



*To challenge ourselves and the community to foster more compassion and justice in the world.*

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Summer Reduced Office Hours

## SUNDAY SERVICES IN AUGUST AT 10:30am

**6** *Words to Live By*  
Marlana Rice  
Raised without a Bible, what does an atheist use for her moral grounding?

**13** *Summer Reading*  
Rev. Michelle Buhite  
I will admit to having a “fiction addiction” – and this summer I indulged my passion for apocalyptic/dystopian speculative fiction. Come and hear the spiritual truths I discovered in my summer reading. **Want a hint?** “God is change... The universe is God’s self-portrait.” (Octavia Butler)

**20** *Summer Learning*  
Rev. Michelle Buhite  
The “theme talk” at Summer Institute this year was about Nonviolent Communication, a phrase coined by Marshall B. Rosenberg, Ph.D. Come and learn how we can transform ourselves and our community by developing compassionate communication habits. **Want a hint?** Check out this link from Marshall Rosenberg: <https://www.youtube.com/watch?v=DgaeHelL39Y>

**27** *Touchstone: Covenant*  
Rev. Michelle Buhite  
A “touchstone” is defined as a criterion against which something is recognized. In this interactive service, we will explore the uniquely covenantal aspect of our faith. **Want a hint?** “Church is where we practice becoming more human. The ground of our being together is our covenant.” (James Luther Adams)

# MINISTER'S CORNER



Hello Friends!

I am so excited about the coming church year with you! We've done a lot of hard work over the past two years, and have laid the foundation for fully stepping into our mission and claiming a joyful, creative, and abundant future for UUCA. Having a couple of weeks away during the month of July has helped to recharge my batteries and focus on finding the tools that will facilitate our growth together. Change is in the air! Expect the unexpected! This is the year where we put the puzzle pieces together and begin to see the big picture... and it's fabulous!

I look forward to seeing you throughout the month of August! Meanwhile... enjoy the slower pace of summer and find ways to restore your soul.

With care,  
Rev. Michelle

## UUCA 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.*



Memorial Service for Dick Kromer  
Wednesday, August 9th at 11am



**VOLUNTEERS**  
Say YES to our Kids!

Faith Development Orientation Day  
Saturday, August 26th



**Water Ingathering Service at UUCA**  
Sunday, September 10th, 2017 at 10:30am

Check out our website and events calendar at  
[www.uuamherst.org](http://www.uuamherst.org)



## Faith Development News

**Karen LoBracco, Interim Director of Faith Development**

### **The Nursery Reopens**

After a July recess, Nursery care returns with our professional caregiver Beverly Prible. The Nursery (located in the Daycare Center wing) opens at 10:15am to allow parents time to get their little ones settled before the worship service begins.

Thanks to all our Nursery Assistants who volunteer to play with our little ones, and Anne Hibbert who schedules them!

### **Craft and Theater Program for Children and Youth**

Free time doing nothing is great but after a while it feels good to connect with friends (new and old), especially when something new and different is happening at church on Sunday mornings! **August 13, 20 and 27** will feature crafts, art (sometimes messy) and trying our hand at improvisational theater which will be featured in the September 10 Ingathering service. The program will be led by Interim Director of Faith Development Karen LoBracco, with input by all the participants – children and youth going into Kindergarten through 12<sup>th</sup> grade plus adult helpers. The fun takes place in (or at least starts from) the air-conditioned Emerson Room after participants begin in the worship service. A couple more adult volunteers would be appreciated, especially someone able to lead a duct-tape project.

### **Faith Development Volunteer Orientation, Pep Rally and Team Meetings**

Mark your calendars for **Saturday, August 26** (tentatively 10am – 2pm) for the annual gathering of Faith Development volunteers. During this important gathering we will share information which is mandatory for all volunteers, learn about the ways volunteers are supported, get to know the other members of our teaching teams, plan ahead for the fall and get excited about this ministry! For more information about becoming involved, contact Karen LoBracco [dfd@uuamherst.org](mailto:dfd@uuamherst.org) in August.

