

Issue
February
2018

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
Office.....x102
minister@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

Interim Director of Faith Development

Karen LoBracco
x104 or
dfd@uuamherst.org

Music Director

Fran Landis.....

Caretaker

Chris Barry.....

Office Administrator/ Newsletter Editor

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

Office Hours: 9am-2pm
Tues to Fri



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*

SUNDAY SERVICES IN FEBRUARY AT 10:30am

This month we are guided by the fifth principle of Unitarian Universalism: to affirm and promote the right of conscience and the use of the democratic process within our congregations and in society at large.

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Friends of the Night

Joe Heary, Executive Director

Not only does Friends of Night People provide over 130,000 meals annually they provide clothing, medical services and food supplies. It is an important, dynamic program. <https://friendsofnightpeople.com/> Our plate collection today will be shared with Friends of the Night. Please make checks out to UUCA with 'friends' in the memo line.

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Listening to Butterflies

Karen LoBracco

On this Sunday before Valentine's Day, Ash Wednesday, and the beginning of our annual stewardship campaign, what can butterflies teach us? Our interim Director of Faith Development, Karen LoBracco shares her perspectives as UUCA looks to its future.

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Taming the Seven Dwarfs

Rev. Michelle Buhite

Do you have an inner "Grumpy" or "Sneezy"? Or another of Snow White's helpers? Let's have a little fun as we examine our self-talk and build empathy for others.

Family-friendly service – no Faith Development classes this week for children/youth.

25

Building the World of the Gift

Rev. Michelle Buhite

"Is it too much to ask, to live in a world where our human gifts go toward the benefit of all? Where our daily activities contribute to the healing of the biosphere and the well-being of other people? We need a Story of the People... in which a more beautiful world is once again possible." (Eisenstein)

MINISTER'S CORNER



Everything changed when I turned 12 years old. Up to that time, I had been at the center of the small universe of my family, and the beneficiary of all the love and attention they could lavish upon me, with no expectation to do much in return. Although there was no set moment or conversation (at least that I can remember), at 12 I went from being a passive receiver of care to a responsible member of the family. Maybe the change came from being old enough to babysit... or perhaps it was the onset of earning an allowance by completing chores... All I know is that the family dynamics shifted, and now I was responsible for others' well-being and happiness, as well as my own.

I think most of us have a similar experience in moving from childhood toward adulthood; a realization that we have something to contribute and a responsibility to do so. It's an important lesson to discover that we are meant to give and receive, to participate generously with those we care about. We are entering the Stewardship Season, a time when each of us evaluates our relationship with the church; how we give and how we receive. It is my hope that you will find deep satisfaction in taking your place as a responsible member of this family as you pledge your financial commitment to the health and vitality of this congregation.

Warmly,
Rev. Michelle Buhite



[Tapestry Project Resumes!](#)

Symbols are powerful. The symbol that comes to mind for this congregation 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. **This month we are collecting BLUE.** Please leave narrow strips, 24" long in the basket by the art wall. This is a fun project for all ages!



Help us Grow

Electronic Giving is a convenient, consistent way to help our church grow.

Consider scheduling a recurring electronic contribution today. You won't need to write checks and prepare envelopes every week. And even when you can't attend services, your electronic contributions will arrive without delay.

Visit our website www.uuamherst.org/giving-3-2/



[Chalice Lighters Wanted!](#)

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



Faith Development News

Karen LoBracco, Interim Director of Faith Development

A Pilgrimage to India

February 17th I embark on a 19 day trip I have long dreamed of – to India. Part of the time I will be a tourist, visiting the Taj Mahal and other sites in New Delhi and northcentral India. The pilgrimage part begins a week later, as I explore the 200-year-old Unitarian history in the Khasi Hills area. This area in the extreme NE part of India borders Bhutan, Bangladesh and Myanmar. The culture, language, geography, climate and religious heritage of the area (Christians including many Unitarians roughly equal Hindus) differ from what is found in other areas of India. My trip is organized by the Unitarian Universalist Partner Church Council, and I hope to visit members of the partner church to my first UU congregation in Georgia. The first Unitarian missionaries visited this area around 1820, so I am curious to learn how another culture has interpreted out common ancestry. Upon my return I look forward to sharing with you!

