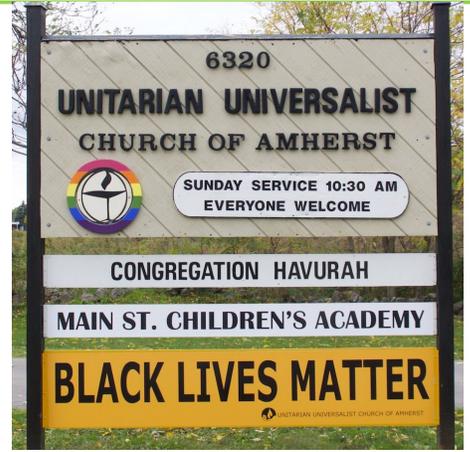


Issue

August 2018

# The Foreword

The Newsletter of the  
**Unitarian Universalist Church of Amherst**  
6320 Main Street, Williamsville, NY 14221  
**634-3010** (x101 for office)  
Summer office hours limited.



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

## Our Staff:

### Minister

Rev. Michelle Buhite  
Office.....x102  
minister@uuamherst.org

### Ministerial Intern

Kristina Church  
Office.....x105

### Interim Director of Faith Development

Karen LoBracco  
x104  
dfd@uuamherst.org

### Director of Faith Development

Zöe Bell-Schwede  
Office.....x104  
dfd@uuamherst.org

### Music Director

Fran  
Landis.....fland88@aol.com

### Caretaker

Chris Barry.....

### Finance Clerk

Camilla Lee.....x103

### Office Administrator

Jaime Sheridan.....x101  
administrator@uuamherst.org

### Minister Emerita

Rev. Maureen Q. Thitchener

## SUNDAY SERVICES IN AUGUST AT 10:30am

Throughout this month we will focus on Spiritual Paths & Practices. Unitarian Universalism draws from six Sources to inform and deepen our faith, including individual experiences of awe and wonder, as well as the world's religions with Eastern, Western, and Earth-Centered traditions. We will begin this church year with a bit of personal exploration and an invitation to find pathways to deepening. The entire Spiritual Paths & Practices series will be offered by Rev. Michelle Buhite.

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*To Whom It May Concern:  
A UU Prayer Life*

12

*Cycles & Circles:  
Learning Earth Ways*

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*The Heart of Enlightenment:  
Exploring Eastern Traditions*

26

*O Ye (and We) of Little Faith*

## 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.*

## MINISTER'S CORNER



This month begins our new relationship as congregation and settled minister. There will be a temptation, after three years of developmental ministry together to “put things back the way they were” – which of course means back to the way they were comfortable for long-timers before I came in and messed things up. Our focus needs to shift dramatically to prepare a place for a *new* generation. That does not mean that it will not still be a place for those of you already here. I am confident in our ability to walk and chew gum; to have a church that is welcoming for all ages and stages of life.

“Settled ministry” does not mean that we settle for a church that is almost welcoming; almost relevant. Settled ministry means that we settle-in for the long haul, deepening our relationship and rolling up our sleeves to do the work of bringing the life-saving and life-changing message of Unitarian Universalism to a world that desperately needs it. Settled ministry is shared ministry. Let’s get to work.

Bright blessings,  
Rev. Michelle

## Faith Development Celebration

**Sunday August 12**

**Help us create a magnificent day of appreciation**

**for our out-going and incoming**

**Faith Development Directors**



- ♥ **Send in your favorite Karen LoBracco story, event, memory or photo during her time as Interim Faith Director of Development**
- ♥ **Bring a sweet or savory "finger food" to share with its recipe card --this is a special request from Karen LoBracco**
- ♥ **Volunteer to help with set up, game supervision, photography, clean-up**

**Sign up or contact Karen Kuhn or Lauraine Marcus to volunteer or if you have any suggestions/questions**



## Faith Development News

**Karen LoBracco, Interim Director of Faith Development**  
(until August 15)

**Zöe Bell-Schwede, Director of Faith Development**



### Passing the Faith Development Baton

By Karen LoBracco, Interim Director of Faith Development

The first 2 weeks of August are a precious opportunity for Zöe Bell-Schwede and I to work together, assuring the orderly transition of responsibility and sharing of information. I am so excited about what she brings to UUCA - the energy and perspective of someone who grew up UU and came of age in the 21<sup>st</sup> Century! Most of our transitional work will take place in the Faith Development wing, but I do so hope you are able to attend the August 12 worship service where this transition will be ritually acknowledged. After the service is a party to celebrate the ending of one chapter and the beginning of another in the life of UUCA. See you there!

### How to Welcome Your New Staff Person Zöe Bell-Schwede

By Karen LoBracco, outgoing Interim Director of Faith Development

- Wear your nametag.
- Introduce yourself and share with her your UUCA story
- Offer to help her. During the June 10 Faith Development Sunday service I challenged each of you to try 3 new things this church year. This might be one of them! Even if this is not something you have done before, talk to Zöe about your interests and skills, and she can probably partner you up with an experienced volunteer. Her email is [dfd@uuamherst.org](mailto:dfd@uuamherst.org).
- Smile – it helps everyone feel welcomed!

