



MINISTER'S CORNER

The Soul Matters theme for the month of November is *Attention*. How attentive are we to our lives? To our souls?

Where is your attention drawn? Or are you so frantically, heroically busy that there's no room to pause and pay attention? Our culture rewards busyness, expects ambition and achievement. It may seem like we have no choice but to participate, but I believe we have a choice as to *how* we participate. Are you choosing to participate from a place of strength?

Or as a kind of martyrdom ("If I don't do it, who will?")? Do you have the option to decline participation in some aspect? What would that feel like?

This month I invite you to be attentive to your life and to your soul. If you need to be reminded that you are not obligated to jump on the December holiday train before December (or ever, really), then this is your reminder. Listen to your deep knowing and practice saying 'thank you' rather than 'sorry' (i.e. "Thank you for waiting" instead of "Sorry I was late"). You really are allowed to live your life. I couldn't say it if it weren't true.

With care,
Rev. Michelle

NOTES & REMINDERS

Share-the-Plate, November 10

On Sunday, November 10, we will share the offering with Hearts & Hands, Faith in Action. Several of our own members are volunteers with Hearts & Hands, providing area seniors with transportation to appointments, etc. To contribute, make checks to UUCA and put "Hearts & Hands" in the memo line. All undesignated cash will also go to support their ministry, so if you would like a cash donation to go toward your pledge of annual support to UUCA, be sure to put it in an envelope with your name, marked pledge.

Thanksgiving with Friends

Thursday, November 28 (Thanksgiving Day), 3:00 pm to 6:00 pm, Emerson Room

Alone for the holiday? Just not up to cooking a feast for the family? Why not have Thanksgiving with friends? Church friends! Sign up in the lobby to bring a dish-to-pass as well as how many in your party. Hosted by Rev. Michelle and Les Buhite.

Reprising "A Christmas Carol"

Last year's readers' theatre presentation of Dickens' "A Christmas Carol" was so enthusiastically received, we're making it a tradition! If you would like to be involved (reading, costuming, sound effects, etc.), sign-up in the lobby or drop an email to minister@uuamherst.org. We'll perform during worship on Sunday, December 22.

Sweets & Carols

Mark your calendars for coffee hour following "A Christmas Carol" on December 22 as we enjoy some sweet treats and sing carols in the Emerson Room. We're having our annual celebration after church to encourage broader participation. Bring a dessert to share and enjoy some old-timey fun as we sing beloved carols of the season.

Stand-by Volunteers Needed

"If I had a hammer..." I'd bring it to church and help out when small repairs or projects need to be done! Hammers, drills, rakes, saws, and the people who can wield them are needed for a stand-by force of volunteers that we can reach out to as needed. We can also use ladder holders, lightbulb changers, window washers, and other light duty folks to occasionally help at church. If you're willing to be part of this team, drop an email to minister@uuamherst.org. It takes all of us!

MINISTERIAL INTERN NOTES



Thanks to all who have joined us for the new Planet Thursday series! We're off to a great start with learning more about climate justice...and how insidious problems like climate change, economic inequality, and racism are intertwined. And that's the first step on the road to taking effective, committed and strategic action.

Here is the monthly schedule for Planet Thursday offerings, happening each Thursday from 6-7:30 pm:

1st Thursday: Our Place in the Web of Life program

2nd Thursday: documentary film and discussion about climate justice topics! Details will be shared in the What's Up Wednesday eblast!

3rd Thursday: Our Place in the Web of Life program

4th Thursday: ECO-LAB featuring guest speakers, workshops, and teach-ins about how we can make more sustainable choices in our daily lives!

There is still time to join us for Our Place in the Web of Life, a UU faith development program created just for congregations to learn more about climate justice. We hope you'll be able to make it for this deep dive into our own roles as producers, consumers, and influencers for change.

If you can't commit to the Our Place in the Web of Life, we hope you'll still join us for the documentary series and ECO-LAB, whenever you can. See you on Thursday!