Faith Development Groups Begin Again

On January 28 age separated Faith Development sessions for children and youth resume. SPIRIT PLAY is a story-based approach for children in Kindergarten through 4th/5th grades. They meet in the 2nd floor Faith Development wing in the spacious Channing Chapel. JUNIOR YOUTH is for 5th through 7th/8th graders, and they also meet in the Faith Development wing, in the Bulfinch Room. Their program is based on the UUA curriculum *Riddle and Mystery*, with each session starting with a BIG question. The SENIOR YOUTH (8th through 12th grades) meets way up in the 3rd floor of “The Mansion”. This group works *with* adult advisors to actively explore and live out Unitarian Universalism.

Welcome Director of Faith Development Search Team!

What kind of person do we need to lead UUCA’s Faith Development program beginning summer 2018? What will we be asking that person to do? Should the position be full or part time? Thanks to the DFD Search Team for tackling these and many more important questions. Members of the Search Team recently named by the Board of Trustees include Angela Warren, Linda Groat, Patty Scott, Kimmy Martinez, Jerry Kent, Nancy Faery and Rev. Michelle Buhite.

Black People Matter Resources Available to All

A wide assortment of books for adults and children is available for you to browse in the 2nd floor Faith Development corridor. Also on downstairs lobby and upstairs bulletin boards are free lists of suggested books and online resources – perfect for parents, grandparents and friends. Some favorite sites of mine include:

Liberal Religious Educators Association: <http://www.lreda.org/racial-justice>

Oakland Public Library, *Talking to Kids about Racism and Justice*: <https://docs.google.com/document/d/1solCA3FluIVhK6DFE2d3uYCipc6ApY8Gn2rMwm6fYqw/edit>

Teaching Tolerance: <https://www.tolerance.org/>



Faith Development Soup and Bake Sale Sunday February 4th in Emerson Room after services.

Benefits the Coming of Age Class. Please contact Rosalind Sulaiman if you would like to offer a baked good for the sale.





Stewardship Season is upon us! Throughout February, the Stewardship Team will be contacting all UUCA Members & Friends for pledges of financial support.

As you are considering your pledge for the 2018-2019 Fiscal Year (July 1, 2018 to June 30, 2019), remember that UUCA pays annual dues to the Unitarian Universalist Association based on our operating expenses. The expected contribution to UUA for 2018-2019 is \$90/per pledge. Please factor this information in when you are calculating your pledges.

See the **Fair Share Contribution Guide** at https://www.uua.org/sites/live-new.uua.org/files/fair_share_contribution_guide.pdf for more help in determining your financial commitment to our beloved church.



All Church In-home Potluck Supper Saturday, March 10, 2018 at 6 pm

Join us for an evening of fun and friendship! You will be assigned to a home, not too far from where you live, to spend a casual evening with some familiar faces and perhaps a few new ones, too. Your host will contact you the week of March 3rd to discuss your food contribution to the feast.

**Sign up to be a guest or a host TODAY! You can also register by calling Lauraine Marcus or the church office 634-3010 x101
RSVP by March 3rd 11:45 am**



New Year = New Directory

Many of us are enjoying using our church's **Photo Directory** /Community Connect Book which helps us connect names to faces and provide contact information for our church family. Due to a variety of circumstances, some of you may not have been able to be photographed, including any of you that are new to our church. In addition, occasionally some people may want an updated photo to be used in this book due to things such as the birth of a baby, change in family status or simply you have a great new hairdo! The great news is that Lifetouch is coming back on **Monday**,

March 12th from 1 pm to 8pm to photograph any of you we just described and REPRINT a new book with the previous and new families and an UPDATED roster. *Every family photographed previously and this time will receive a new book!*

Online sign up now at: <https://booknow-lifetouch.appointment-plus.com/y8bveqg6/>

Paper sign up Sundays at church will begin mid-February.

(If you prefer that the church office call you to set up appointment, put your name on a photography flyer from the welcome desk and put it in the collection basket.)

Adult Faith Development



Women's Afternoon Study Group—Tuesday, January 30th- 1:30 p.m. - We will have our minister, Rev. Michelle Buhite, who will chat with us today. Meet in the Living Room.

Thursday Night Book Club: is reading "A God That Could Be Real" by Nancy Ellen Abrams. The emerging collective reality of God in our world exists in a new cosmology. Abrams writes as an atheist introduced to a higher power that behooved her to ponder how an idea of God can reflect the present day reality that reason has made available. We will meet again on **February 1 at 7:00pm in the Living Room.** Join us.

