

Issue

December
2017

The Foreword

The Newsletter of the
**Unitarian
Universalist
Church of Amherst**

6320 Main Street,
Williamsville, NY 14221
634-3010
(x101 for office)
www.uuamherst.org



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

Our Staff:

Developmental Minister

Rev. Michelle Buhite
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SUNDAY SERVICES IN DECEMBER AT 10:30am

In the last decades of the 20th century, Unitarian Universalists adopted seven Principles to define and guide our faith. The fourth Principle states: "We affirm and promote a free and responsible search for truth and meaning."

Power

3

Guest speaker: Prof. John Snodgrass

When we hear the word "Power," what sort of person do we think of? And what does this tell us about our culture? What human characteristics would have been considered "Powerful" in humanity's early days, and how have these changed as people began the experiment with overpowering the environment? And why are electricians paid so well in our society? We'll examine these and several other questions.

John Snodgrass is a freelance UU preacher, with a M.Div. from Union Theological Seminary. He teaches courses in comparative religions at Buffalo State and Canisius, with a particular focus on tribal beliefs and customs.

Symbols, Searches & Second Chances

10

Rev. Michelle Buhite

Let's unravel the complicated reasons for the season. Today we will have a share-the-plate offering to support the work of Gerard Place. Make checks to UUCA with "Gerard" in the memo line.

Would You Like to Hold the Baby?

17

Rev. Michelle Buhite & Karen LoBracco
Intergenerational Service

Christmas Eve Services

24

Rev. Michelle Buhite
(10:30 am & 10:30 pm)

Happy New Rants

31

Jerry Kent

New Speakers & New Ideas for the New Year

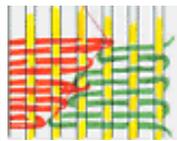
MINISTER'S CORNER



The season of Advent is a time of expectation and waiting, and yet most of us find ourselves pressed to do more and spend more than at any other time of year. In the northern hemisphere, all of life is slowing down as the nights grow longer, guiding us toward stillness and introspection.

It may be countercultural, but I encourage you to find a stillness – a few precious moments each day to pause and breathe and experience your life. Although we may associate the holidays as a time of light and joy, our spirits recognize the inner pull toward darkness and reflection. If we have the courage to be present to our inner darkness, not covering it up with tinsel and noise, we can begin to allow ourselves to really feel what is true for us. It is within that stillness that authenticity is born and we can know that we will emerge from darkness to light. “Fear not,” the angel declared to the startled shepherds. “I bring you good tidings of great joy.” May it also be so in our hearts and lives.

With care,
Rev. Michelle (minister@uuamherst.org; 716-634-3010, ext. 102)



Tapestry Project: December = Green

Symbols are powerful. When I think about this congregation, the symbol that comes to mind is that of a tapestry; many separate threads that, woven together, create something beautiful and larger than any individual could be. Pam Kent, our amazing resident fiber artist, is weaving a tapestry with contributions of yarn, ribbons, and strips of fabric from the congregation. **During the month of December, we will collect shades of GREEN** in honor of our fourth principle. A collection basket is available at the back of the Chapel. This is a fun project for all ages!

Church Holiday Decorating

Let's all join together to “Deck the Halls!”

Sunday, November 26th from 11:30am to 1pm

Light Lunch Provided. There will also be a craft station for the young and young at heart.



Friendly Beasts and Humans Needed

Our intergenerational Holiday worship service is **December 17 at 10:30am** – and we need your help!

#1 Invite family and friends to attend with you.

#2 Sing with the choir or as a soloist.

#3 Sign up to participate – we need a chalice lighter(s), Kings, Innkeeper family, Shepherds, lots of animals and of course Mary and Joseph. No words to memorize.

Costumes or help with costumes is provided. All ages are needed.

SIGN UP for a part in **WOULD YOU LIKE TO HOLD THE BABY** on the clipboard outside the Emerson Room or by contacting Karen LoBracco, Interim Director of Faith Development (dfd@uuamherst.org). Major parts require rehearsal December 10, 10:45-11:45am and also December 16, 10-11:30am.

**CHRISTMAS
EVE**

Christmas and New Year's Eve at UUCA

We will have two services Christmas Eve, Sunday, December 24th: 10:30 am and 10:30 pm. Easy to remember! Easy to invite family and friends to attend with you!

New Year's Eve Service will be Sunday, December 31st at 10:30am.



Faith Development News

Karen LoBracco-Interim Director of Faith Development

Faith Development – All Ways, All Days!

In last month's issue of *The Forward*, I spoke of myth making – the way we tell the stories of our “people”, and challenged “*What UUCA stories need to be updated to help us thrive in 2018?*”

Consider this statement from Connie Goodbread, UU leader and mentor: **Faith**

Development is all we do. The congregation is the curriculum.