ENDOWMENT TRUST

The UUCA Endowment Trust was established to enhance the long-term financial security of the Church so that it may succeed in its mission. Growing the Endowment Trust is an investment in the future of the UUCA.



At October's quarterly meeting, your Endowment Trustees meet with Michael Angelucci of Level Financial Advisors to review the status of your funds. Approximately \$935,000 is invested using a strategy of 50% Fixed Income/50% Equity. About \$25,000 is restricted to music due to a bequest. Annually, we earn about \$24,000 in dividends and interest. Our overall growth for the year was 8.28%.

The earnings from dividends and interest are tapped for unanticipated projects/capital expenditures that fall outside the operating budget when requested by the Board of Trustees. Because the Endowment Trust is a separate entity, the Trustees have specific fiduciary responsibilities to maintain. These are fully explained in the bylaws.

Your Endowment Trustees are: Marie Evans, Jerry Kent, Lauraine Marcus, Joe Rautenstrauch, Elaine Cusker; Board Liaison: Don Tucker.

A NOVEMBER SPIRITUAL PRACTICE FROM SOUL MATTERS

In her poem *Gratitude*, Mary Oliver asks herself and then answers eight questions of attention:

What did you notice?
What did you hear?
When did you admire?
What astonished you?
What would you like to see again?
What was most tender?
What was most wonderful?
What did you think was happening?



It's a poem that treats the details of our days as a blessing and calls us to do the same. So for this month's exercise, let's accept her invitation:

First, take a few days and just spend some time with the poem.

Here it is for you to read: <https://thevalueofsparrows.com/2013/11/27/poetry-gratitude-by-mary-oliver/>
Here's an arresting video of it being read aloud: https://www.youtube.com/watch?time_continue=65&v=1XKg514_K3s

Then use Oliver's questions to **write a version of your own** by giving your own answers to her eight questions. Here's an elegant example of someone making it their own: <http://walkingintheholypresence.blogspot.com/2017/04/poem-gratitude-by-mary-oliver.html>

But here's the catch: You've got to decide how to gather the details for your poem. When reading Oliver's poem, you get the feeling she wrote it at the end of a long day outdoors. But it could just as easily have been written at the end of a week, a year, or even a life. So you pick what calls to you. Maybe you take a two-hour hike and then sit down and write it. Or maybe sit down and write it at the end of an ordinary day of work and family. You might even want to answer the questions as if they are asking about the past year of your life. Or the past few decades. The point is to let Oliver's eight questions help you remember that our attention is a way, maybe the best way, we say thanks for these precious days we've been given.



 UUA.ORG/IMAGES



FAITH DEVELOPMENT

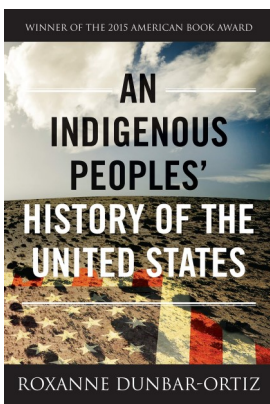
Our Faith Development program at UUCA continues to strive to weave all ages together within our church wide mission: *To challenge ourselves and the community to foster more compassion and justice in the world. It follows that our Faith Development Team's mission is to develop and lead educational programs for all ages that foster the values of compassion and justice in our community and beyond.*

As we move into this season of calm, let us be resistant to movement into isolation. Please be conscious of having your children continue to participate in our Spirit play and Youth programming, as well as our multi-age activities and Sunday services. Please let me know directly if you have logistical challenges and need help getting your people to church. The Faith Development Team and Caring for One Another Team can coordinate to help!

We want to be here for you and for you to be a vital part of our beloved community. As vitality is increased in each and every one of us, the vitality of the whole community is increased, giving us courage, compassion, and positive energy to contribute to our larger community.

Please stop by the Faith Development station on the far right of the lobby as you come into service on Sunday for information about upcoming programs and events. Take a look at the bulletin board to see what beauty our first "All FD Activity" inspired! There is more to come. . .

