

Issue

July 2020

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
6320 Main Street, Williamsville, NY 14221
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Office Hours Tues.—Fri. 9am to 2pm www.uuamherst.org

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Minister Emerita

Rev. Maureen Q. Thitchener

SUNDAY SERVICES JULY AT 10:30 AM

We will continue to meet virtually each Sunday morning at 10:30 am. Go to our website and click on the link, or go directly to our YouTube channel (UU Amherst). This month as we do traditionally each July, we offer Preaching by Parishioners (PXP).

July 5 From Arjuna's Battlefield to Thoreau's Beanfield

Joe Rautenstrauch

An exploration of the effect of the metaphor of a battlefield as depicted in the Bhagavad Gita compared with Thoreau's metaphor of a beanfield. Does it matter whether we view our Earth as a series of battlefields on which we conquer or are conquered, or as a transformational interconnected garden in which we all participate? Is the 21st century "Arjuna" a warrior or a gardener?

July 12 The Church Across the Street Jerry Kent

How old were you when you decided who you were and what you believed? And how did you get there?

July 19 Physicians of the Soul Chris Barry

Throughout the history of humankind priests, philosophers, and scientists have been seeking to address the health of our spirit. Humanity comprises more than the intellect. Let's explore the mystery of consciousness.

July 26 Tis a Wonderful World Yvonne Stocker

The world today is a better, safer, happier, wealthier, healthier place than it has ever been in history — why don't we believe that?

Our Covenant

*Together we promise:
To gather in compassionate
community,
To celebrate diversity of thought and
unity of spirit;
And to seek wholeness for ourselves,
our children, and our world.*



MINISTER'S CORNER

Friends, even though we are in the midst of so much change and uncertainty, I need to take a break. I was scheduled to take 2 weeks of study leave this spring - and that simply didn't happen. I am taking the month of July off to re-energize and prepare for the coming church year - a church year unlike any we have ever known.

If you need financial assistance from the minister's discretionary fund - please reach out. I will still be checking email and connecting as needed.

Our Preaching by Parishioners program will be bringing you Sunday services throughout July. Faith Development will be taking a hiatus. Some programming (young adults and Poetry as Practice) will continue through the summer. Watch the weekly updates for Zoom invitations.

Breathe. Stay connected. Reach out.

Rev. Michelle

Help When You Need It

This is a reminder that if you are experiencing financial hardship, you can reach out to Rev. Michelle (minister@uuamherst.org) for assistance from the Minister's Discretionary Fund. This Fund is made possible by the generosity of fellow congregants, and just one more way we demonstrate that no one is alone. We care for one another.

Don't forget to call your minister!

With health privacy laws, hospitals no longer call churches to let us know when someone has been hospitalized - so it is up to you to contact us if you or someone you know is experiencing health challenges and may want to be contacted. When in doubt, call!

MINISTER'S OFFICE HOURS

Please be aware that Rev. Michelle is on vacation for the month of July and not in the office.

HAVE AN ANNOUNCEMENT?

Email: administrator@uuamherst.org

For Newsletter: by 10:00 am on the 16th

For Order of Service: by 10:00 am Wed prior

For Website: two weeks prior to event

For all church list serve: daily during the week.

For Weekly Update: Fridays by 10:00 am

Office Hours: (subject to change due to COVID)

Tuesday through Friday—9:00 am to 2:00 pm

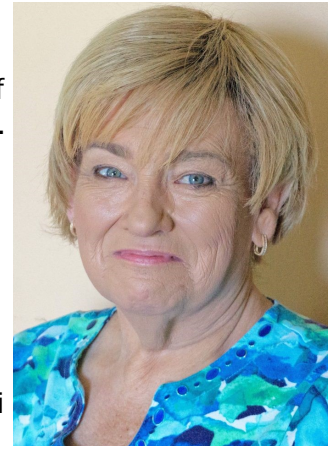


BOARD REPORT

Thank you to Dave Kofke and Jim Hartz for their three years of service on the Board of Trustees. Dave's leadership has been exemplary during these most challenging times.

Scott Harrigan has been amazing in creating our zoom annual meeting, doing tutorials and managing to smoothly run the meeting platform. His service to the congregation is invaluable.