Obviously this needs a bit of unpacking! If we think Faith Development is only religious education for children or Sunday School, we are missing the mark. The Senior Youth Group knows that a balanced Faith Development Program, for them and for all of us, has six components:

LEARNING WORSHIP FELLOWSHIP LEADERSHIP SOCIAL ACTION
MULTIGENERATIONAL CONNECTIONS

Practically all we do as a church community has one or more components – they overlap and are intertwined in everything listed in this newsletter. As an Interim hired specifically to focus on the faith development of children and youth, some people are surprised to see me engaged in worship and other “non-classroom” activities. But from the perspective that faith development is the work WE ALL DO as part of the Unitarian Universalist Church of Amherst, it makes sense.

Faith Development not only IS for everyone, but those 6 components are also part and parcel of a balanced faithful life for all of us.

PARENTS AND FAMILIES – I challenge you to consider the question *What UUCA stories need to be updated to help us thrive in 2018?* I have a few suggestions: The story that the only place for children and youth is in an age segregated classroom..... The story that worship, especially intergenerational worship, should be avoided at all costs... The story that the congregation should provide consistently entertaining programs FOR my children, but consistent participation is unreasonable for me.... The story that sharing information on a Sunday morning is “good enough” because nobody has time to cultivate relationships between and among children, youth and parents/caregivers.....



Quick Calendar for Children, Youth and More!

Because this is such a hectic time of the year, clip, or print, and save!

November 26 – Nursery open, all ages faith development in the chapel followed by Church Decorating Party.

December 1-3 – High School Youth Con in Albany

December 2 – Congregational Holiday Party and Caroling, 5-8pm

December 3 – OWL, Nursery open, Separate faith development programs (Spirit Play, Junior and Senior Youth)

December 10 – OWL, Nursery open, K-12th preparation for WOULD YOU LIKE TO HOLD THE BABY – learning the story and songs.

December 16 – Rehearsal for holiday pageant, 10-11:30am.

December 17 – Nursery open, Intergenerational Holiday Pageant.

December 24 – 10:30 Nursery open, Intergenerational Family Friendly service. 10:30pm Candlelight worship service with choir.

December 31 – Nursery open, all ages worship in chapel.

January 6 – Senior Youth evening activity and Sleepover

January 7 – OWL, Nursery open, *Black People Matter* program for K-12th grade.

January 14 – Nursery open, *Black People Matter*.

January 21 – OWL, Nursery open, *Black People Matter*.

January 28 – OWL, Nursery open, separate classes for Spirit Play, Junior and Senior Youth resume. Congregational meeting follows.

Black People Matter

Returning in January is our Multi-Age program for children and youth and the adults that support them. Needed now are adult volunteers to assist our Interim Director of Faith Development January 7, 14 and 21. Contact Karen LoBracco about putting your values of justice into action! No experience is necessary.

Before the Search, the Search Team

The contract for our Interim Director of Faith Development ends this summer, so the Faith Development Committee and the Board of Trustees are in conversation about pulling together a team of individuals to conduct the search. If you are approached, please thoughtfully consider this opportunity.



FALL AUCTION Success!

We raised close to \$5000 for the church at the annual Fall Auction! Co-chairs Marge Marcille and Hella Jacob wish to thank everyone for coming out to participate. Many thanks also to all the donors who made such fabulous offers and of course all the wonderful volunteers who made the event possible.

There are still several offers with open spots—check out the sign up sheet at the welcome desk or call the office (634-3010 x101) for details and to reserve your spot. (Please make checks out to UUCA with 'Auction' in memo line and put in Administrator's mailbox #49).

Dinner at Asbury Pointe Retirement Community

Date: TBD with winner. A Tuesday or Thursday evening at 5:30pm

COST: \$15 Only ONE SPOT left. Donated by Betty Howell

SPRING/ WINTER WEEK IN THE ADIRONDACKS.

WOW!! A lovely vacation home will be available from now through June 1st for one week in the Adirondacks on North River, NY. This house sleeps 6 adults and 4 children (2 Queen, 1 King, and bunk room). No pets; bid winner must occupy the home themselves. (No re-auctioning or re-gifting please). Time of vacation will be mutually agreed upon by the owners and the bid winners. **Donated by Tom & Marsha Langan**

Value: \$1,000 Minimum Bid: \$750

Pondering Relativity—Presentation, Discussion, and Book Signing by Doug Funke

Date: Wednesday, December 6, 2017 in Emerson Room

Time: Presentation and discussion 7:00 - 8:00 pm. Book signing: 8:00 - 8:30pm. Admission: \$5

Simple Souper Supper

Date/Time: Saturday, Dec. 9th in the Emerson Room **COST:** Adults: \$10, Children (under 12) \$6.00

Presentation on the Transition Movement with Dennis Kazmierczak

Date & Time : Sunday, January 7, 2018 at 12:30pm in Emerson Room **COST:** \$8/person

Card Playing Afternoon

Date: Thursday, January 11, 2018 at 12 noon in Emerson Room

COST: \$10.00 per person, \$30.00 max for families. EIGHT SPOTS LEFT

Learn How to Make Slime!