### **Our Whole Lives for 7<sup>th</sup>-9<sup>th</sup> Grade youth**

Beginning in September UUCA is once again offering this award winning sexuality education program to all interested UU youth, as well their friends and neighbors and members of other liberal faith traditions. The mandatory parent meeting will be held at Noon on September 17. Sessions will take place on Sunday mornings before the worship service. For more information, contact Interim Director of Faith Development Karen LoBracco, or OWL Coordinator Sharlynn Daun-Barnett.



Hazardous waste drop off day will be 9am-2pm on Sat Aug 5 at ECC North. Pesticides, fertilizers, pool/household chemicals/cleaners, oil-based paints, spray cans, thinners, strippers/solvents and batteries. –NO-- latex paint, electronics, drugs, fluorescent bulbs or commercial waste.

<http://www2.erie.gov/exec/index.php?q=press/erie-county-announces-household-hazardous-waste-dropoff-dates-0>

## JUCA Office News

- Thank you to the Office Volunteers helping out in July during staff vacations. Jackie Babka, JoAnn Shafer, Bunny Malone, Carolyn Evans, Joan Sillman, Pat Burke, and Marge Marcille kept everything running smoothly.
- Office hours are reduced in August-please allow more time when sending in requests. September newsletter items will be due August 17th.
- Photo Directories have arrived. If you need a directory, please pick one up from the office. Missed getting a photo? Don't like your photo? Don't worry! A photo update day is scheduled for next year on *Monday, March 12, 2018*. Mark the date on your calendars now!
- Remember to please mark all pledge checks sent into the office by writing the year in the memo line. Our new fiscal year started July 1st so current pledges should be for '2017-2018'. Contact Donna (634-3010 x103) if you have questions related to your pledge or outstanding balance from last fiscal year.

### **GREEN TIPS** from the Green Sanctuary Committee :

Bob Schildgen's (Sierra Club's Mr. Green) tips to cut fuel consumption

**Drive sensibly:** Chill out, don't stew about environmentalists or vent your road rage with jackrabbit starts, jamming on the brakes, changing speeds, etc. Aggressive and stupid driving can reduce fuel efficiency by anywhere from 5 percent to 33 percent.

**2. Slow down:** You can waste 30 percent or more of your fuel by speeding. For every 5 miles an hour you drive over 55, you use 6 percent more fuel.

**3. Keep your cargo off the roof,** if possible: Wind resistance can squander from 6 to 17 percent of your fuel on the highway.

**4. Don't idle excessively:** Don't leave the engine running when you pop into your favorite fast food joint. A minute of idling can cost 1–3 cents, depending on the type of engine. You get zero mpg when idling.

**5. Keep tires inflated:** You can save up to 3 percent on fuel by keeping tires inflated to the recommended level.

**6. Reduce air conditioning:** You can waste up to 15 percent of your fuel by using the air conditioner. Although driving with windows open creates wind resistance and therefore reduces efficiency, the loss is considerably less than the loss from air conditioning. I once advised rolling up the windows when going over 45 mph. I hereby stand corrected.

**7. Shed weight:** You can waste 1 to 2 percent of fuel for every 100 extra pounds you carry. This includes human cargo. See my timely blog, "[Does Obesity Waste Fuel?](#)" which cites a study indicating that moving overweight Americans in cars requires a billion more gallons of fuel per year than if we all weighed what health professionals recommend.

**8. Use cruise control *except*** on steep hills, in heavy traffic, on roads that are winding or have sharp bends, or are slippery from rain, ice or snow.

If you want to go way, way deeper into saving gas, delve into "[109 tips for Hypermiling.](#)" But beware, because some of this advice might lead to family squabbles, like "Let the most efficient driver drive," or sound way too eco-trippy: "Drive like you ride a bike," or be *downright dangerous*, like driving barefoot, coasting in neutral, turning off the engine to coast, or pushing your car instead of starting the engine when you're only moving a short distance.