Truly yours,
Angela Warren, Acting Director of Faith Development



The UUA's Common Read this year is *An Indigenous People's History of the United States* by Roxanne Dunbar-Ortiz. We will be ordering copies for UUCA members and friends. Our Planet Thursday group will be studying it during winter time. Contact Angela Warren if you would like to reserve a copy.

BOARD NOTES

Dear UUCA members and friends,

If you're the type of person who reads the Board Notes in *The Forward*, then you're probably also the type of person who would have attended one of the facilities information sessions led by Don and Dian Tucker over the past two weeks. Some have commented at or after the session that the information they heard had left them saddened, but some perspective should be kept when thinking about this, because it left me feeling optimistic.



Naturally, a presentation that has the aim of informing the congregation about problems with facilities will, well, have a lot of focus on the problems with the facilities. A couple positives were included (the chapel is in great shape!) with all the negatives, but the aim wasn't to congratulate ourselves on the good features of our facilities and grounds. The fact that the negatives aren't obvious to most of us says a lot about our facility, however we want a higher bar than that, and action is needed or else the problems will become a lot more conspicuous.

My optimism comes from the attitudes and ideas I've heard so far from the congregation. The problems are manageable, but to address them we need to understand them better, which means gathering data from people who understand buildings professionally. So we'll be consulting with architects to commission a study, with the outcome being a prioritized list of problems we have with the facilities, an estimate of what it will cost to repair each, and importantly, what each would cost down the line if we were to ignore it now. Input from the congregation seems to be supportive of this step.

Once we have this information, we need to decide what to do, and how to make it happen. This means making choices, perhaps hard choices, and deciding how to fund the actions that are chosen. A very broad range of actions have been mentioned, yet perhaps the thinking is not broad enough. When you compare, say, keeping the house versus simply not having it, it becomes hard to support removing it. But instead consider what could be put in its place, and here we need more imagination. We should think about what our needs are, and envision how we can meet them with the opportunity the facilities issue provides. Only with this more complete picture can we as a congregation make a decision. Hopefully it will be one that seems easy and obvious at the time.

You may have noticed a small change in the lobby -- a new water fountain! This to me is a microcosm of our larger facilities issue. The old water fountain had failed, something needed to be done. As a consequence, we have a new one, with the more modern feature of being also a bottle-filling station. This meshes with our UUCA values for sustainability, it's a welcome upgrade for our child-care tenants, perhaps appeals to youth, and it's just better. A (tiny) crisis in a piece of our facilities led us to a demonstrable improvement. Let's hope this reflects what we can do for the church on a larger scale.

David Kofke, Chair, on behalf of the UUCA Board of Trustees



AMHERST LITTLE FREE PANTRY UPDATE

Pantry volunteers Virginia Snider, Judy Churchill, Marie Evans, and Maria Ceraulo attended the Project Homeless Connect conference at the Buffalo Convention Center on October 10. We got the homeless and those in danger of becoming homeless. We handed out granola bars and can openers to those in need and heard heartfelt stories from this fragile population.



Thank you to so many of you along with members of Congregation Havurah who celebrated the Pantry's first year by making a donation of food during the Yom Kippur services. We greatly appreciate it.

We could use non-perishable fruit in cans or cups in addition to cereal and items not covered by food stamps/SNAP like laundry pods, deodorant and toilet paper.

We are open 24 hours a day, 7 days a week, with no questions asked. You don't have to wait to get help. All are welcome. The Little Free Pantry Team meets the first Sunday of the month after services. For questions or comments please contact Maria Ceraulo at amherstlittlefreepantry@uuamherst.org.

Like us on Facebook: [amherstlittlefreepantry](https://www.facebook.com/amherstlittlefreepantry)

Tired of Writing Checks?

