

# Powerline

*First Unitarian Universalist  
Church of Niagara*

**April 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.

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 Andrea Galipeau, Teresa Labuszewski, and Erica Kopp.

## **Sunday Services**

### **April 3: "April Eyes"**

In Western New York, April is the turning point for winter, the month where we finally say goodbye to the whites and grays and hello to greens, yellows and blues. In your life, what is it that signals spring and lifts your spirits? How can we use those elements to do a "refresh" on our lives and move in new directions?

*Speaker: Donna Evans-Deyermond*

*Coffee Hour: Andrea Galipeau*

*Usher: Bill Lisk*

### **April 10: "Thunderclown"**

An exploration of Native American Trickster stories and healing practices involving shapeshifters and high-voltage reversals.

*Speaker: John Snodgrass*

*Coffee Hour: Erica Kopp*

*Usher:*

### **Adult Education Class April 10, 12:30 – 1:30**

Viking Mythology. What does it take to be a good Viking?

### **April 17: "What has Risen?"**

This time of Easter and Passover have common elements in the saving of a people of faith, eating certain foods and belief in divine intervention. Let's explore our Judeo Christian roots in this sermon.

*Speaker: Susan Frawley*

*Coffee Hour:*

*Usher: Jim Hufnagel*

### **April 24: "What a friend we HAD in JESUS"**

April 24th is the celebration of Orthodox Easter. In this reflection, our speaker will revisit some Unitarian and Universalist history, in order to gain deeper insight of what we once accepted as part of the larger Christian fellowship. He will also reflect upon the future of Christian influence upon our world and how we can play a more constructive and positive role as spiritual and social influencers.

*Speaker: Ron Skowronski*

*Coffee Hour: Shelley Baxter*

*Usher: Patty Lisk*

## **President's Report**

Although it is finally officially Spring, it seems as though western New York has not gotten the memo. This past week or so I have heard many people complaining about the ongoing winter weather and how tiresome it has become. I sense that we are exhausted by more than just the continuous snow and cold. People are experiencing COVID fatigue, regardless of our stance on the disease. The raging war in Eastern Europe has us wary of potential military moves to come. Life for all of us presents us with her many twists and turns at every corner, it seems. If you feel like I do, we are overdue for better times to come. And we wonder, just when will those better times come?

At times as desolate as these, many turn to their Faith - in a higher being, in what the future holds, or even simply in the hope that dinner will be accompanied by a "healthy" serving of chocolately chocolate ice cream with extra chocolate chunks. In a quote largely popular in American culture (in part thanks to Kelly Clarkson), Friedrich Nietzsche originally imparted on his readers that "that which does not kill us makes us stronger." Faith in this idea can be comforting as this belief rationalizes for us the adversities we face. You may or may not subscribe to Nietzsche's wisdom, as many believe that we come out of troublesome times despite hardships and not because of them. Regardless of your position, the question I have been pondering is what do we do in the meantime, while the days continue to be gloomy and cold and when better days seem so far off?

It is easy to get swept up in whirlwinds of negativity - the world is full of it. However, how we choose to view the world makes all the difference. Focusing on the changes we can make in our small corners of the world can help us to feel more empowered and in control. While we may be mostly powerless when it comes to the ongoing problems of disease, weather and war, accepting these difficulties for what they are and acknowledging the pain and suffering they bring, can free our minds to be able to move forward.

While we await warmer and happier days, reflecting on our seven principles reminds us that we are part of a community and we are not alone in our frustration or in our hope for a more just and humane world. We are fortunate to have so much kindness and humanity within our small congregation. Among these friendly faces we know we can find the happiness and peace that brightens our weeks.