## Adult Faith Development

Adult Faith Development will restart full swing in September. We would like your feedback on the Ted Talks and Spiritual Cinema programs and would like any other ideas that you have for Adult Faith Development. Contact Diane Bofinger Rev. Michelle ([minister@uuamherst.org](mailto:minister@uuamherst.org)), or Karen LoBracco ([dfd@uuamherst.org](mailto:dfd@uuamherst.org)).

**Every Tuesday in Summer: Women's Afternoon Study Group, Current Events Discussion and Women's Lunch** will continue to be combined into a common lunch at 12:30 p.m. in the Emerson Room on July 25th, August 1, 8, 15, 22 and 29th. We will resume programming on September 5th. See you in the Emerson Room in July and August for a fun lunch together. Our lunches so far in June and July have been very relaxing and enjoyable. Let's continue in August! See you there! ~Marge Marcille

**Tuesday Night Book Club** will meet July 25th, August 8th and August 22nd at 7:30pm in the Living Room. We are exploring humanist and atheist topics. We will be starting a new book soon. Contact Chris Barry with questions.

### Dominoes Club

The Dominos group will not be meeting again until the fall. We plan to resume again in September. Have a wonderful summer! Contact Eileen McCallister

### ROMEOS Men's lunch

Thursday, August 3rd at noon—all men are invited to meet at Buffalo Brew pub for lunch and conversation. Come relax with friends and good food. No agenda—all topics considered! Contact Bob Wack.

### COCKTAILS & CONVERSATION

Will take a break for the summer and may try to restart in the Fall.

I would like to thank all the people who sent me condolences regarding my sister Barbara's passing.

~Pat Burke

## This Month's Featured Volunteer Service: Ushering!



Looking for a way to give service to the Church? Consider becoming a Sunday usher! Ushers are friendly, responsible folks who welcome people on Sunday mornings, handle the collection, and assist the minister as needed.

No experience necessary. Must be at least 18 years old. Contact Elaine Cusker for more information or to express



Unitarian Universalist Church of Amherst  
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# AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