The results of the annual meeting included: passing 100% fair share to the UUA, passing a deficit budget, voting in new board members; Laurie Kasnicki (2 yrs), Emily Garrett (3 yrs) and Jeanine Moyer (3 yrs). The Endowment Trust saw Lauraine Marcus elected to a 5 year term. Nominating and leadership have new members in Ivy Yapelli and Doreen Park.



The Amherst Little Free Pantry has been well used and our members having been keeping abreast of the needs of those we serve. The team's service to the greater community, under Maria Ceraulo's leadership, has been immeasurable.

The Villages, under the leadership of Angela Warren and Rev. Michelle, have been a tremendous addition to church life. It is helping people to stay connected to their church community. As this evolves and grows, we have much to look forward to.

The Caring team continues its quiet, unassuming work. We are deeply grateful for their amazing dedication during the life challenges we all will face in time. It is so comforting to know that there is a support system in place during our most vulnerable moments and life challenges

Church, as we had come to know it, has changed. As we weather these choppy waters, the church community is the lighthouse that helps us to find our way. Your Board of Trustees is here to support and serve the greater church community as we move forward.

The following have been elected to serve on the Board of UUCA: Chair: Karen Thompson, Vice Chair: Don Tucker, Secretary: Wendy Scott, at large members: Scott Harrigan, Emily Garrett, Jeanine Moyer and Laurie Kasnicki. There is no BOT meeting in July. The Board will have its retreat August 9th and the first Official Board meeting will be Thursday, August 13th at 7:00 pm. All Board meetings are open to the congregation. If we are still meeting virtually, you can let us know via email you would like to attend and we will send you a zoom link. If there is a need to go In to executive session, people not on the board would go to a waiting room until that piece of business is handled and then can return to the general meeting.

Enjoy the beautiful weather. Stay safe in the days ahead as we continue social distancing. Reach out to your village, church, minister or board as needed. We are fortunate to have such a wonderful church community to come through these challenging times together.

Respectfully submitted,

Karen Thompson on behalf of the
UU Amherst Board of Trustees

Karen Thompson, Don Tucker, Wendy Scott, Emily Garrett, Scott Harrigan, Laurie Kasnicki, Jeanine Moyer

FAITH DEVELOPMENT

Dear members and friends,

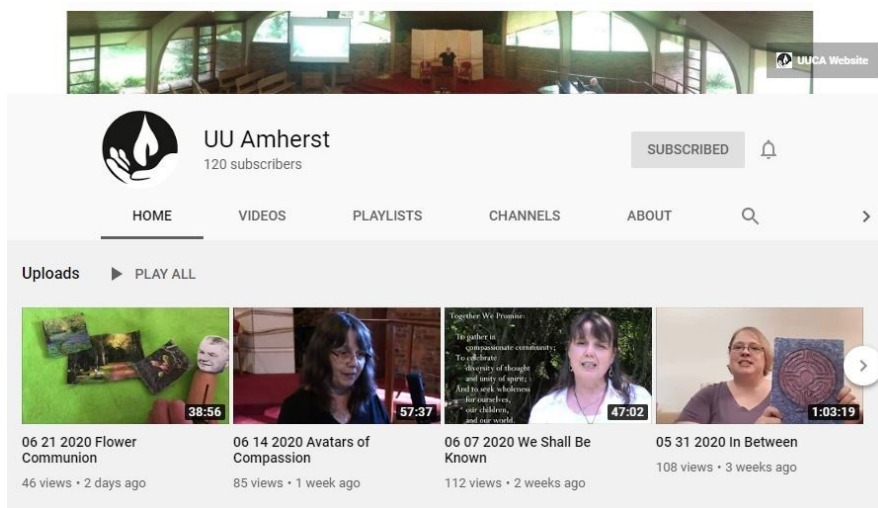
When we say “yes” to little things, we affirm our part in the web of life. During this month of July and moving forward, we will be seeking to implement programs for children, for youth, and for adults of all ages that go beyond the classroom. In this hybrid world of continued social distancing, this creative process is what we are charged with, and I am so grateful to have the support of a strong Faith Development Team to help us create.