Date: Saturday January 13, 2018 at 2pm in Bulfinch Room

NUMBER OF OPEN SPOTS: 7 **COST:** \$8/person or \$20/family

Board Games with the Board!

Date: Sunday January 14th, 2018 at 7:00 PM in the Emerson Room **COST:** \$7 a person, \$12 a family

Kindness Rocks Project

Saturday, February 10, 9:30 am to Noon, in the Channing Chapel 10 SPOTS LEFT

COST: \$3 per person; \$10 per family of 4 or more

Faith & Begorrah! St. Patrick's Day Brunch

Date: Sunday March 18, 2018 at the Cuskers' home. **ONE SPOT LEFT PRICE: \$50**

Trivia Night with the Sulaiman Family

Date/Time: Saturday, March 24, 2018 at 6:30pm in the Emerson Room

COST: \$10/person, or \$25/family



Adult Faith Development

Women's Afternoon Study Group—Tuesday, November 28 - 1:30 p.m. - We will read the UU World Winter edition. Meet in the Living Room.

Young Adult Meet-up — A new young adult get together for those primarily 18-35 years old. The next date will be **Sunday Dec. 3rd at noon** after services. We will meet in the dining room where there is a table for snacks and games. If anyone wants to bring in food or a board game, please do. Contact Diane Bofinger.

Women's Afternoon Study Group—Tuesday, December 5th - 1:30 p.m. - Living Room - We will continue our reading of the UU World Winter edition.

Thursday Night Book Club: The Thursday Book Group has decided to read and discuss Nancy Ellen Abrams's book that was the subject of a Sunday's spoken reflection. In "A God That Could Be Real" Abrams writes of God as an "emergent phenomenon" that arises from every individual. Omnipotence is incompatible with our emergent world of today and humanity needs a new meaning of All That Is. Join us as we start this new book 7:00pm in Living Room on Thursday night **Dec. 7th**.

Poetry As Practice —will meet on **Sunday, December 10th at noon in the Reeb Room**. Dorothy Reade will present poems by Percy Bysshe Shelley.

Current Events Discussion/Lunch-Tuesday, December 12th - 12:30 p.m. - Meet in the Emerson Room to discuss the events in the news. Bring your lunch from home or your favorite purveyor.

Women's Afternoon Study Group—Tuesday, December 26th— meeting cancelled. See you January 2nd in the New Year!



Pathway to UUCA Session, Sunday December 10th after service

New to UUCA or have been here for a while and want to learn more about Unitarian Universalism and about the UU Church of Amherst to join Rev. Michelle and representatives of the church. Light refreshments will be provided. If you need childcare, please contact Lauraine Marcus by Dec. 3rd



Holiday Party with Caroling

Come enjoy a night of holiday cheer!

Saturday December 2nd at 5pm.

Join us after 6pm in the chapel for caroling

\$5/adult, Children Free

Hot appetizers and beverages provided; please bring a dish to share.

Sign up in the lobby on Sundays or contact Lauraine Marcus or the church office (634-3010 x101). Sponsored by Membership Committee



