

Issue

April 2020

# The Foreword



**UU AMHERST**

*Fostering Justice  
and Compassion*

The Newsletter of the  
Unitarian Universalist Church of Amherst  
6320 Main Street, Williamsville, NY 14221  
634-3010 (x101 for office)  
Office Hours Tues.—Fri. 9am to 2pm [www.uuamherst.org](http://www.uuamherst.org)

## Our Staff:

### Minister

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### Minister Emerita

Rev. Maureen Q. Thitchener

## SUNDAY SERVICES IN APRIL AT 10:30 AM

The Soul Matters theme this month is Liberation. Although liberation is associated with freedom, it is not synonymous. Liberation is the action that brings about freedom. This action can be performed by others, on our behalf, or we can be the actors, the change agents of our own freedom. As we continue to live in the in-betweenness of being physically apart from one another, moving from church-as-it's-always-been to church as-it-can-be, balancing physical separation with social and spiritual closeness, we will explore acts of liberation and the resulting freedoms; freedom to, freedom from, and freedom for.

We will meet each Sunday morning, most likely virtually, for this month. Easter and Earth Day will happen - just not in the ways we may have grown used to. Breathe. Practice flexibility. Make an effort to connect with friends and loved ones. Open your heart and mind to a new way of being in the world. Even if things get back to 'normal,' they will never be the same.

### April Worship leaders:

- April 5 Kristina
- April 12 Rev. Michelle
- April 19 Rev. Michelle
- April 26 Rev. Michelle & Angela

Sunday services are now being livestreamed at 10:30 am on YouTube Live. A link to the livestream is sent to all church members who receive the All Church email on Sunday morning.

You can also find a link to the live service on our Facebook page at [Facebook.com/Unitarian Universalist Church of Amherst](https://www.facebook.com/Unitarian-Universalist-Church-of-Amherst). Past services are available on our YouTube channel. Click the SUNDAY SERVICE LIVE 10:30 button in the upper right corner of the UU Amherst website at [uuamherst.org](http://uuamherst.org).

## 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

*When I breathe in, I'll breathe in peace.  
When I breathe out, I'll breathe out love. (Sarah Dan Jones)*

It's the first thing we do upon emergence from the womb, and it's the last thing we will do when life has used us up. *Breathe. Funny how we need to be reminded to do it. This is your reminder, in the midst of all of the uncertainty as we are living in the midst of the COVID-19 pandemic: Breathe. Slow down. Unless something is literally on fire or actively falling apart, it probably won't hurt to detach a bit and allow your amygdala (the reptile brain) to chill out and for your prefrontal cortex to come back on line.*

Our watch words for this anxious time will be "Slow down" and "Be flexible." Slow down. Before you press 'send' on that anxious email or text, ask yourself if the communication is helpful or if it is just a way to relieve your anxiety by transferring it to someone else. With all the talk about 'social distancing' it can be easy to think that we are alone and lose sight of the covenantal community of which we are a part. Be open to sharing responsibility and leadership - it's not all up to you.

(By the way, if it sounds like I'm preaching to myself, it's because I am. These are words I need to hear each day as I prepare to shoulder the load. It's good to remember that it's not all up to any single one of us - we really are stronger and better together, even when physically apart.)

Slow down. Be flexible. Be flexible in your thinking and your doing. We have turned a corner; we cannot continue or even go back to doing things the way we've always done them. Practicing flexibility in small ways will create pathways for flexibility in the big things. Breathe. Breathe in peace. Breathe out love. Slow down. Be flexible. (Rinse & Repeat)

Be well,

Rev. Michelle

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### **Rummage Sale Update**

The Rummage Committee has agreed that we need to postpone the Rummage Sale until the health situation in this country gets back to normal. We don't see this as possible until at least the end of August or early in September as the soonest, and we will issue another guess as to timing in July. On the other hand, it seems many more people are staying home and sorting through their stuff and telling us they have donations for the rummage sale! Stay tuned, we'll keep you up to date with our plans if anything changes.