<p><b>Preaching by Parishioners</b></p> <p>10:30am - Church Service            7:30pm - AA (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>6pm - AA (LR)            7pm - Menkind Project (Reeb)            7:30pm - ACOA (LR)            7:30pm - Buffalo Recorder</p>	<p><b>Reduced Office Hours</b></p> <p>10am - ACOA(LR)            12:15pm - AA (LR, FD wing)            12:30pm - Current Events Lunch            6pm - Blue Mtn, Potluck (LR)            7pm - Blue Mtn. (Reeb)            7pm - Board of Trustees Meeting            7pm - Membership (En)            7:30pm - Tuesday Night Book (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>11am - Memorial Service for Dick (Koffer)(En)            12:15pm - AA (LR, FD Wing)            3:30pm - Voice Lessons (Choir)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)</p>	<p><b>Reduced Office Hours</b></p> <p>7:30pm - SOS (Reeb)</p>	<p>6pm - Buffalo Belles (LR)</p>
<p><b>Children's Chapel Summer</b></p> <p>10:30am - Church Service            7:30pm - AA (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>6pm - AA (LR)            7:15pm - Finance Committee (En)            7:30pm - ACOA (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>10am - ACOA(LR)            12:15pm - AA (LR, FD wing)            12:30pm - Current Events Lunch            6pm - Blue Mtn, Potluck (LR)            7pm - Blue Mtn. (Reeb)</p>	<p><b>Deadline for Newsletter</b></p> <p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)            3:30pm - Voice Lessons (Choir)            7pm - Social Justice (DR)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)</p>	<p><b>Reduced Office Hours</b></p> <p>7:30pm - SOS (Reeb)</p>	
<p><b>Children's Chapel Summer</b></p> <p>10:30am - Church Service            12pm - FD Committee Meeting            7:30pm - AA (LR) (En)</p>	<p><b>Reduced Office Hours</b></p> <p>6pm - AA (LR)            7pm - Menkind Project (Reeb)            7:30pm - ACOA (LR)            7:30pm - Buffalo Recorder (Case)</p>	<p><b>Reduced Office Hours</b></p> <p>10am - ACOA(LR)            12:15pm - AA (LR, FD wing)            12:30pm - Current Events Lunch            6pm - Blue Mtn, Potluck (LR)            7pm - Blue Mtn. (Reeb)            7:30pm - Tuesday Night Book (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)            3:30pm - Voice Lessons (Choir)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)</p>	<p><b>Reduced Office Hours</b></p> <p>7:30pm - SOS (Reeb)</p>	<p>10am - Volunteer Orientation for FD (En/ FD wing)</p>
<p><b>**Summer FD Cleaning Day</b></p> <p>10:30am - Church Service            7:30pm - AA (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>6pm - AA (LR)            7:30pm - ACOA (LR)</p>	<p><b>Reduced Office Hours</b></p> <p>10am - ACOA(LR)            12:15pm - AA (LR, FD wing)            12:30pm - Current Events Lunch            6pm - Blue Mtn, Potluck (LR)            7pm - Blue Mtn. (Reeb)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)            3:30pm - Voice Lessons (Choir)            7pm - Snowbirds (En)</p>	<p><b>Reduced Office Hours</b></p> <p>12:15pm - AA (LR, FD Wing)</p>		<p>AA = Alcohol Anonymous            ACOA = Adult Children of Alcoholics            AE = Auction Event            BU = Thomas Buffrich            CH = Chapel            DR = Dining Room            EM = Emerson Room            FD = FD/EE Wing            LR = Living Room            REB = Reeb Room            SOS = Non-religious society group</p>





## BOARD NOTES:

Fellow Members and Friends—  
We have one more month before we need to think in earnest about the new school year and the new church year starting up. Try to enjoy these warm summer

days.

The Trustees are using this in-between time to plan for the coming year and consider some big ideas, such as reshaping our governance structures. Beyond reframing the council system, we are taking a look at the deeper structure of how we are used to ‘doing church.’ Does the traditional church structure still suit us—and those who are just waiting to discover Unitarian Universalism? In the 63 years since the UUCA was founded, our lives have changed significantly, while church in many ways has tried to stay the same. How can the concept of church fit into our modern lives and nourish us, while at the same time fostering more compassion and justice in the world?

On a more mundane level, you may be sad to find out that the mighty oak in our parking lot was recently cut down. Unfortunately, the



tree had become a safety issue and, once we realized this, we had no other choice but to remove it. The trunk was decaying, there was extensive damage to the canopy, and it was losing limbs. Many

thanks to Angela Warren for her expertise, and thank you to everyone willing to help out.

As we look ahead to the Fall, we are realizing that the **Fall Fantasy Auction** is in need of a chair (or co-chairs). Please let me know if you are interested in planning this fun event. Another major fundraising event, the **Spaghetti Dinner** in September, which in the past was organized by Ivy Yapelli, was derailed by Ivy’s serious motorcycle accident and will likely be

cancelled/postponed. There’s an adage that states that 20% of the people in an organization do 80% of the work. That might be true, but it doesn’t have to be! If you are looking for a way to contribute, talk to me or any of the trustees and we will be happy to help you find a way you can make a difference here.