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

DECEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
9am - OWL Class 7-9th (Bu) 10:30am - Church Service 12pm - Next Step LP (Ministry/Chapel) 12pm - Young Adult Meet- (OR) 12:30pm - Bridge Club 7:30pm - AA (LR)	6pm - AA (LR) 7pm - John Newman Board (Bu) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Chapel)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Caring for One Another (Em) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn.Potluck 7pm - Black Lives Matter (LR) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD) 1:30pm - Green Sanctuary (Bu) 7pm - Adult Discussion and Book Signing (AE) (Em) 7pm - Ministry Council (LR)	12pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - Thursday Night Book (LR)	7pm - Cocktails and Conversation 7:30pm - SOS (Reeb)	8pm - Holiday Party & Caroling (Em & Chapel)
9am - FD Committee Meeting (Whitney Young) Children's Chapel UN Human Rights Day 9am - OWL Class 7-9th (Bu) 10:30am - Church Service 12pm - Pathway to UUUA (LR) 12pm - Poetry as Practice (Reeb) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb) 7pm - Board of Trustees (Em)	12:15pm - AA (LR, FD) 6:30pm - John Newman (Bu) 7pm - Membership (Em)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - Open Forum with Board of Trustees (LR)	4pm - private party set up 7:30pm - SOS (Reeb)	Deadline for Newsletter 12pm - Private Party (Em) 10-11:30am: Pageant Rehearsal (Chapel)
17 Holiday Inter-generational 10:30am - Church Service 12pm - Dementia and Mental Health (Chapel) 12pm - Equal Exchange (Em) 12:30pm - Bridge Club 2:30pm - Holiday Cream Tea (offsite-AE) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Buffalo Recorder (Chapel) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 6pm - Blue Mtn.Potluck 7pm - Black Lives Matter (LR) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD) 7pm - Social Justice (DR)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 6pm - Love Feast Thursday (Em & Chapel)	7:30pm - SOS (Reeb)	11am - Private Child Dedication (Chapel)
24 Christmas Eve No FD Office Closed 10:30am - Church Service 12:30pm - Bridge Club 7:30pm - AA (LR) 10:30pm - Christmas Eve Candlelight Service	Christmas Day 6pm - AA (LR) Office Closed 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	Office Closed 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD)	Office Closed 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	Office Closed 7:30pm - SOS (Reeb)	Building Closed
31 New Year's Eve No FD 10:30am - Church Service 12:30pm - Bridge Club 7:30pm - AA (LR)	New Year's Day 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Caring for One Another 1:30pm - Women's 6pm - Blue Mtn.Potluck 7pm - Black Lives Matter 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD) 1:30pm - Green Sanctuary 6:30pm - John Newman 7pm - Ministry Council (LR)	12pm - ROMEO's Lunch @ Finance Committee 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - Thursday Night Book	Budget Requests due to Finance Committee 7pm - Cocktails and 7:30pm - SOS (Reeb)	AA = Alcoholic Anonymous AE= Auction Event ACOA = Adult Children of Alcoholics Bu = Thomas Bulfinch Ch= Chapel DR = Dining Room Em = Emerson Room FD = Faith Development Wing LR = Living Room Reeb = Reeb Room SOS = Non-religious sobriety group * =tentative



Winter Solstice Love Feast

The third Thursday of each month is a *Love Feast*, with this month's gathering on **Dec. 21st**. Soup or chili (always gluten-free and vegan) is provided; feel free to round out the meal with contributions of bread, salad, dessert, etc. No RSVP needed and no cost – just show up! This month we will share a meal at 6:00 with a winter solstice rite following.

Women's Lunch:

Tuesday, December 19th - 12:30 p.m. - Again, we lunch together in the Emerson Room with festive holiday decorations. No agenda, just laughing and chatting.

Retired Old Men Eating Out: Men's lunch

All men (age not a restriction!) are invited to meet at Buffalo Brew pub for lunch and conversation on Thursday, **December 7th at noon**. Come relax with friends, good food, and good conversation. No agenda—all topics considered! Contact Bob Wack.



Cocktails and Conversations:

On the first Friday of every month, UUs aged 21+ enjoy each other's company and friendship over cocktails at a local establishment.

Locations range anywhere from a dive bar to an upscale place with signature cocktails.

Wherever it is, it is a low-key evening where you can connect with friends old and new, relax and be yourself. There is no agenda, just fun.

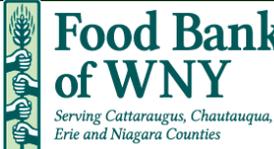
Contact Ivy Yapelli for the location of the meet-up on **Friday, December 1st**.

Sunday Dec 10th is UN **Human Rights Day**. First Lady Eleanor Roosevelt advocated for the first Declaration of Human rights. Read more at: [HTTP://WWW.HUMANRIGHTS.COM/VOICES-FOR-HUMAN-RIGHTS/ELEANOR-ROOSEVELT.HTML](http://www.humanrights.com/voices-for-human-rights/eleanor-roosevelt.html)



Chalice Lighters Wanted!

Would you and your family like to light the chalice some Sunday? Sign up in the lobby!



Food Bank of WNY TAKE ACTION with the FOOD BANK of WNY
 (go to <https://www.foodbankwny.org/>)
 Food 2 Families: Friday, Dec. 1, Various Tops Friendly Markets

Brown Bags of Hope, to benefit the Food Bank of WNY, will be sold at local Tops stores leading up to the outdoor food and fund drive

The 2017 Canstruction Design and Build Competition: December 8th-23rd, Erie County Fairground Festival of Lights

We are in search of corporate teams to design and build amazing structures! Teams will be able to build displays from 5:00-9:00pm on December 8, 9 & 10 at the Erie County Event Center. Patrons will be able to choose their favorite Canstruction December 15-23. Judging by a selected panel will take place on December 11 & 12. Deconstruction will need to be complete by 10:00am on January 3. All food will be donated to the Food Bank of WNY! To sign up, go to www.foodbankwny.org.