### **The Goats Are Coming! The Goats Are Coming! We hope.**

In January Rev. Michelle preached about becoming known as the place where the community can gather to learn more about loving the Earth and engaging with Green alternatives to toxic systems. She mentioned the possibility of bringing in goats to help us clear some of the invasive plants on our property - and that idea sparked folks' imaginations! Assuming the world goes back to anything resembling normal, we will be hosting a small herd of goats over the weekend of August 22-23! We're working with Let's Goat Buffalo, a local business that engages in humane, ethical treatment of their animals - these goats have it made! This is an exciting initiative that will help the larger community know who we are and what we value, as well as inviting them to participate in Green alternatives. Stay tuned (and get involved) as planning proceeds for our first Green Goat Festival on Saturday, August 22, 11:00 am-3:00 pm.

## MINISTERIAL INTERN NOTES



Salutations! I've been exploring a series of UU Statements of Conscience that address aspects of climate justice. I'm struggling to make sense of the past few weeks, though. I've decided to let it be a little bit messy. I've juxtaposed sections of the 2001 Statement of Conscience on Responsible Consumption with some of my own reflections. I hope it resonates with you.

***“Some of us feel entitled to live lives of material comfort. Our pursuit of happiness puts us on a treadmill of material acquisition and conspicuous consumption...Perhaps our sense of entitlement comes from a spiritual emptiness; we hope that material acquisitions will feed our hunger for deeper meaning.”***

As we hunker down in our homes, all the “normal” activities of life...shopping, driving, working, consuming...have ceased. Beyond the fear, many of us also feel resentful of this involuntary slowdown. Yet we can't fail to notice that what's “bad” for us is undeniably good for planet Earth. What does that mean?

***“The ultimate cost [of the goods and services we consume] includes the price we pay up-front and the hidden price paid by present and future generations...Our planet's natural resources are finite. We are depleting those resources at a rate that far exceeds the living system's natural capacity to replenish, cleanse, and sustain life.”***

The canals of Venice have begun to run with clear water. Swans and dolphins have begun to swim those waterways again. Enormous clouds of pollution hovering over mainland China have dissipated as manufacturing activities stopped.

***“Moral values about responsible consumption can no longer be drawn from an ethic that assumes that our planet is available for us to exploit to fulfill our needs and pleasures...We must...begin to replenish what we take. We must work to restore and preserve what the interdependent web of life will need to sustain itself indefinitely.”***

What other miraculous healings will take place while humanity's attention is lured elsewhere? We can only imagine what a furlough this must be for the other fauna and flora with whom we share the planet. Rather than living in enmity with the rest of the natural world, can we begin to live in harmony?

***“People can learn to relish simplicity. They can learn to rely less on possessions for filling the void in their lives. They can come to understand that socially responsible consumption depends upon hearts, minds, and hands.”***

Will we learn the lessons of this strange interlude? Will we have the courage and creativity to reimagine our lives, once this pandemic ends? Or will we resume the mindless, heedless, relentless production and consumption of *things*?

***“We each begin a personal journey toward responsible consumption from a different place. Wherever we start, we must be mindful of our behavior, attentive to the voices and needs of others, and conscious of the natural rhythms of the world.”***

## UU AMHERST FINANCE COMMITTEE

### Pledge Drive March 1- April 12, 2020

We have received 20 pledges to date for a total of \$45,265. There are 115 pledge units not yet received. The pledge drive is scheduled through April 12<sup>th</sup> to allow for budget preparation. Thank you to those twenty early pledgers for leading the way! A husband and wife team, who wish to be anonymous, have pledged to match dollar for dollar, pledge increases to a maximum of \$4,000. Karen has received emails of people who are excited to have someone match their pledge increase. Thank you for inspiring increased generosity and for your amazing gift!

The current situation with the coronavirus has impacted all of us and our church. We thought we should share the positives:

1. Some of our expenses will decrease (coffee, utilities, supplies, copies, etc)
2. Some of our expenses are coming in under budget (plowing, copier lease)
3. We have an amazing staff that continue to keep the church running and are being creative in keeping us connected.
4. Payroll is in line with the budget.