Use online 'egiving' instead. Go to uuamherst.org and click on the 'Giving' tab in the top right corner to get to our online giving page or go directly to uuamherst.org/giving-3-2. There are resources and directions to get you started. You can make payments through a credit card or directly from your bank account. Call Camilla Lee in the office (634-3010 x103) if you have questions.



UUCA Rental Space

Various rooms at UUCA are available to rent for private events, weddings, memorial and naming services, instruction, group meetings, and community use. The building includes a well-equipped kitchen and banquet room that seats 96 with audio/video capability. For rental information, email administrator @uuamherst.org or call the Church Office, 634-3030 x100.

Unitarian Universalist Church of Amherst



Saturday, November 16, 3-8 pm
Emerson Room

Tickets: \$8 in advance; \$10 at the door; \$4 kids under 12;
Under 5 free

Takeout is available!



We are pleased that our share-the-plate collection in October and additional private contributions resulted in a donation of \$1,500 to Preventionfocus, Inc. Thank you to all who gave!

Hearts & Hands –Volunteers Needed

It is known that being a volunteer can help you maintain or improve your mental health. Please consider donating some time with the Hearts & Hands program, which desperately needs volunteers.



Part of our Covenant reads: We promise to gather in compassionate community – to seek wholeness for ourselves, our children and our world. We strive to be a faith in action community. Being a volunteer with the Hearts & Hands program provides an opportunity to help older individuals to remain as independent as possible. (Insurance coverage and mileage reimbursement is available.)

What drew me to Hearts & Hands was the statement in their brochure:

- We do volunteering differently!
- Set your own schedule. Accept only the assignments which fit your schedule and interests.
- We handle all the arrangements.
- Whether you have an hour a day...an hour a month... Even if you're only available part of the year...you can help.

Hearts & Hands Training. On Saturday, November 16, there will be training in the Channing Chapel at 10:00 am to become a volunteer with Hearts & Hands. It takes only an hour and a half to complete the training. After you complete the training, you then will only volunteer if and when you want to. If you have any questions about becoming a volunteer please contact Ron Palmere at 689-8954 or rpalmere1@verizon.net.

Caring for One Another

The Caring For One Another team is doing what it can to contribute to our church mission to foster more compassion and to help build a Beloved Community. The team tries to be aware of those who can benefit from their attention, but there are those the group does not know about.

The Caring team would like your help to inform them of a church member who would benefit from their attention. If you know of such a member, please get their permission to let the team know what is needed.

This is a brief list of what the Caring Group would try to provide:

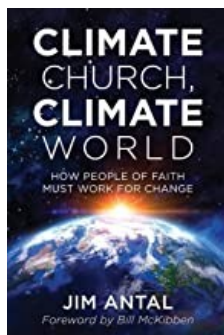
- Transportation to Sunday service or other church activities
- Visitations or phone contacts
- Greeting cards for various occasions
- Meal preparations on occasion as needed
- Therapy dog visits

To refer someone to the Caring for One Another team, or for any questions please contact Ron Palmere at 689-8954 or rpalmere1@verizon.net.

Book Discussion

October 27, November 3 & 10
4-6 pm
Riverside-Salem
Environmental Chapel
3449 West River Rd.

Rev. Antal is a denominational leader, award-winning activist, and public theologian. He serves as the national spokesperson on climate change for the United Church of Christ.



Lending Library

UUCA has a glass cabinet in the Emerson Room filled with books on religious and spiritual themes that you may borrow on the Honor System. Sign out fiction, nonfiction, memoir, or even a children's book (several are about Thanksgiving). There are a few digital items available, too. No due dates, but please estimate in the spiral notebook how long you plan to keep it.



"What's Going On? and What's Next?" Informational Session on November 3 & 10

We've recently heard talk around church about a new governance structure and Strategic Plan: Collaborative Leadership, Oversight, Management, Ministry Teams, Orientation, Focus, Task Forces. We've seen oval diagrams for Minister and Board, divided into quadrants, with thought bubbles about Connection or Action. You may be thinking "What does it mean for ME?" or "That's not how we've always done it! Why the changes? What happened to Councils and Programs?"