Find more ways to **'TAKE ACTION'** this Holiday Season at our website: www.uuamherst.org



BOARD NOTES:

Fellow Members and Friends—

As I write this, Thanksgiving is approaching. At this time of year, we are reminded to give thanks and count our blessings. Think about how blessed we are to have our church that is there for us when we need others to celebrate with us, grieve with us, or just be with us. Let's work together to keep the doors to our church open and the chalice burning for many years to come.

Ready to settle down? The Board of Trustees has decided to call a special congregational meeting on January 28, 2018 at noon on whether to call the Rev. Michelle Buhite as our settled minister. A settled minister's "call" comes from the congregation as a whole. The last time we called a settled minister was in 2004! Our bylaws state: "The minister shall be elected by secret ballot at a meeting of the corporation by an eighty-five percent vote of the members present and voting. He/she shall have indefinite tenure until duly severed by resignation, death, or dismissal."

You will be qualified to vote if you signed the membership book (before 11-29-2017), made a recorded financial contribution to the church in 2016-17 (waived for new members), **and** either made a recorded financial contribution to the church or pledged to make a financial contribution to the church in 2017-18. The Board apologizes that the timing of the special meeting is not ideal, since some of our members are spending their winters in the South. However, the vote simply cannot be postponed until later in the spring, because we have to allow sufficient time for all parties to act on the outcome of the vote, should it be unfavorable. And our bylaws do not allow absentee voting.

Between now and the special meeting, board members will be glad to answer any questions you may have and listen to your feedback or concerns. We want everyone to understand the process and the options clearly. A board member will attend your group's meeting if you'd like to carve out time on your agenda for this topic. We will also host a Listening Session on **December 3** after the service that is open to anyone, and another one on **December 14**, 7pm in the evening.

Less is more. Another issue currently under consideration by the board is actually reducing our own numbers (currently nine). A number of studies have been conducted on the effectiveness of group decision making. One such study determined that for each person added above seven, the group's decision making effectiveness was reduced by 10%. A recent survey of UU churches shows that a surprising number of churches chose to reduce their boards to seven or fewer, which has overwhelmingly been perceived as an improvement. Furthermore, a smaller board size would be less taxing on our limited volunteer resources; it would free up two people to take on much-needed leadership roles elsewhere in the church. (Naturally, such a change would require changing our bylaws via a three-fourths congregational vote.) I would be curious to hear your opinion on the matter.

Your pledge sustains us! On a recent Saturday morning, committee chairs and other interested lay leaders gathered in the Emerson room to learn about our proposed pledge drive process to build the 2018-19 budget. Committees are currently putting together their budget requests for the next fiscal year, which are due January 5, and should be aligned to our congregational mission. On **January 11** at 7pm, we will hold a church-wide **Town Hall meeting**, at which each committee has the opportunity to communicate the activities they have planned for the next year. I am really looking forward to learning more about what each committee actually does, or would like to do! This input gives us a basis for kicking off our annual pledge drive, which will continue through March. If you find this process exciting, enticing, interesting—**please consider being one of people on the pledge drive team this year.** Perhaps you have people skills, finance skills, organizing skills, or just plain enthusiasm to contribute. And while you only commit for a couple of months, your work will have a lasting impact for the rest of the year!

Depending on the success of the pledge drive, a group of folks will review the budget and make adjustments if needed before it is presented to the congregation for their approval. Our budget should always be reflective of our mission: *to challenge ourselves and the community to foster more compassion and justice in the world.*

Could it be me? Lastly, please give some thought on whether *your* ministry for the church is to serve on the Board of Trustees next year. It is the trustees' responsibility and duty to safeguard and promote the well-being and progress of the corporate body. Do you care deeply about whether our church thrives? Are you an active participant in the life of the church who attends Sunday worship services and other programming on a regular basis? Do you enjoy brainstorming and problem-solving? Are you a team player who is willing to consider others' opinions, and yet also speak your own truth? Are you curious to develop a deeper understanding of Unitarian Universalism, while at the same time honing your leadership skills? Serving on the board is a significant time commitment, but also a very rewarding experience. To learn more, please approach a member of the Board of Trustees or the Nominating Committee. Applications will be due in February.

Things to Come. We are about to put together a search committee for a new **Director of Faith Development**, since Karen LoBracco's non-renewable contract expires next summer. Also, the Strategic Planning Taskforce is trying to identify the right process facilitator to help us develop a three to five year **strategic plan**.