Although we have some financial considerations that are concerning, know that the stewardship of the church by leaders (past and present) have kept us on stable ground and **we will** get through this.

The information forthcoming is of concern but know that it can be handled.

1. Rentals: we will be below our projected income. If the day care remains open and pays through June 30<sup>th</sup>, we project we will have received 83% of our anticipated rental income. This would be a deficit of \$7,000.
2. Plate collection income is about 57% of budget YTD. Unless we are able to hold services, this would be expected to be where we would finish. The deficit would be \$3,500.
3. Pledge income for 2019-20 is at 74%. Additional pledge income is expected to be received before June 30, 2020.

Fundraising is currently at 26% of plan and likely to remain there as we are not able to hold our major fundraising activities (Rummage Sale, Auction). There is an event being planned for June 20<sup>th</sup> provided we are able to be at church. If not, we will incur a \$9,000 deficit.

### **So, where does that leave us regarding FY19-20 budget?**

The Financial Committee has advised the Board of Trustees that we believe that the challenges we face regarding the FY 19-20 budget can be met successfully.

### **Current Pledge Drive:**

The state of the FY 20-21 Pledge drive is addressed in the first paragraph. Additionally, as you consider making your pledge, please seek the assistance of your financial adviser. We need to prepare a budget based on real numbers.

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People are generous of heart and sometimes overestimate their ability to honor the pledge that they make. In these uncertain and stress-filled times, ask yourself: Is your pledge based on monies that you are certain to receive? Is it based on capital gains distribution that can change based on the market? If you are over 70 ½, is it based on your mandatory retirement distribution? Looking at your taxes, does your adviser or tax preparer advise you to double your contribution in one year to get the tax benefit for your charitable gifts? I know this is making your brain hurt...

In preparing for the upcoming annual budget vote, we ask you to pledge what you are certain you can honor. There is wiggle room. If you overestimate and are not able to meet your pledge, let the office know so we can adjust the budget within the year. If you pledge conservatively because of the unknowns and things change, you can increase your pledge by calling the office as well. It is helpful in budget preparation to have pledge numbers that are as accurate as possible.

Lastly, times are hard financially for many among us and in the community at large. Please consider donating to the minister's discretionary fund. Some within our beloved community are in financial struggle. As we approach the possibility of job loss, work hiatus, and many unknowns, the needs will increase. There is a button on our website that allows you to not only pledge but also to give to the discretionary fund.

Again, thank you for all you do to create our church community. Please, take loving care of yourself and if your community can help you in any way, don't be afraid to reach out. We are in this together.

Respectfully submitted,

Karen Thompson on behalf of UUCA Finance Committee

**NOTE ABOUT E-GIVING THROUGH VANCO:** We have been notified that VANCO will now accept contributions by phone in addition to online giving. To do so, call their Client Services Team at 1-800-675-7430.

## Introducing the Committee on Mission

The Committee on Mission (CoM) is a recently organized true\* committee in the UU Church of Amherst organizational structure. Our members are appointed and report to the Board of Trustees. Our current task is to support the Mission of the UU Church of Amherst and to develop tools to help groups within the Church to stay on target, so we all have a common goal. We are in the early stages and have determined that our first goal is to introduce ourselves and let our Beloved Community know about the CoM. We meet regularly via in-person and virtual meetings. This is new to us, so we are taking 'baby steps' and encourage the membership of UUAmherst to embrace and grow along with us.

Suzanne Christ, Diane Bofinger, Barbara Gauger Kent

\* a "true" committee in policy-governance supports and is under the purview of the Board of Trustees (as opposed to Ministry Teams, which are under the Minister).

## BABY-STEPS IN POLICY GOVERNANCE

The UU Church of Amherst has adopted a 'policy-based' governance model, in which the primary responsibility of the Board is to provide leadership to the minister, staff, and congregation through a clearly articulated and coherent mission, vision, outcomes, and policies. Church 'departments' are divided between GOVERNANCE (under the purview of the Board) and MINISTRY (under the purview of the Minister).