What is happening:

- A Time for All Ages will remain an important part of our weekly online services, including Spirit Play and other parables, stories, and activities.
- Cassandra Moyer and Simon Connolly from Youth Group participated in UUCBuffalo’s virtual con with adult sponsorship from Kim Diana Connolly. We look forward to hearing about your growth! We also are initiating a rain barrel painting and installation project this month. Can we complete it by the Green Goat Festival in August?
- The culmination of our Planet Thursday programming begs the question, how will our learning become useful to our community? How do we further integrate ourselves as a congregation into active social justice?
- Our Preaching by Parishioners tradition continues this month. The long process of sermon writing comes to fruition in a new way with virtual services, but this programming led by Rev. Michelle continues the practice of hearing other voices from our pulpit, and this sharing provides all of us deeper understanding of who we are as a congregation.
- Our Tuesday Women’s Group and Poetry as Practice continue to be valuable places to learn and share together.

During this month, much of my work will be devoted to discovering creative ideas for making UU Amherst a place where Faith Development grows strong souls for navigating this beautiful tumultuous world. Won’t you join me?

Truly Yours,
Angela



Join Us for “Virtual” Sunday Service!

You can join us each Sunday at 10:30 am by clicking the button at the top of the uuamherst.org page. It will bring you to our YouTube page (left) where you can also view past services. Be sure to bookmark it! You can also take part in a Watch Party/Coffee Hour via Zoom. The meeting room information is sent out every Sunday morning prior to the service.

GROUNDS

On Monday June 15th, there were many helping hands from our UU Amherst Grounds Team masked and ready to work at a distance together. We accomplished much, and there is ALWAYS more to be done. Just remember, plant growth reminds us of the abundance that life offers!

Many thanks to Joe Rautenstrauch, Pat Burke, Cheryl Tomasulo, Joan Sillman, Marcia Scott, Margot Shoemaker, Ron Palmere, and Les Buhite for showing up! Many hands make progress towards the abundance we want to offer to those who visit our grounds.

As we progress this season, we will attempt to incorporate food crops into the landscape (strawberries and peppers are coming. . .), both around the portico where the food pantry sits, as well as beginning a kitchen garden, well, near the kitchen, with the intense hope that one day we will all be able to enjoy the fruits of our labor together.

Thanks also to the Southall/Whitney family for your contributions in slashing invasive buckthorn in the Ecology Center and marking the farthest back trail for us! As always, if you would like to contribute, there are many tasks to accomplish, including helping Les tame the ecology center! Just let us know! We will organize again, but we can also continue to work alone or in small groups, as long as you let us know that you would like to assist so that we are able to provide instruction.

Thanks,

Angela Warren, Les Buhite

Welcome to these new church members!

Richard and Joyce Rose

Joyce and Richard met and married in the 1970's, a second marriage for each of them. Their life together soon became a UU adventure! They lived in the Buffalo area and began attending the UU Church of East Aurora in the mid-1980's. Another move brought them closer to the Buffalo UU, so they joined there around 1990. A move to Chautauqua County brought them to the UU Congregation of Jamestown (1999-2019), where they got to know the Buhites. They attended Summer Institute and both took part in the St. Lawrence District Eagles leadership school. In their years in Chautauqua County, they also joined the summer Chautauqua UU fellowship. They recently moved back to the Buffalo area and began attending UU Amherst.



Joyce was instrumental in bringing a recurring music salon program to the Jamestown congregation that quickly became a beloved community event and brought many people through the doors of the church. An accomplished weaver, Joyce created Rev. Michelle's ordination stole. Richard is a retired architect (he and Michelle worked for the same firm!) and has brought his talents to bear in each of the congregations they have been part of. Recently, Richard has offered some insights and direction to the UU Amherst Board of Trustees as we discern a local firm appropriate to our church's needs.

And because Western New York is really just an over-sized small town where everyone is just a few degrees of separation from one another, Joyce became fast friends with our dear Brigitte Bachman in the early 70's when they lived in the same apartment complex and Brigitte needed someone to water her plants while she visited family in Europe. We never know the impact we have on one another's lives as we make connections.