May we find joy and peace at the holidays, and may the New Year be a bright and special one. I will see you in church. :)

~ 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)

Our part-time bookkeeper **Donna Sentz** has accepted a full time position at the Unitarian Universalist Church of Buffalo downtown. We thank her for her hard work here at UUCA over the past year and wish her much luck in her new position.



Pledge Payments: Please note that any payment on pledges to be recorded in 2017 must be received no **later than Dec. 26**. ~ Dave Stroud, UUCA Treasurer

NOMINATIONS FOR THE UUCA BOARD OF TRUSTEES

Every year, 3 members of our Board of Trustees cycle off the Board and three new members are elected for three year terms.

The Nominating Committee will be finding talented members to fill the 3 spots on the 2018-2019 Board. We will be offering a way for us to know about you via an application followed by participation in a group discussion.

Please consider requesting an application or passing one along to someone you think might make a good candidate. The application is also online at <http://www.uuamherst.org/nominations-board-of-trustees/> The new Board term will begin on July 1, 2018.

To speak to a member of the Nominating Committee, please contact Bruce Becker, Rosalind Sulaiman, Judy Bihl, Randy Kent or Margot Shoemaker.

OPEN FORUMS ON SETTLED MINISTRY

Two Open Forums will be held in December to answer questions and listen to opinions regarding the upcoming vote (on Jan. 28th) on calling Rev. Michelle to settled ministry.

Please plan on attending one or both of the discussions. Dates are **Sunday, December 3** at noon, in the Chapel and **Thursday, December 14th** at 7pm in the Living Room.

Hosted by the Board of Trustees. Contact Randy Kent or Gemma Lanthier with questions.



UUCA GET COOKIN'!

With Christine Boczarska & Faith Pham
Caring For One Another Committee

ROASTED GARLIC AND MUSHROOM RISOTTO

Prep & cook time 1 1/2 hours

Serves 4

Preheat oven to 400°F

12 cloves garlic, roasted and minced
3 tablespoons olive oil
5 oz. wild mushrooms (oyster, shiitake or your favorite)
8 oz. white button or baby Bella mushrooms, sliced
3/4 cup chopped shallots
2 tablespoons chopped fresh thyme or 2 teaspoons dried
1 1/2 cups Arborio rice
1/2 cup dry white wine
4 cups chicken broth
1/4 cup freshly grated Parmesan cheese
1/4 cup parsley, chopped
2 tablespoons butter
Salt and pepper for seasoning



Toss garlic in 1 tablespoon olive oil and wrap in foil. Roast for about 15 - 20 minutes until garlic is soft. Remove from oven. Once garlic is cooled, mince and set aside.

Heat 1 tablespoon oil in large non-stick skillet over medium high heat. Add mushrooms and sauté until golden and juices evaporate, about 7 minutes. Add salt and pepper to taste and set aside.

Bring chicken broth to a simmer in a small saucepan.

Heat 1 tablespoon olive oil in a heavy medium saucepan over medium high heat. Add shallots and thyme and sauté until tender, about 4 minutes. Add rice and stir. Add wine and cook until almost evaporated. Mix in chopped garlic and add the broth 1/2 cup at a time, stirring constantly. Allow rice to absorb about 1/2 the broth before adding more. Once broth is gone taste to make sure rice is tender but still firm. If too firm, add 1/2 cup water and continue to cook, stirring.

Add cooked mushrooms, Parmesan cheese and parsley. Add 2 tablespoons butter, season with salt and pepper and serve immediately.

We served this dish with sautéed baby bok choy and mild Italian sausage, accompanied by the white wine not used to cook. Very flavorful.

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

Sautéed garlic, mushrooms & shallots - delicious! No gluten present in this recipe. If alcohol is a concern white grape juice works very well. It will add sweetness and flavor. Vegetarians will want to replace the chicken broth with vegetable broth or just water. For vegans: substitute butter with your favorite vegan margarine. Below is a recipe for vegan parmesan cheese substitute (from <https://lovingitvegan.com/vegan-parmesan-cheese/>).

1 cup (150g) Raw Cashews
1/4 cup (15g) Nutritional Yeast
1/2 tsp Garlic Powder
3/4 tsp Sea Salt

Add the ingredients to the food processor and pulse it on the S blade until it reaches a fine consistency. Keep it in a sealable jar in the refrigerator where it will keep for weeks!

Enjoy!