Young Adult Meet-up — A get together for those primarily 18-35 years old. The next date will be **Sunday Feb. 4th at noon in the dining room.** If anyone wants to bring in food or a board game, please do. Contact Diane Bofinger.

Women's Afternoon Study Group—Tuesday, February 6th- 1:30 p.m. - What have you been reading lately? This will be our topic for the day. Bring titles and authors and you will receive a list of your friends' books via email shortly after the meeting. Meet in the Living Room.

Poetry As Practice —will meet on **Sunday, February 11th at noon in the Reeb Room.** Poems will be presented by Angela Warren.

Current Events Discussion/Lunch-Tuesday, February 13th - 12:30 p.m. - Bring your lunch to the Emerson Room to discuss the news of the day.

Women's Afternoon Study Group—Tuesday, February 27th - 1:30 p.m. - Meet in the Living Room.



Grief Support Groups

Experience compassion and support in handling loss.

Fourth Wednesdays from 2-3:30pm and

Second Thursdays (except April when it will be 4/26) from 7-8:30pm.

This month: Wed 2/28 (2pm) and Thu 2/8 (7pm)

Not limited to UUCA members and friends.

Credo Discussion for Adults

"Credo" translates as "I set my heart upon" – making a credo much deeper than a mere belief. What do you set your heart upon? We ask our Youth to define their beliefs as part of their Coming of Age process – and now it's time to ask the Adults!

Discussion sessions are sequential, **Fridays 2/9 & 16 and 3/9 & 16 at 7pm in the Living Room.** The sessions will culminate in sharing credos in a Sunday morning service in April. Sign up in the lobby or email Rev. Michelle (minister@uuamherst.org).





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

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Little Free Pantry (LR) 12 pm - Young Adult Meet- (BR) 7:30 pm - AA (LR)	8:30 am - Boiler Inspection 6 pm - AA (LR) 7 pm - Mankind Project (Reeb) 7:30 pm - ACOA (LR) 7:30 pm - Buffalo Recorder (Em)	10 am - ACOA (LR) 12:15 pm - AA (LR, FD wing) 1:30 pm - Caring for One Another (Em) 1:30 pm - Women's Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb)	12:15 pm - AA (LR, FD) 1:30 pm - Green Sanctuary (LR) 7 pm - Ministry Council (LR) 7:30 pm - Preaching by Parishioners (Bul)	12 pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) 7 pm - Thursday Night Book (LR)	7 pm - Cocktails and Conversation	9 am - Pastoral Care (at UU Church of Erie)
4	5	6	7	8	9	10
9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Poetry as Practice (Reeb) 7:30 pm - AA (LR)	6 pm - AA (LR) 7:15 pm - Finance/Facilities (Em) 7:30 pm - ACOA (LR)	10 am - ACOA (LR) 12:15 pm - AA (LR, FD wing) 12:30 pm - Current Events (Reeb & Em) 6 pm - Blue Mtn. Potluck 7 pm - Blue Mtn. (Reeb) 7 pm - Board of Trustees (Em)	Valentine's Day 12:15 pm - AA (LR, FD) 6 pm - Ash Wednesday (Chapel & Em) 7 pm - Membership (LR) 7:30 pm - Preaching by Parishioners (Bul)	12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) 6 pm - Love Feast Thursday (Em & Chapel)	Deadline for Newsletter Office Closed 7 pm - Credo Discussion (LR)	9 am - Kindness Rocks (Channing Chapel) 9 am - WNY Gluten Free (Em) 6 pm - Buffalo Belles (LR)
11	12	13	14	15	16	17
9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Poetry as Practice (Reeb) 7:30 pm - AA (LR)	6 pm - AA (LR) 7:15 pm - Finance/Facilities (Em) 7:30 pm - ACOA (LR)	10 am - ACOA (LR) 12:15 pm - AA (LR, FD wing) 12:30 pm - Women's Lunch (Em) 6 pm - Blue Mtn. Potluck 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb)	Valentine's Day 12:15 pm - AA (LR, FD) 6 pm - Ash Wednesday (Chapel & Em) 7 pm - Membership (LR) 7:30 pm - Preaching by Parishioners (Bul)	12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) 6 pm - Love Feast Thursday (Em & Chapel)	Deadline for Newsletter Office Closed 7 pm - Credo Discussion (LR)	9 am - Kindness Rocks (Channing Chapel) 9 am - WNY Gluten Free (Em) 6 pm - Buffalo Belles (LR)
18	19	20	21	22	23	24
Stewardship Campaign for FY 2018-2019 10:30 am - Church Service 12 pm - Dementia and Mental Health (Chapel) 12 pm - Equal Exchange (Em) 7:30 pm - AA (LR)	Presidents' Day 6 pm - AA (LR) 7 pm - Mankind Project 7:30 pm - ACOA (LR) 7:30 pm - Buffalo Recorder (Em)	10 am - ACOA (LR) 12:15 pm - AA (LR, FD wing) 12:30 pm - Women's Lunch (Em) 6 pm - Blue Mtn. Potluck 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb)	Office closed 12:15 pm - AA (LR, FD) 6:30 pm - ACT Buffalo (Chapel & Em) 7 pm - Social Justice (DR) 7:30 pm - Preaching by Parishioners (Bul)	12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir)	Office closed 4 pm - set up for Adoption	9 am - Racial Justice Conference (Bul, downtown) 9 am - set up (Em) 11 am - STAR Adoption Celebration Event (Em & Chapel) 5 pm - set up for dinner 6 pm - Fireside Dinner (AE) (LR)
25	26	27	28	1	2	
Stewardship Sunday 10:30 am - Church Service 12 pm - Book Club (DR) 7:30 pm - AA (LR)	6 pm - AA (LR) 7:30 pm - ACOA (LR)	10 am - ACOA (LR) 12:15 pm - AA (LR, FD wing) 1:30 pm - Women's Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 7 pm - Blue Mtn. (Reeb)	12:15 pm - AA (LR, FD) 2 pm - Grief Support Group (LR) 6:30 pm - (Bul) Newman 7 pm - Snowbirds (Em) 7:30 pm - Preaching by Parishioners (Bul)	12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir)		