GOOGLE CALENDAR

All church meetings and services are being held online until further notice. We have started to include online meet-ups (including Villages) and church services on the UU Amherst Google calendar.

You will see a code on Zoom events indicating the "room," or host account: i.e., Church account: Zadmin; Rev. Michelle: Zrev, Faith Development: Zfd. Individual members are also using their own Zoom accounts. Zoom links are provided by group hosts via email. **If you want to join a Zoom meeting and haven't received a link, please contact the meeting host. Meeting links are clickable on the calendar if underlined and in blue.**

Wednesday, July 1

7:00 pm: Sage Circle Meet-up Zfd

Monday, July 27

7:00 pm: FD Team Meeting Zfd

Recurring:

Sundays, July 5-26 weekly

10:30: Online Church service

(join via UUAmerst website link or UUAmerst YouTube channel)

10:30 am: Watch Party/Service/Coffee Hour - Zoom

1:00 pm: Youth Group Zfd

2:00 pm: Village 5 (weekly) K. Thompson

Mondays, July 6-27

7:00 pm Village 8 Meet-up Zadmin (weekly)

3:30 pm: Marvelous Maples (7/6 & 7/20) D. Bofinger

7:30 pm: Marvelous Maples (7/13 & 7/27) D. Bofinger

Tuesdays, July 7-28

12:30 pm Women's Group Zadmin (weekly)

Wednesdays, July 1-29

11:00 am: Willow Village (weekly) J. Senders

11:30 am: Northtowns Village Zadmin (weekly) Y. Stocker

6:30 pm: Village 11 Zadmin (7/8 & 7/22) J. Rautenstrauch

Thursdays, July 2-30

12:00 pm: Lunch with Friends Zadmin (weekly)

Saturdays, July 4-25

7:00 pm: Birch Bunch Zadmin (weekly)

Google Members' Directory

The UU Amherst Directory can be found in a shared folder on Google. You do not need a Google account to access! If you did not receive an email invitation to view the directory, or need the link, please let Elaine know by phone or email. If you discover an error, or need to update your information, send an email to administrator@uuamherst.org or call the office at 634-3010. If you would prefer not to have your contact information visible in the Google shared directory, please let Elaine know and it can be removed.



UU THE VOTE: "We Shall Be Known" by the "How We Thrive" Virtual Choir

Unitarian Universalists from across the country joined the UU the Vote "How We Thrive" virtual choir to sing the MaMuse song, "We Shall Be Known." UU the Vote is a non-partisan faith initiative, in partnership with broader justice movements, to engage our neighbors, educate our communities, mobilize voters, and rally around key ballot initiatives. Join with your UU community to create a future defined by love, justice, and faith. You can view the video on the homepage of uua.org.

NOTES FROM THE VILLAGES

What's in a name? Over the past month, UU Amherst Villages have continued to meet via zoom, with varied levels of participation from group to group. One of the tasks given to our facilitators is to come up with a name for their village with consensus from participants. So far the numbers that have turned to names are Birch Bunch, Sassafras Sassies, Willow Village, Sage Circle, Serviceberry Buddies, Maple Village, and Northtowns Village. We look forward to hearing what the rest of you come up with, and are curious as to what will come with the characteristics of our new names. For example, the Amelanchier or Serviceberry provides flowers for pollinators in spring, berries to birds after that, shade in the summer from its fine leaves, and beauty in its fall color. As this village, led by Cheryl Tomasulo and myself, develops in relationship over time, how will our own connections begin to provide service to one another and branch out to filter into the wider community, fostering justice and compassion in our world.

As we continue with this initiative, know that it is being recognized already by the larger UU community. Rev. Michelle was interviewed by Beth Casebolt, Central East Region Operations Manager and Communications Consultant, and the video will be released in the near future within the UUA website. UUCBinghamton also asked us to share our reasoning and methodology with them. The local group of ministers that Rev. Michelle meets with regularly has also asked for more details. Our chalice of loving relationship is spilling over!

Thanks to all who are actively participating, and please know that it is never too late to begin. Pop into a Zoom meeting for connection. While you are there, begin to see your fellow members and friends as allies in this wide strange, hybrid world of social distancing and social justice, this place where we begin to become from the goo of the chrysalis and are able to create a better world for ourselves and for others, and for all of our ancestors to come.