Faith Community Nurse Corner

Eveline Hartz, RN

VACCINE UPDATE

"A vaccine is a biological preparation that improves immunity to a particular disease. A vaccine typically contains an agent that resembles a disease-causing microorganism, and is often made from weakened or killed forms of the microbe, its toxins or one of its surface proteins. The agent stimulates the body's immune system to recognize the agent as foreign, destroy it, and "remember" it, so that the immune system can more easily recognize and destroy any of these microorganisms that it later encounters." ~ World Health Organization



Shingles is caused by the chickenpox virus (varicella zoster). The virus remains in the body's nerve tissue after recovery (from chicken pox). It is not exactly known what causes the virus to reactivate. There is a strong correlation with a weak or compromised immune system - in other words the body is no longer able to keep the virus inactive. There is also a correlation with stress, cancer, cancer treatments, steroids, age, HIV etc. Of course all these wear down the immune system. It is estimated that 10 - 33% of people, who have had chickenpox, will get shingles at some point. It is most common in people over 50 but can occur at any age. The effects of shingles can be as minor as a bad sunburn, but can also cause severe lasting pain, strokes, encephalitis, spinal cord damage and loss of vision.

The NY Times recently reported (10/25/17) that CDC is now recommending a new vaccine to prevent shingles for adults 50 and older. It's called Shingrix and manufactured by GlaxoSmithKline. The vaccine is still awaiting formal approval - expected shortly. The new vaccine, given in two doses, is supposed to be 98% effective for one year and 85% effective over 3 years. The vaccine was tested in 38,000 people per GlaxoSmithKline. Zostavac, the current vaccine, is 51% effective.

Remember, the vaccine must be taken while you are healthy and well. It is not recommended for anyone with a compromised immune system.

If you suspect you may have shingles, see your healthcare provider ASAP. The sooner you start treatment (preferably within a day), the fewer symptoms you will experience.

As with all things medical, I am wary of a pharmaceutical industry that puts profit before health & wellness. Always proceed with caution, educate yourself, scrutinize risk vs benefit, speak at length with your health care provider before determining which, if any, vaccines, medications or treatments are right for you.

Hippocrates urged physicians: "Primum non nocerum" (first do no harm). We as a society seem to have forgotten this very sound advice - not just physicians, but everyone. It's not about acceptable collateral damage. It's not just about squeezing out more profit. It's not only about outsourcing damage. It's not about the letter of the law. It is about behaving and acting in such a way, first and foremost, to do no harm. This means creating products, chemicals, treatments, food stuffs, clothing, behavior towards others, etc. which do no harm to your & mine physical/emotional health and well being as well as that of the health and well-being of the entire planet and all inhabitants.

It is mind-boggling that we as a society condone and promote harmful products & activities. Conscientious people spend decades & more of their life energy to stop the promotion of cigarettes, chemicals, drugs, hatred and unhealthy life styles one by one. We let the wrong doers jump through loopholes or use the "letter" of the law (even when directly opposed to the spirit of the law) to continue to produce/promote harmful products, activities & behaviors - if not directly to us in our hometown, then to others far away. We pretend we "need". Amazing, horrifying.

Strength, forbearance, humor and grace to all those who work towards making this world a better place for all creatures and the planet alike!

Peace on Earth,
Eveline

"Therefore, let there be beauty and strength, power and compassion, honor and humility, mirth and reverence within you." ~Doreen Valiente

UUCA Theatre Lovers

UUCA accounted for 21 members of the audience for the November 11 performance (4 pm) of "Visiting Mr. Green" at Jewish Repertory Theatre. The managing director made a special appearance before the show to thank us for supporting their work.



Save the date: Sunday, February 11, for their next show, "Rose," starring Tina Rausa, a vivid portrait of a feisty Jewish woman, and a reminder of events that shaped the 20th century. We'll attend the 2 pm production, then go to dinner at Lebro's Restaurant. Discount ticket order forms will be posted on the Church Life bulletin board in early 2018. Contact Marie Evans with questions.



We are participating in Gateway-Longview's Adopt-an-Angel Campaign again this year. You will find an assortment of angel tags hanging on the tree in the church foyer. There will be fifteen angel tags for specific children to choose from, and sixteen tags for various gift cards. These gift cards help **Gateway-Longview** to be able to do special things with the children year-round such as birthday celebrations.

If you feel so moved, please select an angel tag from the tree. Please follow the directions on the tag regarding dropping off your gift or gift card. **All items must be brought to the church by Sunday, December 3.** Also, if you select an angel tag for a specific child, do not forget to email or call Jeanine Moyer and provide both your name and the name of the child on your angel tag.

Thank you for supporting our neighbors at Gateway.

Donated Photos For Sale

It has been two years since Ron Palmere has offered his photographs for sale. He plans to do so again on the first two Sundays of December, after the Sunday service. Again, 100% of the money received from the sale of his prints will be donated to our church. All of his prints are 11"x14" mounted and matted in a 16"x20" matt. All matted prints will fit in a standard 16"x20" frame. No custom framing is needed. The subject of his prints include: Landscapes, Birds & Butterflies, Creeks & Waterfalls, Flowers, Creative, and Black & White. Credit cards will be accepted.