Join us Sunday, November 3, from 11:45 am to 12:30 pm in the church Living Room for a brief presentation about organization, decision-making, and how we now "do church," followed by open exchange and conversation.

Bring your coffee or tea from the Emerson Room. Nominating & Leadership Development Committee will provide snacks and chocolate! This is for those who are new to our congregation as well as those who have been around a long time. If you can't make it on the 3rd, we'll be repeating the presentation on Sunday, November 10, same time, same place.

In order to have specific answers readily available, please submit some questions in advance. Look for the RED BOX on Sundays on the "sign-up table" (on the Emerson Room side of the church lobby), with index cards and pens. *Please write legibly, then drop the card into the box.* If you'd prefer, questions may be submitted by email to questions@uuamherst.org.

What do you want to know about how things work around church? What's confusing to you about how the church is run? What is your question about church leadership? Sample questions: How do I ___? Who do I talk to about ___? How do I get involved in _____ issue?



UUCA THEATRE LOVERS

Jewish Repertory Theatre is currently presenting, "**Oh My God!**" by the late playwright Anat Gov, which runs through Sunday, November 17. UUCA members and friends can purchase discount tickets at \$25 each for weekend performances, using the form from the folder at the bottom of the Church Life bulletin board, on the left as you move toward the chapel from the rear lobby.



Our group outing will be **Sunday, November 10**, for the 2:00 pm matinee, followed by dinner together at Lebro's Italian restaurant (pay your own way). Purchase your tickets by mail from Sophia Veffer before November 1 (*checks must be received at least 8 days prior to the performance you'll attend*), then let me know by noon on Friday, November 8 if you want to be included in the dinner reservation. Marie Evans, 717-636-5770 or evens.marie@gmail.com.

Jewish Repertory Theatre will be having a series of one-night-only staged readings this season. We won't be attending these as a group, but you might be interested in going on your own. First up is:

HOLIDAY SHORTS, by Atlanta playwright Hank Kimmel

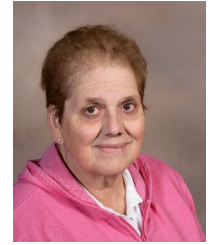
Monday, November 25, 7:00 pm

2640 North Forest Rd., Amherst, NY (in the Jewish Community Center)

A funny series of offbeat, comic, 10-minute plays ranging from the saucy to the sanguine to the sentimental, all featuring themes of the holiday season. See HRT's website for further details or to purchase tickets at jewishrepertorytheatre.com.

UUCA GET COOKIN'!

with Christine Boczarska & Faith Pham,

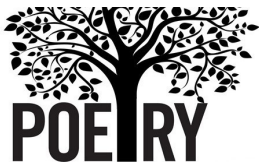


Chicken Salad

- 1 can of white meat chicken or 1 whole baked chicken breast, diced
- 1 cup of chopped onion, green pepper and celery mixed
- 1/2 cup sweet or dill relish
- 2 chopped hard boiled eggs
- 1/2 cup sliced almonds
- Salt & pepper
- 1/2 cup mayonnaise
- 1/2 cup sour cream

Stir the first six ingredients until blended. Add the mayonnaise and sour cream, and mix thoroughly. Chill. Serve in a bowl on lettuce leaves or spread on bread for sandwiches.

UU MEMBERS GET-TOGETHER THIS MONTH



Poetry As Practice, Sun, Nov. 10, Reeb Room, 12:00 pm

Suzanne Christ will present poems on Gratitude. Joins Suzanne for some meaningful discussion. Questions? Contact Diane Bofinger, dbofinger@buffalo.edu or 716-689-8954.



Caring for One Another, Dining Room Tues, Nov. 19, 1:30 pm

Volunteer group to help members in need: sick visits, ride to church, sending cards, etc. For information, contact Ron Palmere at caring@uuamherst.org.