Submitted by Angela Warren, DFD

E-GIVING OPTIONS

As we travel through this challenging time we invent and discover new ways to do what was traditional and simple; some things continue unabated. The expenses of supporting our beloved church continue. Our services and many programs continue in new ways supported by our incredible technology. So also our way of "passing the plate", "gathering our pledges" and so on now includes previously unexploited technologies.

Now the church has implemented THREE ways to give electronically:

1. The **Giving** option on the church website (uuamherst.org)
2. A NEW phone app "**GivePlus+**" for your phone
3. Texting a donation to phone # **833 987 1968**
These methods complement the traditional methods:
4. Mailing a check [remember to fill in the Memo]
5. There is the traditional Sunday Plate - when you are in church!
6. Don't forget Legacy Giving – in your will

PLEASE NOTE: If you have not sent in a pledge card because you are not leaving the house to mail one, or you're not comfortable emailing, you can call the Office at 716-634-3010.

CARING FOR ONE ANOTHER RECIPES

Tired of the same old side dish? Here's a delicious Middle Eastern rice recipe to try that's also gluten-free!

Persian Rice Tah Dig (pronounced deek)

Saffron
1 Tbsp yogurt
1 egg, beaten
1 1/2 cups basmati rice
2 Tbsp water
3 cups water
2 Tbsp butter, melted
1/2 cup toasted almonds
1 cup fruit (can be cooked fruit or dried fruit, chopped if needed)
Salt



Wash rice until water runs clear. Add 2 to 3 pinches salt and let sit for 1-2 hours.

Bring 3 cups of water to a boil, add a pinch of salt, add rice and cook 10 minutes. After 8 minutes add 1 cup cold water to delay boiling and prevent over cooking. Stir rice a couple of times and taste at 10 minutes. It should be soft but not mushy. Drain rice in a strainer and rinse in cold water to quickly wash away salt.

Preparing Tah Dig

Mix yogurt, egg and 1 Tbsp brewed saffron (saffron steeped in water like tea) with two spatulas of boiled rice in a bowl until thick and yellow. Spread mix on bottom of non-stick pot with 2 Tbsp. melted butter. Add fruit in a layer.

Pile the rest of the rice on top in a cone shape. Poke holes in the cone with spatula handle being careful not to go through to the yogurt mix. Cover and cook 10 minutes on medium heat. Then put paper towel sheets and a tea towel on the top of the uncovered pot, replace the cover and cook on medium low heat for 1 hour.

To serve: place a serving dish over the pot and flip it onto the dish. Sprinkle with toasted almonds.

Serve Tah Dig with your choice of protein and enjoy a Middle Eastern treat.

AMHERST LITTLE FREE PANTRY

Right now we especially need: Chef Boyardee products (such as canned ravioli, spaghetti-o's, etc.) tuna and canned meats, shelf-stable milks and nondairy substitutes, coffee, soup, gluten-free items, baby food (no glass), size 2 & 3 diapers, dish detergent, toothbrushes and toothpaste, shampoo, lotions, tissues, deodorant, feminine hygiene supplies, and can openers.

For questions or comments please contact Maria Ceraulo at amherstlittlefreepantry@uuamherst.org. Like us on Facebook: [amherstlittlefreepantry](https://www.facebook.com/amherstlittlefreepantry).





U.U.—U.N.NEWS

30 April 2020

“The Rule of International Law and the U.N.’s Agenda 2030”

The rule of international law is the foundation of the United Nations. On the international level, it is fundamental to international peace and security. All 193 United Nations Member States have an obligation to abide by the United Nations Charter and the wider body of international law. All 193 United Nations Member States are expected to abide by these laws and work to ensure that seeking world peace is the essence of the United Nations work to promote the rule of international law at the international level.

On 24 September 2012, the United Nations General Assembly adopted a Declaration emphasizing the importance of the rule of international law. The United Nations provides rule of international law assistance to over 150 United Nations Member States. The United Nations has also developed a large body of universally agreed upon norms and standards. The Declaration builds upon the fundamental formula of the 2005 United Nations World Summit. There is no peace without development; there is no development without peace; and there is no lasting peace and sustainable development without respect for human rights. The United Nations’ challenge now is to implement this Declaration. Promoting the rule of international law is, therefore, an extremely important task for the United Nations. Coordinating this process is very difficult, given the large number of United Nations Member States and their usual intransigence. United Nations Secretary-General António Guterres is attempting to promote this process of coordination.