### Welcome to FUNdays!

Summer is the time to kick back and have FUN! So before school doors open and our new church year gears up, join the FUN. The Faith Development office has lots of supplies, or bring your own. WHO is needed? Children and youth elementary through high school, plus adults who want to play. The multi-age FUNday programs begin after the Time For All Ages portion of the worship service.

**August 5 – A Walk in the Woods.** Resident conservationist and expert on UUCA’s “Back Woods” Roger Keeney along with Wendy Scott will explore the wonders in our “backyard”. Insect repellent recommended and family groups are welcomed.

**August 12 – Up, Up and Away.** Exploring what is permanent and what is transient in Faith Development at the UU Church of Amherst through BUBBLES. This session will be led by departing Interim Director Karen LoBracco and new Director of Faith Development Zöe Bell-Schwede.

**August 19 – Amazing Rocks.** Jeanine Moyer and Patty Scott are leaders of the FUN. Join them for an experience of turning everyday rocks into something amazing!

**August 26** Kimmy Martinez is looking for a partner or two. What would YOU like to do for FUN?

**September 2** Labor Day weekend and the last FUNday. Design your own FUN with Anne Gayley and friends.

### Chickens, Eggs and Why Your Presence Really Does Matter!

For many of us, January 1 marks the beginning of new resolutions and paths to health and wholeness. But for families with school age children, late summer/early fall is the time to start anew. For some it means new schools, adding or dropping activities, and exploring whether now might be the time to start attending a church. Frequently families “scout” out churches in the summer months, with an eye toward whether this is a place where their children can make friends. Will YOU and YOUR CHILDREN be there to meet and greet them? How about inviting a neighbor to participate in a FUNday with you? Many parents tell me their children want to come to a church with lots of other kids. That’s understandable. So bring your children and a few of their friends to UUCA in August and September. You never know who might need to see you that day!

**(More FD NEWS on Page 4!→**

## Introducing CROSSING PATHS

You spoke, and we listened! Middle and High School age youth talked about how the quality of their Sunday morning experience was so much better when more than a few youths were present. Parents wanted to have a schedule in advance and to know what their children were learning and how they could be supportive. Volunteer teachers and leaders wanted to have a structure and not to feel like they had to design activities. Many of you were willing to volunteer if it was not an all-consuming responsibility. With the transition of Faith Development leadership to Zöe Bell-Schwede, it seemed to the Faith Development Committee that now was the time to try something different.

*Crossing Paths* joins the long line of visit-based UU curriculum going back 70 years. *Church Across the Street* was published in 1947. More recently, we've seen *Neighboring Faiths* (1997) and *Building Bridges* (Tapestry of Faith). The Soul Matters version we will be adopting in September honors these previous curricula and adds its own unique components, including an emphasis on theological grounding, a distinct take on religious pluralism ("Many Mountains, Many Paths"), an abundance of experiential learning and a deep commitment to family-centered activities.

The faith traditions covered this church year include:

- Unitarian Universalism - September
- Protestant Christianity - October
- Judaism - November
- Catholicism - December
- Black Church Traditions - January
- Quakers – February
- Islam - March
- Hinduism – April and May

Interesting stuff, and yes you can get involved! We need a 2-3 adults to work as a team for the church year coordinating the monthly volunteers and committing to be present at least once a month. Our Director will be there supporting you.

Additionally, we need teams of 2-3 persons who “sponsor” a month. This is a great opportunity to share about a faith you grew up in or one that always interested you. We provide the lesson plans and you share 4 sessions with our incredible teens.

Learn more about the leadership roles on **Saturday, August 25 at the Volunteer Orientation and Training**, and by speaking to Jeanine Moyer, Faith Development Committee chair, Karen LoBracco or Zöe Bell-Schwede.

**Wish List** An unused item around your home could REALLY help the Faith Development Program prepare for the new *Crossing Paths* program. If you have any of these items – to give or to lend – please bring to the Faith Development or Church office:

- Binoculars – 1 or 2 pairs
- Carabiners
- Chimes or Singing Bowl
- Clothesline or Jumping rope – 15-20 feet long
- Thick Tug of War rope
- Objects from world religions – ex. Prayer beads, statues, figurines, worship objects, etc.
- Rubber ear (yes, really!)
- Bluetooth speakers



### **Spirit Play returns with New Stories and leaders**

We are excited that on August 11 Linda and Megan Groat will participate in “official” *Spirit Play* training in Pittsburgh, bringing back new stories and skills to this Montessori based program for our children in Elementary school. Spirit Play stories will be chosen to align with our monthly themes with a nod to the *Crossing Paths* “faith of the month”. Volunteers are welcome in the Doorkeeper position, welcoming children and assisting the Storytellers.

### **Nursery returns to Daycare space**

After meeting in the Atrium during July, the Nursery reopens August 5 in the space of the Main Street Children’s Academy. Hurrah – the little ones can make music and lots of noise again! If you can assist in the Nursery monthly or every other month, please speak to Anne Hibbert about being added to the schedule. An Orientation and review of procedures will be scheduled in the next month or so.



### **COMING SOON: LITTLE FREE FOOD PANTRY!**

**\*\*\*SAVE THE DATE: Sunday, September 30, Little Free Pantry Start up Event after services\*\*\*  
Social Justice 5th Sunday at UUCA**

The Little Free Pantry is a combined effort by UUCA and Congregation Havurah with financial assistance from the Network of Religious Communities (NRC).