### GOVERNANCE COMMITTEES:

Nominating & Leadership  
(Marie Evans, chair)  
Finance  
(John Thompson, chair)  
Personnel  
(Randy Kent, chair)  
Campus Support  
(Renter Liaison, Margot Shoemaker;  
Facilities, TBD)  
Committee on Mission  
(Suzanne Christ, chair)

### MINISTRY TEAMS

(Team leads make up the Ministry Council):

#### Relationships

Connections & Membership  
(Lauraine Marcus, team lead)  
Caring for One Another  
(Ron Palmere, team lead)  
Reconciliation  
(Kim Diana Connolly, team lead)  
Music  
(Wendy Scott, team lead)  
Young Adults/Campus Ministry  
(Diane Bofinger, team lead)

### MINISTRY TEAMS (continued)

#### Action & Service

Social Justice  
(Margot Shoemaker & Pat Burke, team leads)  
Amherst Little Free Pantry  
(Maria Ceraulo, team lead)  
Climate Justice/Green Sanctuary  
(Devon Southall, team lead)  
Racial Justice (TBD)  
Welcoming Congregation (TBD)

#### Sunday Services

Greeters (Lauraine Marcus)  
Weavers (Ron Palmere)  
Ushers (Elaine Cusker)  
Hospitality (Margot Shoemaker)

#### Spiritual Growth

Worship  
(Minister, team lead)  
Faith Development  
(Angela Warren, director)  
Covenant Groups  
(Ivy Yapelli, coordinator)

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## FAITH DEVELOPMENT

Last year Reverend Michelle and I shared an idea to do a photo illustration project. The photos and names of our UUCA ministry groups would be put up on the glass wall between the Emerson room and the lobby. This would provide us all with a visual representation of who was representing each ministry of UUCA, and how they are connected throughout our beloved community. That idea never gained enough momentum to be executed. People's roles kept changing as we transitioned to Policy Governance, including our very relationship as I moved from Board Chair to Director of Faith Development, and Rev. Michelle more fully into her role as our settled minister.

I wonder about how this glass wall dream will end up coming to fruition on computer screens throughout this month, in essence being more intimate than photos and names on a glass wall. As we move through this new and strange time, heed the advise to slow down. Engage when there are connections to be grasped. Make a grateful list and share it with you friends. Share it on our Facebook page. Share it in your Village. More to come. . . Angela Warren

## BOARD NOTES

Dear UU Amherst members and friends,

The world has changed completely since I last wrote to you. The Board has tried to continue its work through this upheaval – we had a virtual meeting to continue development of our policy manual, and Rev. Michelle has continued efforts to make our entrance lobby a more welcoming place for new visitors – but our work to identify an architect to lead our facilities development, as well as our plans for replacing the sign at our entrance, have taken a back seat to the more urgent issues that face us.



We had to rapidly adjust to the evolving situation with the COVID-19 pandemic, first with a declaration to prohibit at-risk members from attending services, followed just the next day with a complete closing of the building to any sizable gathering. We've had to learn quickly how to stream services online. This has presented first, a technical challenge which has been taken up by Scott Harrigan, Les Buhite, and Chris Barry, and second, a ministerial challenge, which has been remarkably well met by Rev. Michelle and Faith Development Director Angela Warren (I hope you've been able to get online to see for yourself). I was pleased that we got our first virtual service out to everyone on YouTube live on short notice without any major glitches, with Rev. Michelle providing a calming presence and a meaningful message. I was impressed with how the process and presentation improved even further with the added week we had to climb the learning curve (still, those who listened in might now understand why I normally stay perched behind my computer when I can). I think we can look forward to other interesting and creative variations on the Sunday service as we continue to get accustomed to this new environment for staying connected. In this sense, our current situation is an opportunity of sorts, and we may find that some of the ways and tools that we adopt now by necessity will be kept as we move ahead, once our current plight is in the past.