The challenge for the United Nations, therefore, will be to encourage all 193 United Nations Member States to implement the United Nations Agenda 2030 and the U.N.’s Sustainable Development Goals (SDGs). The U.N. Agenda 2030 is devoted to enhancing the rule of international law and encourages all 193 U.N. Member States to abide by it. At the present time, most U.N. Member States abide by the rule of international law and the U.N. Charter only when it is compatible with their foreign policy objectives. That is why the United Nations is unfortunately of less importance that it ought to be.

The time to implement the U.N.’s agenda 2030 is now. This will help the international community give the rule of international law the central role it deserves in world affairs. The international community must develop new approaches to implement the rule of international law. The United Nations should help all 193 U.N. Member States to strengthen the rule of international law and ensure that abiding by the rule of international law promotes world peace, international security, and human rights—the primary purpose of the United Nations and its Charter. This is not an easy or simple task, but it needs to be accomplished if the human family is to endure and have a bright future. There is no time to lose: the United Nations must be made to work now.

David Slive, U.N. Envoy

CARING FOR ONE ANOTHER

For those who did not have a chance to read the article shared by Office Administrator, Elaine Harrigan, on coping with the stress of caregiving, the following is an excerpt. Michael Verano is Elaine's brother and a licensed therapist in Lanexa, VA.

Coping with Post-Traumatic Caregiving (excerpt from *Today's Caregiver*)

by Michael Verano, LPC, LMFT, CCISM, CEAP, BC-TMH

According to a 2015 AARP study, over 40 million Americans are caregivers. While we know a lot about the experiences of this group—the financial, mental and emotional impact—what is not always clear is how they entered into their caregiver roles. What has not garnered attention is the fact that many people enter into this realm shell-shocked—stunned into emotional turmoil by witnessing a critical moment in the life of a loved one.

Many caregivers do not have the luxury of moving into their roles along a gradual learning curve. To the contrary, many are thrust into this role with no notice. Whether it is the sudden heart attack, stroke, diagnosis of a cognitive disorder etc., many caregivers begin their journey in the wake of a traumatic event to a loved one that leaves them reeling and experiencing many of the symptoms of PTSD to include:

- Unwanted upsetting memories
- Nightmares
- Flashbacks
- Emotional distress after exposure to traumatic reminders
- Physical reactivity after exposure to traumatic reminders

The unofficial diagnosis for these folks is best described as post traumatic caregiving, or PTCG for short. That most caregivers do not go on to develop PTSD is a result of multiple factors, not the least of which being the resiliency many find during crucial moments in life. While psycho-therapy, supported by cutting edge techniques and possibly medications, is the standard treatment for PTSD, those experiencing PTCG are well-known for the “where will I find time for that?” response when told to practice self-care.

Practical techniques that one can practice while going about the busy-ness of caregiving:

1. **Don't wait for someone to offer help**, tell people what you need. Too many caregivers take the offer, “call if you need anything,” as an invitation to a party they'd rather not attend. Critical moments require stepping out of one's comfort zone—throwing up one's hands and saying “I'm not waving at you, I'm drowning over here!”
2. **Put down the Caregiver's Handbook** and pick up the latest novel and lose yourself in it. Reading about all of the challenges ahead can easily re-traumatize and move one from anxious moments to full-blown panic attacks. Safety is the first rule of trauma recovery and allowing the mind to move into imaginary worlds helps protect it from overload.
3. **Get “techy” with it.** Old school caregivers had to rely on professionals who were often over-worked and under-paid. Today, there are countless websites and apps that can bring experts into the home at the speed of the internet.
4. **Create a sacred space wherever you can.** Caregivers seldom have time to head off to spiritual retreats, travel to the mountains for peace of mind etc. Use the down moments while at the doctor's office with your loved one, the time spent driving to appointments, the preparation of the next meal as meditative moments by simply bringing your full attention to what you are doing at the moment. Feel free to support these moments with silent mantras, prayers or simply recalling personal moments of joy.
5. **Open yourself to the kindness of strangers.** Caregivers often find that family members are either nowhere to be found or, sometimes worse, overly critical of their efforts. Many helpful encounters come out of nowhere and from people unknown. One need not be spiritual to heed the advice to “be not forgetful to entertain strangers: for thereby some have entertained angels unawares.”