Peace, love and happiness,  
Andrea

## **Stewardship**

Music is a universal language-when you hear a melody, you can pretty much understand if it is happy or sad, angry or peaceful, silly or serious. Music can set a mood and arouse strong feelings. If there are words to the song, you don't necessarily have to understand them to understand what is being said. At such an uncertain time when the COVID pandemic, politics, global warming and war do their best to separate us from one another and make us feel alone and often hopeless, music has the power to bring us together. It can teach us about other cultures and ways of thinking and introduce us to people we have not met before, as we have seen with the weekly music videos during church announcements. That is why your Stewardship Committee chose music as our annual fund drive theme and why we have asked you to share your favorite music. In doing so, we hope we can all learn more about one another and grow our friendship and community, making it even stronger in these scary times.

So.....

May Day! May Day! May Day! Please save the date. On May 1<sup>st</sup> after the church service, we will celebrate our yearly fund drive with our own version of Name That Tune. Our phenomenal musician, Patty Calback, will play the opening notes taken from songs you have submitted and we will all try to name that tune. Please plan on joining us for the fun. And please support the church as generously as you can.

Thank you from your Stewardship Committee,  
Betsy Diachun, Patty Lisk and Teresa Labuszewski

## **Betsy Diachun**

Betsy has been home for almost 2 weeks now. Has been out a few times for doctor's visits and to enjoy the outdoors. Betsy and Peter have been worked hard by the nurses and therapists from VNA and should graduate from therapy tomorrow.

They're still a bit overwhelmed by attention but the end of therapy will give them more "free" time.

## **Annual Meeting**

Congregational Annual Meeting will be May 22, 2022 at 12:30pm.

## UUA

The Power to Save  
By [Sara Palmer](#)

March 23, 2022

"Fear told me that if I was quiet, I'd be safe. I love safety. It's my favorite. So I agreed. When I obeyed fear and was quiet, I gave it access to my voice."

—Bunmi Laditan

My young kiddo Samantha and I discovered a honey bee trapped in a spider web, wrapped in a tangle of sticky webbing. The spider was close but not moving closer, lest they get stung.

Samantha turned to me, insistent. "Mama, we need to save the bee!"

"But what about the spider? Don't they need to eat, too?" I replied. I was interested in how it would play out, like a tiny tiger vs. gazelle.

Samantha's eyebrows furrowed. "Mama, we need to save the bee!" She wasn't panicked, but there was a desperate note in her voice.

"Well, you can," I answered. "I don't want to interfere." Instantly she located a stick and tenderly began to pull threads from the bee.

The spider made a run for it and the bee wriggled. Samantha moved the bee and the sticky web strands, like a medivac helicopter, to a nearby leaf. The bee could stand and move her forelegs over her antennae and rear legs, but couldn't free her wings.

I asked for the stick and gently unwound the remaining web from her wings. The bee's wings buzzed to life and she flew away.

Samantha was visibly relieved. "I'm glad we saved her. The spider will get other food today." We watched the spider pull ragged strands to rebuild.

Later, I realized that Samantha felt powerless to help the bee because I hadn't given her permission to help. With a peer, she would've immediately saved the bee. But in the face of a passive authority figure, she felt blocked from doing what felt right to her.



Since then, whether it's in the car or at bedtime, I've talked with my daughter about listening to her gut; my promise to pick her up anytime she calls me; how important it is, once she's safe, to take care of others who don't have the power she does.

As Samantha's grown-up, I'm compelled to use my unique influence to teach her all the ways she can trust herself.

I have to give her permission to save the bee, over and over and over again.

Prayer

Higher Power, your gentle nudges towards being a better person are not lost on us. May we forever perceive the ways we can empower others, and then live out those ways with a spirit of strength, justice, and joy.



Sara Palmer (she/her) is a recovering addict/scrappy survivor who triumphed over abuse, assault, and addiction. She founded Sara Palmer Speaks, getting hired by companies and organizations to speak to, train, and coach overwhelmed moms in powerful communication, boundary setting, and real self care.

<https://www.uua.org;braverwiser/power-save>



April 2022  
Return Service Requested

First Unitarian Universalist Church of Niagara  
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