GREEN SANCTUARY CORNER

Green Sanctuary is having a field trip to the Botanical Gardens (<https://www.buffalogardens.com>) to view the poinsettia display and the new gardens on Dec 6 from 11am - 1 pm. We will carpool from church, leaving at 10:00 a.m. Everyone is welcome! There is ample parking on the side of the Gardens, handicapped parking is directly behind the main building. Please RSVP to John Wilcox or Carol Wells if you plan on coming. We will stop for lunch afterwards with anyone interested.

Admission:

\$11 Adults

\$10 Seniors (62+)

\$9 Students (13+ with ID)

\$6 Kids 3-12

Kids 2 and under are free

Garden Members are free



Dear friends,

It was brought to our attention that many UUCA members are unaware of [what the UUCA health ministry and the Caring For One Another Committee do.](#) We are a small, but active committee, who do their best to stay in touch with our homebound/shut in members through visits, telephone checks and cards, provide and/or coordinate rides to church and church activities when possible. In times of need, select committee members may bring a meal, assist with medical appointments, or assist in smoothing the transition from hospital to nursing home to home. In addition to rides to church, we, on average, send 10 -15 cards, do about 10 -15 visits (including doctor & hospital visits) & about 2 meals per month. Herbie, our pet therapy dog, is available upon request. We bring you the Faith Community Nurse page as well as the UUCA Get Cookin' page in the Forward and a yearly series on a health topic of interest to our congregation. A resource list has been compiled for those who find themselves unexpectedly homebound - it's available on the webpage, hard copies can be found on the front desk in the foyer. The committee liaisons with Hearts & Hands for additional rides and services.



We do rely on YOU to tell us if you are in need - even if it's only just to check in once in a while. There is no magic ball to tell us if you are connected with friends outside of church or family. No magic ball to tell us if your absence in church is due to a broken ankle or because you simply don't want to be there. No magic ball to shout - I could use a hand (or ear). Please call the office at 634-3010 or e-mail caring@uuamherst.org and let us know! ~Eveline Hartz and Ron Palmere



The Unitarian Universalist Young Adult Con is scheduled for January 5-7th at UU Congregation of Binghamton, 183 Riverside Dr. Binghamton, NY

Inquiries and comments may be directed to Brin Taylor at harplano29@gmail.com. The link to the registration page is here:

https://docs.google.com/forms/d/e/1FAIpQLSf8ylqb_yqkNIjR6rA_NnN5JQ7uC-ZlNEq2woGSyCQQ4sCWDA/viewform

Registration Deadline is December 29th.



If you are looking for a special holiday gift, may we suggest framed copies of our UU Benediction for \$15.00. These Benedictions will be available for sale on Sundays after church in November until Christmas in the Emerson Room. All proceeds benefit the church.



The Choir is preparing for the Christmas Eve Candlelight service which will be 12/24 at 10:30pm.. New singers always welcome. Contact Music Director Fran Landis with questions.

Equal Exchange

(<https://shop.equalexchange.coop>) Coffee, Chocolate & Tea.



Check out the Equal Exchange table on the third Sunday of the month (Dec. 17th) for fairly traded coffee and to support farmers. If you have a special coffee, tea etc. that you would like to order, contact Eveline Hartz.

Social Justice Corner

BLACK LIVES MATTER



UNITARIAN UNIVERSALIST CHURCH OF AMHERST

"Living the Pledge" is a new special workshop led by the Black Lives Matter taskforce. It is intended to help us work through the issues of racism in ourselves and in society.

Meetings will be the 1st and 3rd Tuesdays of the month in Emerson or the Living Room from 7 pm to 9 pm. **December dates are 12/5 & 12/19.** Contact Scott Harrigan with questions.



On December 10th, we will have a plate collection for our partners at Gerard Place which provides housing and supportive programs for homeless, single parent families. The staff at Gerard Place empowers individuals and families toward self sufficiency through community education and outreach. Also that Sunday, Jayne Murray and/or David Irvin will tell us what they provide for Gerard Place. Your checks will need to be made out to the UUCA with Gerard Place in the memo section. All money collected that Sunday will go to Gerard Place. Thank you for your generosity
~your Social Justice Committee (Co-Chairs: Pat Burke and Margot Shoemaker)

Support us when you shop this holiday season

Buy your gifts and holiday essentials at
smile.amazon.com. You shop. Amazon donates.

amazonsmile

Shop for everyone on your gift list this holiday at smile.amazon.com/ch/16-6411704 and Amazon donates to Unitarian Universalist Church Of Amherst Endowment Trust.

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.