It is a free food and simple toiletries pantry on church grounds for access by the community/ those in need. People take what they need and give what they can. The model follows the ‘Little Free Library’ concept.

Shelving on wheels for church donations is to be stored in first coat closet at front entrance. This can be wheeled to reception desk for church service. Then items will be stored in the side door closet until ready for outside pantry placement.

A wooden & environmentally friendly cabinet has been found and will be placed on the side porch entrance. The firewood that is there will be relocated.

Anyone interested in helping the project in August or early September should contact Maria Ceraulo. **The next committee meeting is August 5th at noon** in the Living Room.

The Little Free Pantry committee is still finalizing plans and welcomes input. We want a community food pantry that everyone can be proud of and support.

For more information on the Little Free Pantry please contact Maria Ceraulo



Have extra ink? The church office uses HP inks # 61, 63, 950 & 951 and will gladly take any of these numbers that you are not using. The office can recycle HP ink cartridges for you. HP inks and other brand ink cartridges can also be recycled at Office Depot & Staples stores.

## GREEN SANCTUARY CORNER

### **REEF SAFE**



Some of the ingredients in sunscreen can damage delicate coral reef systems, which in turn can affect the health of the oceans (around 6000 tons of sunscreen are estimated to wash into coral reefs each year). According to Consumer Reports magazine, Oxybenzone, a commonly used chemical sunscreen ingredient, contributes to coral bleaching, a condition that leaves coral vulnerable to infection and prevents it from getting the nutrients it needs to survive. The two highest-scoring oxybenzone-free sunscreens were Well at Walgreens Moisturing Lotion



SPF 50 and Hawaiian Tropic Island Sport Ultra Light Spray 30. A better environmental bet may be to cover most of your body with clothing, which will limit the amount of exposed skin which needs sun protection.

### **GREEN SANCTUARY UPCOMING EVENTS -**

All are welcome! Bring your Friends! Contact Eveline Hartz or Carol Wells for more details.

#### **Sunday, August 5th - Reinstein woods - leaving from UUCA at 12:15**

- \* Please join us. Everyone is welcome! Please keep the weather in mind.
- \* We will carpool from UUCA
- \* Bring your lunch
- \* Be sure to let one of the committee members know that you are coming. Contact Carol Wells or Eveline Hartz

**Monday, October 1 @ 7:00 p.m.** The “*Revolution where you live*” by Sarah Van Gelder - book review & discussion. Dessert & coffee will be served.

Sarah van Gelder is a founder of a new nonprofit start-up, PeoplesHub, which offers live, online training to local groups around the country who want to make change where they live. Sarah is YES! Magazine Co-Founder and Columnist, public speaker, and author. Her latest book, “The Revolution Where You Live: Stories from a 12,000 Mile Journey Through a New America” uncovers the “real” revolution across America. Sarah documents local, under the mass media’s radar, solutions & creative efforts to the challenges of climate change, social injustice, racist violence and economic insecurity. We hope you will read the book and join us in the discussion!

**Friday & Saturday October 5 & 6** -World on Your Plate Food & Sustainable Living Conference Daemen College, Wick Student Center.

Featured speakers: Sarah Van Gelder (see above) and Jacqui Patterson, director of the NAACP Environmental and Climate Justice Program. For more information see [www.worldonyourplate.org](http://www.worldonyourplate.org).

**Tuesday, November ?date TBA** - Movie: “*Salt of the Earth*” will be shown by Green Sanctuary and the Women’s group

This is a biographical documentary of the life and work of photographer Sebastiao Salgado, who spent 40 years documenting societies hidden in corners of the world. The film illuminates how the environment and humans are exploited to maximize profit for the global economic market. The film does end on a hopeful note.



## Adult Faith Development

(Most groups take a break in the summer months but full programming resumes in the fall.)

**Thursday Night Book Club: Thursday, August 2nd– 7pm in the Living Room.** We are currently reading "The Righteous Mind: Why Good People Are Divided by Politics and Religion" by Jonathan Haidt. We meet once a month, year round.

**Women’s Lunch-Tuesdays, August 7, August 14, August 21, and August 28 at 12:30 in the Emerson Room.** No Agenda. Just laughing and chatting with like-minded women. Bring a lunch from home

**MLK Jr. Book Club-Wednesday, August 8 at 6pm in Reeb Room.** New reading group with Racial Justice committee

**MLK Jr. Book Club-Wednesday, August 22 at 6pm in Emerson Room.**



### Grief Support Group

The Grief Support Group is on hiatus through August. Watch the Foreword for the fall start-up.

## NEEDED: RESPITE VOLUNTEERS (just 4 hours per month)



Respite

Respite is a social program for persons with mild to moderate Alzheimer’s or dementia run by our Caring for One Another Committee in collaboration with the WNY Alzheimer’s Association. The purpose is to give caregivers time off.

The program will be run once a month on the 2<sup>nd</sup> Monday of the month at UUCA. First Training Day (for volunteers only) will be on **Monday, August 13th at 10am** in the Emerson Room

Volunteers are needed to help with one on one interactions with participants, assist with crafts/music/activities and to assist with preparation and clean up of meals. This program is open to the community, but space is limited.