Identifying when one is dealing with PTCG is one way caregivers can practice the art of caregiving and self-healing simultaneously.

SPECIAL INTEREST

If you've visited Chautauqua in the past to enjoy the many lectures, performances, interfaith lectures, or Sunday services, you may already know that the 2020 season has been cancelled. But a brand new VIRTUAL season is taking place!



As a 10-year veteran visitor to Chautauqua, Office Administrator, Elaine Harrigan, will serve as UU Amherst's "information liaison" providing details about the summer schedule and programs you might enjoy.

Following is general information about the virtual season provided by CHQ:

CHQ ASSEMBLY

A state-of-the-art video platform where subscribers can access lecture, worship, performing & visual arts, and recreation programs on their desktop or laptop computers or on mobile devices and televisions via Apple TV, Roku, Amazon Fire TV and Android TV streaming services. Programs will be released each weekday, following a very similar schedule to the typical Summer Assembly. In most cases, programs will also be available on-demand afterward for viewing anytime, anywhere. **Subscriptions to this platform will be free for the first 90 days (set intentionally to last through the 2020 summer season), then \$3.95/month thereafter, with the ability to cancel at any time. (Watch UU Amherst communications for information about how and when to subscribe!)**

VIRTUAL PORCH

The Virtual Porch is a digital space where Chautauquans can join in programs and conversations hosted by Chautauqua performing and visual arts directors, program leaders, administrators, staff and friends. Some programs will be open for up to 500 participants at a time; others will be planned as more intimate gatherings with limits placed on numbers of participants. All events will center on engagement and opportunities to interact, raise questions, contribute insights and build community. Like on the video platform, many of the Virtual Porch programs will be available on-demand after they are presented live.

A promotional graphic for CHQ Assembly. It has a teal background with a faint image of a classical building. The text is white and orange. At the top, "CHQ ASSEMBLY" is written in large white letters. Below it, a paragraph describes the organization's mission. At the bottom, there is an orange button that says "START FREE TRIAL" and a line of text indicating the subscription cost: "\$3.99 a month or \$45 a year after 90-day free trial".

CHQ ASSEMBLY

CHQ Assembly is the digital expression of Chautauqua Institution – a nonprofit organization that exists to explore the best in human values and the enrichment of life. This exploration takes place in an interdisciplinary and intergenerational way that is characterized by a unique commitment to upholding the dignity and contributions of all people. We invite you to join us in exploring critical issues of the day through a range of experiences – lectures, artistic experiences, master and enrichment courses, and conversations – that combine to call you to your best self for a better world.

START FREE TRIAL

\$3.99 a month or \$45 a year after 90-day free trial **SEE US**

How to subscribe to CHQ Assembly :

Go to assembly.chq.org, Click START FREE TRIAL. You will need to enter a credit card, but if you cancel by September 20th, you will not be charged. The free trial is good through that date. The monthly cost, if you do not cancel is \$3.99/month. Once signed up, you can access CHQ Assembly on any device, including mobile phones and tablets (an app can be downloaded for Android and Apple). Plus, you can watch on AppleTV, ROKU, AndroidTV, FireTV, and Chromecast. (Limited to the newest editions.) Once subscribed, you have unlimited access to all CHQ Assembly live and on-demand programs and experiences including selected previously recorded programs. Virtual Porch conversations will be handled in a similar way to Zoom meetings and will begin June 29th. On the CHQ Assembly page, click Virtual Porch in the menu for events and instructions.

You can receive up-to-date information by subscribing to CHQ's newsletter or view the 2020 season calendar by going to chq.org, Weekly themes for 2021 are also posted. Weekly themes as well as the daily programming that is being offered will be included in UU Amherst Weekly Update.



UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

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