I wish you all a pleasant remainder of summer. I will be visiting my parents in Germany and will return by the middle of August. I will see you in church then. :)

~ Hella Jacob, Chair, on behalf of the UUCA Board of Trustees (Gemma Lanthier, Angela Warren, Anne Hibbert, Carolyn Evans, Mark Hitchcock, Steve Kemp, Randy Kent, and David Kofke)



## Amherst Little Free Food Pantry Update

A few items have been decided in July regarding the pantry. The church will in future only be collecting food for our Little Free Pantry. We will no longer collect items for the WNY Food pantry in the box behind the screens in the foyer. The Social Justice committee would like to thank Jack Howell for his many years of service taking food to the WNY food pantry. For now, all food item donations can be left in the Little Free Pantry food box in the first coat room.

For more information or to express interest in our food pantry, please contact Maria Ceraulo

## UUCA GET COOKIN'!

With Christine Boczarska & Faith Pham  
Caring For One Another Committee

### CREPES (Nalesniki, in Polish) by James Beard

7/8 cup flour  
3 eggs  
2 tablespoons melted butter  
2 tablespoons cognac  
1/4 teaspoon salt  
About 1 1/2 cups milk

These are unsweetened. For sweet ones, add 1 tablespoon of sugar and 1 teaspoon of vanilla.



Stir dry ingredients together and add eggs one at a time, mixing well until there are no lumps (a mixer at low speed is excellent). Add flavorings and melted butter. Gradually stir in milk and mix until the batter is the consistency of light cream. Let batter rest an hour or two before baking.

To bake, heat a 6 inch crepe pan (a ceramic pan is ideal) well and butter it. Pour in about 1 1/2 tablespoons of the batter, and tip the pan so it covers the entire surface. Pour any excess batter back in the bowl. On the stovetop, cook crepe until it shakes loose from the bottom of the pan. Turn with fingers or a spatula and brown lightly on reverse side. Crepes may be kept for several days in the refrigerator or for a month in the freezer.

Fill the crepes with cooked seasoned meat, savory vegetables, cheese such as ricotta, fruit either cooked or fresh, sour cream, chocolate sauce, anything you desire. Put filling in a line in the middle, fold over the two sides, place the seam side down and serve. Drizzle on sweet or savory sauces and serve with a fresh green salad. Enjoy!

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### Making it Vegan, Vegetarian, Gluten- and/or Dairy Free. (Eveline Hartz)

Oh my, the crepes above sound positively delicious!

The "Allergy Self-help Cookbook" by Marjorie Hurt Jones is my favorite go-to book for substitutions. One of the recipes I particularly like is the Quick Skillet Bread. After the crepe/bread is cooked I top it with seasonal fruit, roll it up (occasionally add whipped cream) and serve.

### Quick Skillet Bread

*Resembling a large crepe, this is the easiest bread you'll ever make. There's no rolling, patting, or cutting. And with so many flours to choose from, you'll be able to eat it no matter what your allergies may be.*

2/3 c water  
1/2 c chickpea flour (or oat flour, buckwheat flour, amaranth flour, or 1/3 c brown rice flour.)  
1/4 - 1/2 tsp salt  
2 tsp olive oil

In a bowl, combine the water, flour and salt. The batter will be very thin.

Heat a 12" nonstick skillet over medium high heat until a drop of water dances on the surface. Add 1 tsp of the oil and swirl the pan to distribute.

Stir the flour mixture and pour into skillet. Cover, and cook for 2 minutes.

Drizzle with the remaining oil and spread over the surface. Cook uncovered, for 5 minutes.

When the bread appears dry around the edges, loosen it with a spatula. Flip over, and reduce the heat to medium-low. Cook, uncovered, for 5 more minutes. Serve immediately.

**Makes 2 servings**

(To make 1 serving, divide ingredients in half and cook batter in a 10" skillet)



## Faith Community Nurse Corner

Eveline Hartz, RN

### **Faith Community Nurse (FCN) Corner - Eveline Hartz, RN, FCN**

A great big thank you to those of you who responded to our ride requests! There is still opportunity to volunteer. Carol Joyce will have a sign up sheet at the front desk. We are asking just one ride per person per year - which will guarantee the possibility of 2 rides per week to church & church events for folk unable to drive if everyone signs up.