Contact Eveline Hartz for more information or to volunteer.



**Unitarian Universalist Church of Amherst**  
 6320 Main Street Williamsville New York 14221  
 716.634.3010 www.uuamherst.org

# AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>10:30am - Church Service</b>  <small>12pm: Nominating Committee (Reeb)</small>  <b>12pm - Little Free Library</b>  <b>12pm - Preaching by</b>  <small>Parishioners (Bul)</small>  <b>12:15pm - Green Sanctuary</b>  <small>Field Trip to Reston Woods</small>  <b>1:30pm - Voice Lessons</b>  <small>(choir)</small>  <b>7:30pm - AA (LR)</b></p>	 <p><b>6pm - AA (LR)</b>  <b>7pm - Mankind Project</b>  <small>(Reeb)</small>  <b>7:30pm - ACOA (LR)</b>  <b>7:30pm - Buffalo Recorder</b>  <small>(Em)</small></p>	<p><b>10am - ACOA(LR)</b>  <b>12:15pm - AA (LR, FD wing)</b>  <b>12:30pm - Women's Lunch</b>  <small>(Em)</small>  <b>6pm - Blue Mtn.Potluck</b>  <b>7pm - Blue Mtn.(Reeb)</b>  <b>7pm - Mary Slaven Memorial in Chapel</b></p>	<p><b>12:15pm - AA (LR, FD)</b>  <b>1:30pm - Green Sanctuary</b>  <small>(LR)</small>  <b>7pm - Ministry Council (LR)</b>  <b>7pm - Santosha Holistic Center (Chapel)</b></p>	<p><b>12:15pm - AA (LR, FD)</b>  <b>3pm - Voice Lessons (Choir)</b>  <b>7pm - Thursday Night Book</b>  <small>(LR)</small></p>	<p><b>10am - Kitchen Cleaning</b>  <b>10am - Board Retreat</b>  <small>(offsite)</small></p>	<p><b>6pm - Buffalo Belles (LR)</b></p>
<p><b>FD Director Celebration</b>  <b>10:30am - Church Service</b>  <b>12pm - FD Director Celebration (Em)</b>  <b>12pm - Preaching by</b>  <small>Parishioners (Bul)</small>  <b>12pm - Young Adult Meet-</b>  <small>(DR)</small>  <b>1:30pm - Voice Lessons</b>  <small>(choir)</small>  <b>7:30pm - AA (LR)</b></p>	<p><b>9am - Respite Program</b>  <small>(Em)</small>  <b>6pm - AA (LR)</b>  <b>7:15pm - Finance/Facilities</b>  <small>(Em)</small>  <b>7:30pm - ACOA (LR)</b></p>	<p><b>10am - ACOA(LR)</b>  <b>12:15pm - AA (LR, FD wing)</b>  <b>12:30pm - Women's Lunch</b>  <small>(Em)</small>  <b>6pm - Blue Mtn.Potluck</b>  <b>7pm - AA Planning* (LR)</b>  <b>7pm - Blue Mtn.(Reeb)</b>  <b>7pm - Board of Trustees</b>  <small>(Em)</small></p>	<p><b>12:15pm - AA (LR, FD)</b></p>	<p><b>Deadline for Newsletter</b>  <b>12:15pm - AA (LR, FD)</b>  <b>3pm - Voice Lessons (Choir)</b>  <b>6pm - Train your Emotions</b>  <small>(LR)</small></p>		<p><b>18</b></p>
<p><b>10:30am - Church Service</b>  <b>12pm - Equal Exchange</b>  <small>(Em)</small>  <b>12pm - Preaching by</b>  <small>Parishioners (Bul)</small>  <b>1:30pm - Voice Lessons</b>  <small>(choir)</small>  <b>7:30pm - AA (LR)</b></p>	<p><b>6pm - AA (LR)</b>  <b>7pm - Mankind Project</b>  <b>7:30pm - ACOA (LR)</b>  <b>7:30pm - Buffalo Recorder</b>  <small>(Reeb)</small>  <small>(Em)</small></p>	<p><b>10am - ACOA(LR)</b>  <b>12:15pm - AA (LR, FD wing)</b>  <b>12:30pm - Women's Lunch</b>  <small>(Em)</small>  <b>1:30pm - Caring for One Another (Em)</b>  <b>6pm - Blue Mtn.Potluck</b>  <b>7pm - Blue Mtn.(Reeb)</b></p>	<p><b>12:15pm - AA (LR, FD)</b>  <b>6pm - MLK Book Club</b>  <small>(Em)</small></p>	<p><b>12:15pm - AA (LR, FD)</b>  <b>3pm - Voice Lessons (Choir)</b>  <b>6pm - AA District Meeting</b>  <small>(Chapel)</small>  <b>6pm - Train your Emotions</b>  <small>(LR)</small></p>		<p><b>9am - FD Teacher Orientation (FD Wing)</b></p>
<p><b>10:30am - Church Service</b>  <b>12pm - Preaching by</b>  <small>Parishioners (Bul)</small>  <b>12pm - UUCA Book Club</b>  <small>(DR)</small>  <b>1:30pm - Voice Lessons</b>  <small>(choir)</small>  <b>7pm - Divine Grace</b>  <small>(Chapel)</small>  <b>7:30pm - AA (LR)</b></p>	<p><b>6pm - AA (LR)</b>  <b>7:30pm - ACOA (LR)</b></p>	<p><b>10am - ACOA(LR)</b>  <b>12:15pm - AA (LR, FD wing)</b>  <b>12:30pm - Women's Lunch</b>  <small>(Em)</small>  <b>6pm - Blue Mtn.Potluck</b>  <b>7pm - Blue Mtn.(Reeb)</b></p>	<p><b>12:15pm - AA (LR, FD)</b>  <b>7pm - Snowbirds (Em)</b></p>	<p><b>Office Closed</b>  <b>12:15pm - AA (LR, FD)</b>  <b>3pm - Voice Lessons (Choir)</b>  <b>6pm - AA District Meeting</b>  <small>(Chapel)</small>  <b>6pm - Train your Emotions</b>  <small>(LR)</small></p>		<p><b>1</b></p>