The Board continues to stay on top of developments. We now meet weekly (virtually, of course) to check in and make sure we're responding to new situations in a timely way. It is canvas season, and our efforts to support UU Amherst into the future are continuing, thanks largely to the Finance Committee led by Karen and John Thompson. It is a worrying time though in this respect, for several reasons. We hope the membership can continue its financial support, and that those who have the means can increase further to help us weather the storm. The Board is looking at new mechanisms to enable giving (e.g., in lieu of passing the plate).

We're very pleased that the Little Free Pantry has continued to remain in operation, at this time when it is particularly needed. Yet, as our physical isolation stretches into weeks and perhaps months, we increasingly realize that people need more than food and shelter to stay well. We're social animals, and we need each other for emotional and spiritual support. At times like these we find that essential work is also the work that makes these connections possible. Fortunately, we have the internet to provide a technical solution to ensure that physical distancing isn't necessarily social distancing. But we also rely on longstanding institutions to create and sustain these bonds. The UU Church of Amherst, of course, is one such institution, and clearly it is one that you count on — now more than ever — to sustain your social connections. Your Board is committed to ensuring that UU Amherst is always here for you, one way or another.

Stay well. It may take a while, but I look forward to seeing you again in coffee hour.

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

## IT TAKES A VILLAGE

Many of you may be wondering how UUAmherst members and friends can stay connected through this crisis, in addition to tuning in to online Worship on Sundays.

At this writing, the UUCA staff, Connections and Caring Teams are hard at work creating 'virtual villages' that connect members and friends of UU Amherst according to geographic proximity as well as already established personal connections. The plan is to create virtual villages of approximately 10-15 people each, with a designated point person. Each village will be encouraged to create a web of connectivity - maybe through an email list or phone tree, a Facebook group, Zoom sessions, or texting formats such as Yammer, or any combination of these platforms. The idea is to find ways to interact, even when we must practice physical distancing from one another. It is one of the tenets of Unitarian Universalism that each individual is beloved and worthy of care and belonging - and these virtual villages will help us practice this affirmation. When life resumes some sense of normalcy, the villages will continue as networks of support, ride-sharing, etc. Stay tuned!

## A PROJECT TO CELEBRATE COMMUNITY

UU Amherst young adult, Chelsea Warren is preparing to graduate from Erie Community College with a degree in Art, and her final project NEEDS YOUR PARTICIPATION!

The 'big idea' of Chelsea's project is to express her point of view as an artist, what she wants to bring to the world through art, and how art therapy can be a tool to better the community at large. It was while she was at church and coloring with a friend that the big idea began to take shape: *a community-created mandala that would express just what being part of our church community means to us, as individuals, and then to create a piece of art that would express that.* For any who took part in the year-long process of creating the woven rainbow tapestry at the back of the chapel, you already know how to do this.

The big question: HOW DOES BEING PART OF UUAMHERST MAKE YOU FEEL?

Here's how you can help in the creation of a Community Mandala:

Option 1: Cut out words and images from magazines and mail them.

Option 2: Send an email with words that describe how being part of UUAmherst makes you feel.

Option 3: Create a mini-mandala that creatively expresses how being part of UUAmherst makes you feel.

(Bonus points for using tissue paper and markers) Mail that.

Option 4: Do Option 3, only digitally, and email it.

Option 5: What color or symbol comes to mind when you think about our church community? Email or mail descriptions or samples.

Option 6: Do any combination of the above!

**Mail to:** UU Church of Amherst, Attn: Art Project, 6320 Main St., Williamsville, NY 14225

**Email to:** [dfd@uuamherst.org](mailto:dfd@uuamherst.org) (use this email for questions, also)

Chelsea needs all materials **by April 20** so she can create a mandala from all of the submissions. The final artwork will find a home at church so we can all benefit from the love and creativity it exemplifies.

Let's use this time of physical distancing to be creative and support one of our young adults in reaching her goals and living her dream of inviting others into creative reflection through art therapy!





