workshop is for you!

Open to current and interested Worship Associates and Lay Service Providers, Rita Capezzi will facilitate an interactive workshop with lots of activities, discussion, and practice. If you are interested in joining the team providing meaningful worship for our congregation or in honing your skills, developing some new ones, and sharing your wisdom, you are welcome.

Let Rita know of your interest by May 3 so she can prepare the necessary materials. capezzir@gmail.com or 716-903-7935.

2nd Sunday Potluck

May 14, 2017

Every 2nd Sunday, following the service, UUs can enjoy delicious food and great conversation. Bring one of your favorite dishes to share.

Multi-Generational Service

May 14



From the Board



Churches demonstrate vitality when worship services engage a range of senses and ways of knowing. And such services are also inviting for worshippers of all generations. Intern Minister

Rita Capezzi is committed to ensuring more multi-generational worship during the remainder of her internship (through June 2018). Join us for such a service on Mothers' Day. There will be flowers for mothers, for those who love mothers, and for those who love as mothers. Looking forward to seeing YOU there.



Hi all, today (Apr. 23) at UUCC, we voted on the two issues about using the congregational name for social/environmental action. The first was to approve the use of the UUCC name for signing the Declaration of Conscience at UUUA, which I have done as president of the congregation. The vote of the 28 members participating in the congregational special meeting was unanimously in favor. Anyone who wishes to do it individually can also sign on <http://connect.uusc.org/1/103112/2017-01-17/gpgn2> as an individual.

The second action is to create a letter of support for the Rochester People's Climate Coalition which is participating in an action in Washington, DC called Ecumenical Action Days, with a statement calling on politicians to prioritize non-military spending on socially beneficial purposes rather than on increased military spending (see <https://advocacydays.org/2017-confronting-chaos/lobby-day-ask/>). We had some discussion about it, as the Ecumenical Action Day organization is not known to us. It was decided by a vote of 26 in favor and one abstention to proceed with sending the letter of support for RPCC in their participation in this event.

Just before this week's meeting and vote, we had an interesting set of presentations on migrant lives, legal issues and ways to be involved at our "Know Your Neighbor" SEJ event. Some kinds of activities that we could help with would involve using the UUCC building for events such as "know your rights" workshops. I anticipate that we will have actions that we wish to support in the name of the congregation to discuss and vote on for the annual meeting on Sunday, June 4.

We will be sending out the agenda for the annual meeting in mid-May.

Please continue to let the board know what is on your hearts and minds so we can act on your behalf.

. . . Regards, Dorothy Hoskins
president, UUCC Board of Trustees

Auction Dinner



Announcements Pastoral Care

Soul Matters

Videos & YouTube



Rita Capezzi and spouse Jeff Lowry: **May 7 11:45-1:30** (after service) Rita and Jeff are pleased to serve sixteen lucky winners a three-course Mexican meal with vegan options. And there is still space for 10 more participants! Simply let Rita know you are interested (716-903- 7935 or capezzir@gmail.com), and make a \$25 donation to the church. . . . Buen Provecho!



Interim Intern Minister Rita Capezzi is available for pastoral care. You can reach her by email capezzir@gmail.com and phone at 716-903- 7935 (be sure to leave a message if she doesn't pick up).



We are a Soul Matters congregation, and we use the monthly theme in small group ministry and in sermons. About a third of our congregation is entering a deeper spiritual relationship with the monthly theme using the Soul Matters materials individually and in groups. There are some hard copies of the May packet on the dresser near the Trustees bulletin board. Email Rita Capezzi to receive a copy electronically (capezzir@gmail.com). Give it a try, and let me know what you think. And let me know if you are interested in joining a Soul Matters group.



During the church year Dan and his crew video tape UUCS sermons and post them on YouTube. Here is a list of sermons most recently posted. Just click on the web address to view.

March 26, 2017

Rev. Lori Staubitz's sermon , "Bridges Across the color Divide".
<https://youtu.be/7ZeDUTmKntQ>

April 2, 2017

Rev. Peggy Meeker's sermon on, "Transformation - To What End?"
<https://youtu.be/Co408jpEDko>

April 9, 2017

Marty Dodge's sermon at UUCS.
https://youtu.be/cI_vZl_p6VE



Be In The Know!

There are many ways to connect with UUCC to learn about our news and events:

UUCC online: Visit our website at www.CanandaiguaUU.org

UUCC newsletter: Send an email to uucc@rochester.rr.com to be added to the mailing list, or read the newsletters online at <http://canandaiguauu.org/newsletter/>

UUCC on Yahoo Groups: Send an email to (CanandaiguaUU@gmail.com) and let us know you are interested in joining the group. You can also join by visiting uucc_announcements_subscribe@yahoogroups.com

UUCC on Facebook: *Like* our page <http://www.facebook.com/canandaiguauu>

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