AA = Alcoholic Anonymous  
 AE = Auction Event  
 ACOA = Adult Children of Alcoholics  
 Bul = Thomas Bullfinch  
 Ch = Chapel  
 DR = Dining Room  
 Em = Emerson Room  
 LR = Living Room  
 Reeb = Reeb Room  
 \* = tentative



**UUCA Book Club** meets the last Sunday of the month, at noon, in the church Dining Room. We alternate between individually choosing any book based on a common theme, and all reading the same book. Upcoming:

September 23 - theme: Biography of a Political Figure; (no meeting 9/30 because of Little Free Pantry kick-off)

October 28 - LINCOLN IN THE BARDO by George Saunders

November 25 - theme to be decided in September

December 30 - THE DAY THE WORLD CAME TO TOWN: 9/11 in Gander, Newfoundland by Jim DeFede

Questions? Contact Grace Little or Marie Evans

### Important Upcoming Dates—mark your calendars now!

**August 12**—FD Director Celebration at UUCA after services

**September 30**— Little Free Pantry Start up Celebration after services

**October 14**—Rev. Michelle's Installation Ceremony at UUCA, 4pm.

### Retired Old Men Eating Out (ROMEOS) Men's lunch:

We try to continue meeting in summer, but it's not guaranteed—call Bob Wack for August information and enjoy your summer adventures.

### UUCA Theater Lovers



Jewish Repertory Theatre's season begins October 4. Further details coming soon about our group outing (likely **Sunday, October 21, at 2 pm**) to the first production of the season, **THE STRUDEL LADY**, directed by Saul Elkin, a musical starring some well-known local actors: Lisa Ludwig, Tom Makar, David Marciniak, and MaryKate O'Connell!

Discount ticket order forms will be available at the bottom left corner of the Church Life bulletin board outside the Emerson Room. They're available for any weekend performance (Oct 4-28), not just one our group attends. -Marie Evans

### When is it again?

Visit our website for the calendar, news and event information.

[www.uuamherst.org](http://www.uuamherst.org)



## BOARD NOTES

*"I went to the woods because I wished to live deliberately, to front only the essential facts of life, . . . I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms..." - Thoreau*

Welcome to the second half of summer. It seems people tend to allow the second half to be gone before it actually is. It is as if the summer only exists on July 4th. Wait!

Hold onto it for as long as you can! "Back to school" may be "right around the corner," but the anticipation doesn't have to be so consuming that we don't mindfully suck the marrow out of the rest of summer.

During Rev. Michelle's vacation, our congregants who participated in Preaching by Parishioners have successfully gone on with the show, and we are grateful to all who chose to give their energy to creating our UUCA Sunday services throughout the month of July. Thanks especially to Fran Landis, Jim Hartz, Joe Rautenstrauch, Jerry Kent, Yvonne Stocker, Patrick Walker, Roger Keeney, Chris Barry and Marlana Rice. We are also grateful for the continuity that has been built in to the service by Rev. Michelle over her time with us, providing a model for those who participate in this long standing program. This is a good example of collaboration that should be modeled.

This month will provide more opportunities for collaboration at church during our transition from Interim Director of Faith Development Karen LoBraco to permanent half time director Zöe Bell - Schwede. Participation in FD Fundays and in our August 12th celebration is welcome and necessary.

I was asked to mention the progress of our neighbors' building, specifically the grading that appears so severe. We have been assured that the building engineers have created a drainage system that has been approved by the Town of Amherst, and for right now that has to be enough. We have had some hard sudden rain and have not had any issues. Only time will tell, and like everything else in life, it really depends on the weather.

Speaking of weather, a new group is forming led by Preaching by Parishioners participant Patrick Walker. The group's focus will be Climate Justice and political influence. Thank you to Patrick and friends who will participate in this vital movement. Also thank you to those who participated in both the UU General Assembly in June and Summer Institute in July. As I understand, both events focused on heavily on what our amazing planet requires from us as her stewards at this time in our history.

As a congregation on September 30th, we will be participating in the opening of our UUCA Little Free Pantry. Maria Ceraulo and her team have moved up their deadline for opening in order to fit in to a "new" format for worship on fifth Sundays. These will be days we as a congregation will directly participate in Social Justice. This collaboration has already been fostering communication between church members and friends, and we have faith that this will overflow into the larger community.