AA = Alcoholic Anonymous
 AE = Auction Event
 ACOA = Adult Children of Alcoholics
 Bul = Thomas Bullfinch
 Ch = Chapel
 DR = Dining Room
 Em = Emerson Room
 FD = Faith Development Wing
 LR = Living Room
 Reeb = Reeb Room
 SOS = Non-religious sobriety group
 * = tentative

Love Feast Revisited

The third Thursday of each month is a *Love Feast*, with this month's gathering on **Feb. 15 at 6pm**. 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'll shake things up as we experiment with a "simple church" model with guided conversations while we share the meal.

LOVE

Women's Lunch:

Tuesday, February 20th - 12:30 p.m. - Meet in the Emerson Room to laugh and chat with your church friends. No agenda today. Bring a lunch from home.

Retired Old Men Eating Out (ROMEOs): Men's lunch

All men (age and retirement not a restriction!) are invited to meet at Buffalo Brew pub for lunch and conversation on Friday, **February 1st at noon**. Come relax with friends, good food, and good conversation. No agenda—all topics considered!



Kindness Rocks Project

Have you heard the phrase "Practice random acts of kindness and senseless acts of beauty"? Have you ever had a day when you weren't feeling great, but a compliment, friendly word, or motivational quote changed your attitude? We've been inspired to join the Kindness Rocks Project to spread peace, love and understanding, one rock at a time. You can, too! We'll provide the materials to decorate and letter small rocks that will "spread kindness to unsuspecting recipients." Rocks can then be kept, delivered to a friend who needs some inspiration, or placed (mindfully and respectfully) where a random person can find a loving message. We'll also have a box at church to hold rocks that visitors can help themselves to.

We'll gather on **Saturday, February 10, 9:30 am** in the Channing Chapel (the big room at the end of the hallway in our Faith Development wing) to decorate flat rocks with artwork or written messages. All ages welcome. **Auction Event: \$3/person, \$10/family of 4+.**

To learn more about the inspiration for the endeavor, see <http://thekindnessrocksproject.com/home>

-Marie Evans and Angela Warren

You are invited to join the **UUCA Racial Justice Ministry Team on Saturday, February 24** for this WNY Cluster Event:

"Diving into Our White Culture to Surface Racial Justice: An Experiential Conference,"

9:00 am – 4:00 pm, at UU Church of Buffalo, 695 Elmwood Ave

Cost: Sliding Scale \$25-\$65

"Racial justice is a spiritual practice. Experience this in a day of stories, dialogue, activities, and song so that we can transform ourselves, our congregations and the world. Our keynote speaker, Kenny Wiley, third generation UU, will guide us through what it means to create authentic diverse community. "Unitarianism and Universalism were largely shaped by white people, but the faith doesn't belong to white people." Cost: sliding scale \$25-\$65. Register now at <https://tinyurl.com/WNYUURacialJustice>