#### **Water**



Most of us are aware of the importance of drinking enough water. Getting our daily dose of water helps our organs perform their functions, keeps our skin clear and hydrated, and allows physical action in our bodies to flow smoothly. Even with this knowledge, it can still be challenging to drink all the water our bodies deserve daily. In the summer, when we can become dehydrated very quickly due to sweat and prolonged time in the sun, drinking plenty of water is critical. Those who are not drinking enough may experience poor digestion, sluggish thinking, skin breakouts, headaches, bad breath and general fatigue.

To start your day right, set a large glass of water by your bed each night and drink it when you wake up. Drinking water first thing in the morning pulls out toxins from the previous day and freshens your system for the day ahead. Keep a bottle of water accessible throughout the day, whether you are on the go or at a desk. Having a bottle of water close by will remind you to take a sip when thirsty. The first sip will usually let you know how much more water you need. A sip or two may be enough, or you may need a big glass. If you drink most of your daily water before early evening, you most likely will not be thirsty before bed. This is good, because drinking before bed and then waking to use the bathroom disturbs your peaceful night's sleep. Keep in mind, sometimes hunger is actually thirst and a cry for water.

What about quality? The key is to like the taste of the water you are drinking, and the water should agree with your body. If the taste of plain water is unappealing, experiment to see how you can make it tasty and drinkable. Try adding a few mint leaves, a wedge of lemon, a sprig of parsley, slices of cucumber, a twist of lime or a squeeze of orange to make water more tempting, or to jazz up your routine. Also, drinking tea or juice and eating raw fruits and vegetables contribute to the hydration process. So, splash in the waves, swim in the sun, drink plenty of water and enjoy the summer fun!

Peace & Joy,  
Eveline

*“Water, air, and cleanness are the chief articles in my pharmacy.”  
~Napoleon Bonaparte*



"Summertime and the living is easy." Not so with VOICE-Buffalo.

Whitney Walker is our new organizer. She is a representative from VOICE along with Pastor Giles, Emma Fabian from Evergreen, Stephanie Lao, from Catholic Charities Care Coordinator Services, and Jason Flores from the US Department of Justice WNY. This group visited Albany to understand the nuts and bolts of **LEAD, Law Enforcement Assisted Diversion**. Albany chose this system because they decided people shouldn't be arrested for being addicted, mentally ill or poor. Officers implement diversion based on their discretion. Diversion has shown that 57% are less likely to commit crime. Recidivism is low. There are many parts to this program and Albany is willing to come to Buffalo to explain the program to our Police and Justice system and how it works. The next step is to do what VOICE usually does and that is to work with our partners and use our influence as we have done in the past. We welcome our members to work on this important project. See Pat Burke or Margot Shoemaker if you want to join us in this action.

**Voter Uprising 2017:** Please join VOICE Buffalo and NOAH for a **FREE civic engagement training on Saturday, August 12 from 9am-3pm at Westminster Presbyterian Church**. (724 Delaware Ave.) RSVP on Facebook at <https://www.facebook.com/events/335171056927031/> Learn how you can effect meaningful political change in your community and beyond! Lunch will be provided. While we hope you can join us for the full day, we encourage you to come for whatever timeframe you are available.

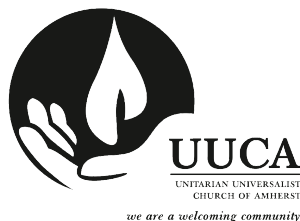
Effective organizing begins with knowledge of how the political system works, who holds what authority, and how to build people power to ensure that our elected officials serve the community's interests. More details at <http://www.voice-buffalo.org/>

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OMDSI Summer Institute is over! But as they say on their website ([omdsi.org](http://omdsi.org)), there are only 300 some days left until next year!



See the 2017 slideshow from 2017 summer institute at <http://omdsi.org/media/video/2017-slideshow/>



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