Happy August!  
~Angela Warren, Board of Trustees chair



Nikki Hitchcock

### Strategic Planning

The Strategic Planning Taskforce has taken some time off in July and August to recharge and refresh. We are looking forward to the fall when we will start up again with recommendations on 'repairing our funnel'.

As you may remember from my last message, many of our most dramatic problems have become dramatic because we failed to diagnose something simple for quite some time. The world changed and UUCA, like many, many churches, didn't shift how it communicated or developed its programs. In some key areas, particularly marketing and wayfinding, our church has failed to build a pipeline for unchurched new comers. Our neighbors ceased to feel pressure to take their kids to Sunday school; they no longer felt the urge to attend for themselves. We failed to speak our value and offer invitation, and lost members to death and organizational change.

The church can't continue into the 2020s unless we address our community as it is and speak the value of our community into it. Without this infusion of resources and fresh perspective, we will continue with over tapped resources: exhausted volunteers and empty coffers. But more importantly, in this political and social environment, how dare we do less than invite our whole community into a safe space for growth?

I'll say again that the symptoms are obvious, the diagnosis is not bleak. But we need to start reaching for the Vitamin C. I'm in, if you're in.



**UURocks AmherstNY** is UUCA's group participating in #theKindnessRocksProject. Our "box o' rocks" (currently located in the entrance foyer) is almost empty! I'll bring a supply of rocks and paints some upcoming Sunday(s) to decorate - watch for an announcement via all-church email. In the meantime, feel free to paint a cheerful picture or message on a small rock (smooth, flat, 3" to 6" stones work best, primed with non-toxic acrylic paint, sealed with outdoor Mod Podge or spray-on sealant) and donate it to the cause.

ONE MESSAGE AT JUST THE RIGHT MOMENT CAN CHANGE SOMEONE'S ENTIRE DAY, OUTLOOK, LIFE -Marie Evans



LOST: Large tapestry suitcase filled with toys ; Endowment Book

Please contact Lauraine Marcus if you can help locate these.

FOUND: A lens from a pair of glasses. Found in sanctuary. Contact the office (634-3010) to claim.

### UUCA Photo Use Policy for Adults —

The Unitarian Universalist Church of Amherst (UUCA) occasionally takes videos and photographs during services and other congregational events. These photos of members and other individuals are intended for use in various forms of church-related media. UUCA obtains implied consent for this use of photos by advising in announcements or other congregational publications that photos may be used for UUCA purposes. Members not wanting their images, may add their names to a list by notifying the office administrator. When a single image is used, or an individual's image is dominant in a group photo, UUCA will make a good faith effort to contact the individual for courtesy notifications and express consent prior to the photo's placement in a public medium. (Photo consent for children under 18 is asked for as part of the Faith Development registration process each fall.)

## UUCA GET COOKIN'!

With Faith Pham & Christine Boczarska  
Caring For One Another Committee

### THE PERFECT FLAN (From Bon Appetit)

Makes 6 large or 8 small servings; Total prep time about 2 hours

1 3/4 cups whipping cream  
1 cup whole milk  
Pinch of salt  
1/2 vanilla bean split lengthwise  
1 cup sugar  
1/3 cup water  
3 large eggs  
2 large yolks  
7 tablespoons sugar



Position rack in center of oven and preheat to 350 degrees F. Combine cream, milk and salt in a heavy medium saucepan. Scrape seeds from vanilla bean into cream mixture; add bean. Bring to simmer over medium heat. Remove from heat and let steep for 30 minutes.

Meanwhile, combine 1 cup sugar and 1/3 cup water in another heavy medium saucepan. Stir over low heat until sugar dissolves. Increase heat to high and cook without stirring until syrup turns deep Amber, brushing down the sides of the pan with a wet pastry brush and swirling pan occasionally, about 10 to 20 minutes. Quickly pour caramel into 6 3/4 cup ramekins or custard cups. Using oven mitts as aids, immediately tilt each ramekin to coat sides. Set ramekins into 13 x 9 x 2 inch baking pan.

Whisk eggs, egg yolks and 7 tablespoons sugar in a medium bowl just until blended. Gradually and gently whisk cream mixture into egg mixture without creating lots of foam. Pour custard through a small sieve into prepared ramekins, dividing evenly (mixture will fill ramekins.) Pour enough hot water into the baking pan to come halfway up the sides of the ramekins.

Bake until centers of flans are gently set, about 40 minutes. Transfer flans to rack to cool. Chill until cold, about 2 hours. Cover and chill overnight. (Can be made 2 days ahead.)

To serve, run a small sharp around each flan to loosen. Turn each over onto a plate. Shake gently to release the flan. Carefully lift off the ramekin allowing the caramel syrup to run over the flan. Serve and enjoy.