## AMHERST LITTLE FREE PANTRY UPDATE

**PLEASE NOTE:** Due to social-distancing and self-isolation by volunteers, the Pantry stocking may not be occurring on a regular basis. Maria, the Board, and office staff are working together to replace essential food items and keep the Pantry stocked. Because stores may be out of stock or limit the purchase of some items, the Pantry provisions may also be limited for the time being, Monetary donations are always welcome. If sending a check, please be sure to note “Pantry” on the memo line. You can also donate through the Egiving link on the UU Amherst website. Again, be sure to indicate the donation should go to the Pantry.

Donations of basics are a priority: cereal, tuna, canned fruit and fruit cups, canned or boxed soup, juice/milk drink boxes, pasta (including lasagna), pasta sauce. Non-perishables only and no glass.

For questions or comments please contact Maria Ceraulo. at [amherstlittlefreepantry@uuamherst.org](mailto:amherstlittlefreepantry@uuamherst.org).

Like us on Facebook: [amherstlittlefreepantry](#)

## NEW PROCEDURES FOR EVENTS & FUNDRAISERS

Do you have an idea for an event or a fundraiser? We are developing a process for selecting events that support our mission, keep the calendar streamlined, and honor the worth and dignity of volunteers! Simply fill out a short proposal (paper copies in lobby or do online) and submit it to the Ministry Council for review (they meet the second Wednesday of each month). The Council will consider how the event/fundraiser fits into the overall scope of church life and/or community outreach. They may ask questions and request that you attend a meeting and provide more details. This system is in place to be helpful and to channel your creativity into successful events. The Ministry Council is tasked with keeping the ‘big picture’ in mind and discerning how various events fit into that picture and help UU Amherst live into our mission.

Forms may be submitted online (see our website) and hard copy proposals should be submitted to Rev. Michelle to bring to the Ministry Council. Proposals must be approved by the Ministry Council before they can be added to the church calendar.

### 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 a visit. When in doubt, call!



## U.U.-U.N. NEWS

### 23 January 2020

According to the U.N. Charter, the primary purpose of the U.N. is to eliminate the scourge of war and promote human rights—in a word, the maintenance of international peace and security. However, the U.N. at present does not have the power to maintain world peace. That is because the U.N. does not possess its own effective system of collective security to keep the peace, thereby allowing for universal and complete disarmament under U.N. auspices. The world spends over a trillion dollars a year on armaments. The United States of America spends at least 700 billion dollars per year on such instruments of death and destruction. Other U.N. Member States are not blameless either. The human family needs a change of heart and needs to convert its swords into ploughshares under U.N. auspices; otherwise, the future of humanity is bleak, indeed.

During January 2020, U.N. Secretary-General António Guterres addressed the 193 Members of the U.N. General Assembly on this matter. In his first address of the new year to the U.N. General Assembly, he called for action to address threats to world peace in the world's hotspots, action to promote sustainable development and action to protect the Earth. "We are capable of global citizenship and all U.N. Member States must also do their part to empower the U.N. itself." The U.N. should not have to plead with its 193 U.N. Member States to support its main purpose: the maintenance of international peace and security.

U.N. Secretary-General Guterres deplored the continuing violence in Syria, the Congo, Iraq, Afghanistan, Palestine, etc. "The international community must also focus greater attention on the interrelated threats of organized crime, terrorism, piracy, extremism, and trafficking in drugs, people and arms," he said. This includes continuing to strive towards achieving a nuclear-weapons-free world. U.N. Secretary-General António Guterres also emphasized the need to make progress towards achieving the U.N.'s Sustainable Development Goals (SDGs) and the U.N.'s Agenda 2030.

U.N. Secretary-General António Guterres also warned all 193 U.N. Member States against succumbing to the myth that sustainable development is incompatible with robust action to control climate change and global warming. "Evidence shows that the goals of eradicating poverty, promoting inclusive growth and keeping global temperature increases below two degrees Celsius, are mutually reinforcing," U. N. Secretary-General António Guterres argued. A legally binding climate change treaty (the Paris Agreement on Climate Change) has been adopted by the international community and should be implemented as soon as possible.