Support for Loss & Change, Living Room Thurs, Nov. 21, 3:00 pm

All are welcome as we gather to support each other through life's difficult experiences.



UUCA Book Club, Dining Room Sun, Nov. 24, 12:00 pm

Meets monthly to discuss books we've read on selected topics.



Young Adult Meet-up, Whitney Young Room Sundays, Noon-1:30 pm

Come to the coffee hour in the Emerson Room for snacks and conversation. For information, or to be added to the email or text lists, contact Diane Bofinger at youngadults@uuamherst.org or 716-418-3272.

Helpful Reminders

Be A Coffee Hero!

Sign up to help with coffee hour after services. Put your name on the sheet by the coffee pot on Sundays or contact Margot Shoemaker.

Sense-itivity Helps

We have many friends who have chemical sensitivities, whether due to asthma or allergies. We can be more welcoming and inclusive by refraining from wearing scents at church.



Just a reminder to save your Dash's receipts and put them in the collection box in the Donation Center in lobby. Proceeds from collecting these go to the Global African Village. More at globalafricanvillage.org.

UUCA NOVEMBER CALENDAR

Blue Mountain meditation, every Tues. 7:00 pm (Reeb)
Planet Thursday, every Thursday except Nov. 28
(Thanksgiving) and Dec. 26 (day after Christmas),
7:00 pm (LR).

Fri, Nov 1

7:00 pm Cocktails & Conversation. The Irishman Pub &
Eatery. Get together with fellow UU's,
age 21+.

Sat, Nov 2

2:00 pm Eleanor Howard Memorial Service (Chapel)

Sun, Nov 3

10:30 am Church Service

11:45 am Nominating & Leadership Committee
Meeting (LR)

12:00 pm Young Adult Meet-up (WYR)

12:00 pm Little Free Pantry (LR)

Wed, Nov 6

7:00 pm Ministry Council (Fahs)

Thu, Nov 7

12:00 pm ROMEO'S Lunch, Buffalo Brew Pub

Sun, Nov 10

10:30 am Church Service

11:30 am Equal Exchange Coffee Sale (Em)

12:00 pm Young Adult Meet-up (WYR)

12:00 pm Poetry as Practice (Reeb); Theme: "Gratitude"

Mon, Nov 11

Veteran's Day Office Closed

Tue, Nov 12

12:30 pm Current Events Lunch (Em)

7:00 pm Board of Trustees Meeting (Em)

Thu, Nov 14

7:00 pm Covenant Group (LR)

Sat, Nov 16

10:00 am Hearts & Hands Training (Channing)

6:30 pm Spaghetti Dinner Fundraiser (Em)

Sun, Nov 17

9:00 am FD Team Meeting (Fahs)

10:30 am Church Service

12:00 pm Young Adult Meet-up (WYR)

Mon, Nov 18 Office Closed

Tue, Nov 19

1:30 pm Caring for One Another (DR)

Wed, Nov 20

1:30 pm Social Justice Committee (LR/Em)

Thu, Nov 21

3:00 pm Support for Loss & Change (LR)

Sun, Nov 24

10:30 am Church Service

12:00 pm Young Adult Meet-up (WYR)

12:00 pm UUCA Book Club (DR)

5:00 pm Vegan Dinner (Em)

Mon, Nov 25 Office Closed

Thu, Nov 28

Thanksgiving Day Office Closed

3:00 pm Thanksgiving with Friends Potluck (Em)

MORE PROGRAMS ONLINE

UUCA hosts a number of community groups each month as well as private services for a variety of occasions. See the complete calendar online at uuamherst.org/calendar.

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 What's Up Wednesday: Tuesdays by 11:00 am

Office Hours:

Tuesday through Friday—9am to 2pm

MARK YOUR CALENDARS!

Unitarian Universalist Church of Amherst



Saturday, November 16, 3-8 pm
Proceeds benefit the ministries of the Church
See page 7 for details.



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