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

No wheat here, gluten free folk can eat it as is. The vegetarian crowd is good as well. But vegan? oh my! As it turns out there are quite a number of vegan flans. Who knew? I haven't tried it yet, but this version received 5 stars from 25 people. Here it is: **Vegan Flan Recipe** (Serves 5)

For the caramel:

1/2 cup sugar

For the flan custard:

2 cups plain coconut milk

1 tablespoon agar-agar flakes

1/2 cup extra-firm silken tofu

1.5 tablespoons sugar

1 tablespoon vanilla extract

Pinch of salt

For the caramel, place the sugar in a saucepan over medium heat and melt until golden brown, stirring constantly. Carefully pour the caramel into the bottom of glass ramekins, turn the ramekins so that the caramel reaches evenly up the sides.

In a medium saucepan, add the coconut milk. Sprinkle it with agar flakes and let sit for about 10 minutes. Bring the mixture to a boil and then reduce heat to a simmer, constantly stirring until the agar-agar has dissolved. In a blender, add the silken tofu, sugar, vanilla, salt and soy/agar-agar mixture. Blend until smooth. Pour the mixture evenly into the prepared ramekins and cover with plastic wrap.

Place in the refrigerator for at least 2 hours before serving. To remove the flan from the ramekins, set them in a shallow hot water bath to loosen the caramel from the glass. Flip onto a plate and serve!

(<http://www.organicauthority.com/easy-delicious-vegan-flan-recipe-with-coconut-milk/>)

[A word about Agar: It comes in two forms - powder and flakes. Powder is more concentrated and potent than flakes so if you have one or the other, you will need to adjust accordingly. Typically you use 1 Tbsp. of agar flakes per 1 c. of liquid and for agar powder, use 1 tsp. powder per 1 c. liquid.]

## Faith Community Nurse Column

Eveline Hartz, RN



### **Trying to lose weight? Improve eating habits? Here's a solution: EAT LESS PLAY MORE**

(August tip - STAY HYDRATED too)

Remember when you were a child and you got so wrapped up in playing, imagining or creating that you didn't want to stop when it was time to eat? Do you remember leaving your meal half-finished to run off and continue playing? Children innately understand that food is secondary to what is most nutritious and primary in life: fun and play.

As adults we seem to have lost our instinct to prioritize play. In our busy world, with its emphasis on work and responsibility, to be healthy and balanced we must work on more than just our bodies; we must feed our hearts, minds and spirits.

Have you noticed that when your body, mind and spirit are engaged in a creative project or happy relationship, your reliance on food seems to decrease? Likewise, when you are unsatisfied with your relationships, your job or other areas of your life, you may depend on food to cheer, soothe or numb you. When your life is out of balance, no amount of food can feed you where you truly need nourishment. The food that we eat is very important for health and balance, but what really feeds us-a full and fulfilling life-doesn't come on a plate.

What is fun for you? What makes you light up? What excites you? Make time for it this month. Even if you don't have much free time for fun, try approaching a "serious" activity with an attitude of play. This can greatly reduce stress and anxiety and bring more pleasure to your day. Take your focus off food, try adding more fun into your life and watch the magic unfold.

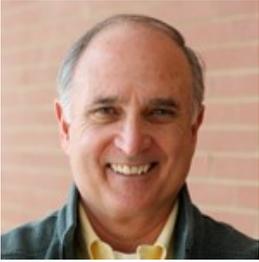
*"Your tomorrow depends entirely on what you do today." ~ Mahatma Gandhi*



#### **Equal Exchange Chocolate, Coffee & Tea - AUGUST 19 @ 11:30 in the Emerson Room**

In another step to "green" the lives of UUCA members & friends, Green Sanctuary is offering Equal Exchange products at wholesale price. Equal Exchange items are all fair trade certified with many organic products. Equal Exchange mission "is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world."

By purchasing these products, in place of their conventional counterparts, you will be supporting environmental sustainability, fair wages, local communities & workers, investments in local community building, biodiversity and it just tastes so much better and is healthier for you too!



This year at the UU Summer Institute in Oberlin, Ohio, the theme speaker was Dr. David Orr - a retired environmental professor at Oberlin College (<http://www.oberlinproject.org/about/founder-visionary/david-w-orr/>). Dr. Orr divided his presentations into 5 sections: 1) science of climate change, 2) theology and climate change, 3) communicating with others regarding climate change, 4) paying it forward 5) politics and what we as citizens can do.

There is no debate on climate change. Not believing in climate change is akin to not believing in gravity. Climate change affects the entire globe. While we, in the (mostly white) developed world have lots of stuff, convenient gadgets and a high standard of living, it comes at a great cost to the peoples of developing countries and the poor & marginalized people (mostly of color) in our own country. We are simply off loading cost to these neighborhoods and have become very good at rationalizing why this is ok.

Environmental justice, or rather lack thereof, has the first and greatest affect on people of color. One might wonder why more people of color have not risen up in defense of the environment. Simply put, climate change does not resonate with people who are dealing with food deserts, subsistence living, unemployment, racial discrimination, etc..

Climate change is not just an issue of economics and technology. It is a moral issue. It is an issue of stewardship versus dominion. It affects every part of society. We talk about racial justice but when climate is ignored, the very people we are supposedly upholding are grievously harmed. Placement of factories, toxic waste dumps, fracking etc. are generally in the neighborhoods of the poor. Suburbia has a buffer to the effects of climate change and is not directly affected by the causes of climate change. But not the poor. Think of the affects of Hurricane Katrina, think of Flint, think of Monsanto's PCB poisoning, think of Standing Rock. As moral issues Climate change and racial justice are very much a church issue - not just individuals but the entire church.