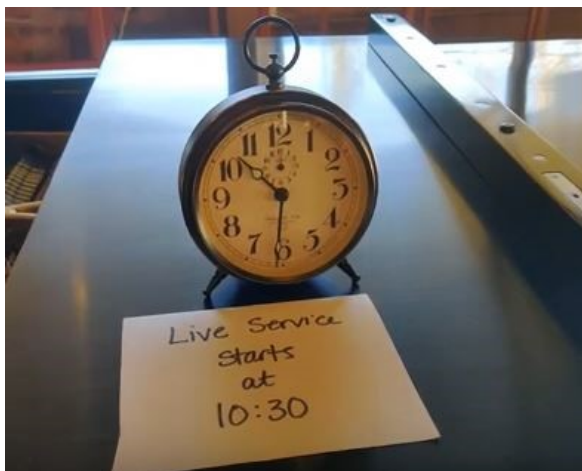
Humanity's major problems—world peace, universal disarmament, sustainable development, global warming, war, terrorism, militarism, poverty, natural disasters, diseases and human rights violations, etc. are interrelated and need an effective U.N. to solve them. Unfortunately, these are the actual problems of our troubled, interdependent world and they have not yet been solved. There is no time to lose. The human family needs to get its house in order or perish. This sad situation may not be pleasant to contemplate, but it is the truth. What human beings have created, human beings can change.

David Slive, U.N. Envoy

## UU AMHERST CALENDAR

Until further notice, all UU Amherst meetings, activities, and programs hosted by outside groups are cancelled.

We will continue to send out a What's Up Wednesday Enewsletter to keep you updated. If you are currently not receiving the Enews, email [administrator@uuamherst.org](mailto:administrator@uuamherst.org), and we'll add your email address to the list.



Sunday services are now being livestreamed at 10:30 am on YouTube Live. A link to the livestream is sent to all church members who receive the All Church email on Sunday morning. You can also find a link to the live service on our Facebook page at [Facebook.com/Unitarian Universalist Church of Amherst](https://www.facebook.com/UnitarianUniversalistChurchofAmherst). Past services are available on our YouTube channel. Click the **SUNDAY SERVICE LIVE 10:30** button in the upper right corner of the UU Amherst website at [uuamherst.org](http://uuamherst.org).

### MINISTER'S OFFICE HOURS

May change through April

Tuesday-Thursday

Fridays, sermon writing @home

Monday: Rev. Michelle's day off

### HAVE AN ANNOUNCEMENT?

Email: [administrator@uuamherst.org](mailto: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: (subject to change)

Tuesday through Friday—9am to 2pm



### UU AMHERST RUMMAGE SALE TO BE RESCHEDULED

The Rummage Sale Committee is working on a new date. Watch for information about the new date in regular church communications. If you have questions about bringing items to the church for storage, contact Jerry Kent.

### Tips for Coping With Staying At Home

#### Home Grocery Delivery

Wegmans, Tops, Aldi's, BJ's and Whole Foods (free with Prime) all offer online grocery shopping with home delivery. (Wegmans, Tops and Dash's also offer online ordering with curbside pickup). Not all grocery items in the store are available and may cost slightly more. Delivery charges may apply. Walgreens currently offers online ordering with free home delivery and no minimum. Delivery for some stores used to be in a few hours but currently is a few days. You select a delivery time and day and you must be home to receive it.

#### Home Prescriptions Home Delivery

Additionally, Wegmans delivers qualifying prescriptions through US Mail. Walgreens and Rite Aid stores will home deliver qualifying prescriptions only.

I've personally used some of these services so contact me if you have questions and I may be able to help.

#### Internet Connection

Online ordering requires a home internet connection. Spectrum currently has a reduced rate plan of \$19.95/month in certain targeted areas.

#### Cell Phone

Verizon Wireless and some other wireless carriers have discounts if you are 55 years old plus.

Submitted by Maria Ceraulo  
465-9695  
[mceraulo@aol.com](mailto:mceraulo@aol.com)



**UU AMHERST**

UNITARIAN UNIVERSALIST  
CHURCH OF AMHERST

*Fostering Justice and Compassion*

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