Recycling, composting, driving electric cars, biking is great and should be continued. It is not enough. Investing in solar and wind energy is great. It is not enough. Writing letters and signing petitions, foregoing meat is excellent and should be continued. It is not enough. Additionally, we could, individually and as a community, decide not to create, as per Dr. Orr, any ugliness - not here, not now, not later, not anywhere. This means changing policy. It means showing up at town meetings and keeping the flame of justice alive. Our actions, our purchases, our buildings, our agriculture, our transportation should be sustainable, do harm to none - neither environment, human beings or any living entity. Not individually, not at corporate levels. Not now, not ever, not here, not anywhere!

Can UUCA be a sanctuary for holding important conversations? A place to discuss why 2 of the last 3 presidents lost the popular vote? Why there is such a wide gap between opinion and policy? Why there is gerrymandering & Citizens United? In the 70's Democrats and Republicans worked together to create environmental policy. Since 2004 forces are hard at work to dismantle these policies. What happened? What exactly is the state of our democracy? Is a democracy even possible, in the US, when the wealth of 400 people is equal to the wealth of 200,000,000? Can we have these conversations at UUCA? Can we talk about how to put money back where people need it most? About how to protect the rights of future generations.

Can we talk and then walk the talk?

*"To be a good neighbor we must be willing to be changed by our neighbor."*



Thank you to all the crew for volunteering their time and talent to the building painting project. The crew also cleaned the solar panels, organized the kitchen and had a fun time!

In order of appearance:

Chris Barry, Bob Wack, Yvonne Stocker, Kelly & Peter Gousios, Jim Hartz, Marcia Scott, Dave & Ellen Moomaw, Dave Stroud, Eric Groat, Ellen Doyno, Marlana Rice.

~Yvonne Stocker, facilities liaison to Board of Trustees



Help the Buffalo Zoo's animals this fall and winter! On **Saturday, August 11th**, stop by participating TOPS locations from 10 am to 2pm to purchase a gift for the zoo. Choose from the items below and drop it with the volunteer in the store lobby to deliver it to the zoo.

Thank you!

- |                                 |  |
|---------------------------------|--|
| Apple Sauce                     | Jell-O (sugar free)                    |
| Baby Food                       | Kitty litter pans                      |
| Bleach                          | Kool-Aid (sugar free)                  |
| Broth (chicken or vegetable)    | Litter scoops                          |
| Cat treats                      | Maple syrup                            |
| Catnip                          | Mineral oil                            |
| Cereal (whole grain, low sugar) | Oats (plain)                           |
| Coconuts (split)                | Painters Tape                          |
| Dried fruit                     | Paper Bags (large and small)           |
| Dried beans, peas, and lentils  | Paper streamers                        |
| Duct tape                       | Peanut Butter (natural)                |
| Electrical Tape                 | Plastic storage containers             |
| Extracts and spices             | Popcorn kernels (plain, not microwave) |
| Fleece Blankets                 | Pumpkin (canned)                       |
| Fruit juice (100% juice)        | Pumpkin seeds (unsalted)               |
| Gatorade                        | Raisins                                |
| Honey                           | Terry cloth towels                     |
| Hydrogen peroxide               | Trail mix (no chocolate)               |
| Jam (natural fruit)             |  |

#### **PARTICIPATING TOPS LOCATIONS**

2101 Elmwood at Hinman - Buffalo  
 1770 Sheridan Drive at Delaware Rd. -Tonawanda  
 2351 Maple & Transit - Williamsville  
 S6150 South Park- Hamburg

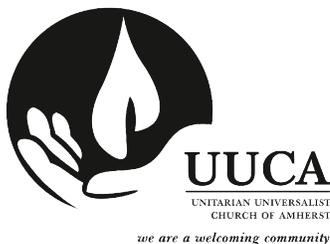
## Lending Library

The glass curio cabinet between the windows in the Emerson (fellowship) Room is home to UUCA Lending Library. Books should be signed out, on the Honor System, in the spiral notebook inside, and returned in a timely manner. The books have social justice or religious/spiritual themes, and include both fiction and non-fiction. There are scriptures from various religious traditions, self-help books, and histories. Two new additions:

ONLY DRUNKS AND CHILDREN TELL THE TRUTH by Drew Hayden Taylor. It's a fictional story of a Canadian Ojibway family, where one sister was adopted away and raised by a white family. Her Native relatives visit and invite her to return to their village following the death of her birth mother. UUCA Book Club read this aloud together at our May meeting, finishing in less than 2 hours.

SOMEONE I LOVE DIED FROM A DRUG OVERDOSE by Melody Ray (a grief specialist at a child and family bereavement center). Illustrated by R. Lynn O. This children's book contains age-appropriate factual information, with the story of a boy whose father lost his struggle with addiction, and a workbook to assist a child with the grieving process.

*I became aware of this book through a facebook post by a friend who knows the author. I purchased it for \$10 through [smile.amazon.com](https://smile.amazon.com), with UUCA Endowment Trust designated to receive 0.5% of the purchase price. At the time of this writing, the book is on sale for less than \$8. ~Marie Evans*



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