[WNYUURacialJustice](https://tinyurl.com/WNYUURacialJustice)

-Hella Jacob, on behalf of the UUCA RJM Team





BOARD NOTES:

Fellow Members and Friends—

In my yoga class last night, we did a lot of heart openers. Such poses can help you heal your body, mind, and spirit. Likewise, as we begin to shape the future of our church, may we learn to practice heart opening in our thoughts and emotions. May our hearts always be opening to new or unexpected answers.

May our hearts be open as we gather for a Special Congregational Meeting on January 28 to call Rev. Michelle to settled ministry and to right-size our board of trustees.

May our hearts be open as we decide how much we want to give to support our church over the next year. In January, some thirty people gathered at a town hall meeting to learn more about the current work and future plans of various church committees for the coming year. You can read the committee reports in full here: <http://www.uuamherst.org/2018-budget-requests/> (password uu123).

We are grateful that several conscientious individuals are stepping forward to direct this year's stewardship campaign. Together we will decide which projects we will fund to move our church forward at this time. *You* can help by turning in your pledge early and let your heart be as big as it can be.

May our hearts be open as we participate in the *Promise and Practice of Our Faith for BLUU* Campaign (which ends in February). Black Lives of UU provides information, resources and support for Black Unitarian Universalists and works to expand the role & visibility of Black UUs within our faith. With a relatively small sacrifice of \$10 per person, you can choose to join me and others at this extraordinary moment in our denomination's (and nation's) history! With one week to go, we have reached 80% of our goal—thank you to every who contributed!

May our hearts be open as we trust the process of Strategic Planning to help us focus our energy and resources. It's hard to accomplish anything without a plan; let's work together to put one in place.

May our hearts be open as more church members go through the *Living the Pledge to End Racism* program. New workshops are starting soon.

May our hearts be open to welcoming a new employee. A six-person team has begun the process of searching for a new Director of Faith Development (Karen LoBracco's non-renewable contract expires soon). We are grateful for everyone willing to serve on the search team.

May your hearts be open as you ponder 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 UUCA's well-being and progress. 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 are due in February.

May our hearts be open, so that we can live our mission and spread light and love in the world. 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)



Nikki Hitchcock

Strategic Planning Road Map

I am honored to have the chance to serve as UUCA's strategic planning consultant. As a member of almost two years, and having supported the mission statement effort, it is exciting to offer my skills to the church's future.

Strategic planning may sound complicated or cumbersome, but the best planners are really there to foster a conversation. In fact, I will be here to help answer three main questions. First, together, we'll ask, "What is our environment?" Until we understand how our community, our denomination, and our nation have shifted, it can be hard to name the challenges we face or the changes required of us. Next, we will ask, "How are we doing?" In this conversation, we will explore the ups and the downs, the celebrations and the concerns. And to finish this dialogue, we will explore, "What now?" Here we will begin to outline a path of growth, beginning to define a roadmap for the next three to five years. In the next few weeks you'll see a map of our process appear in the Emerson Room. Follow along there, in announcements, in the newsletter, and on Facebook, to make sure you know how you can share your valuable contributions.

Transitions can be hard and conversation can become splintered or unproductive. UUCA is taking a brave step to decide to sit down, get a checkup, and craft a course forward. I admire your bravery, and I look forward to chatting with each of you in the next few months.

~Nikki Hitchcock

NOMINATIONS FOR THE UUCA BOARD OF TRUSTEES



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

The Nominating Committee is currently seeking talented members to fill spots on the 2018-2019 Board. So they can get to know you, there is 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.



Reaching In - Reaching Out

One of the ways that this congregation reaches in to help members and friends of UUCA is through gifts to the **minister's discretionary fund**. Because of your generosity in 2017, we have been able to provide over \$1,800 in immediate, tangible assistance to fellow congregants. As we begin 2018, the fund is nearly depleted, with less than \$200 available. Your help is needed. Contributions may be made by check to UUCA and designated as Minister's Fund in the

memo line. Contributions to this fund can also be made online through the egiving page: <http://www.uuamherst.org/giving-3-2/>

Thank you in advance for your compassion and generosity. ~Rev. Michelle

UUCA GET COOKIN'!

With Christine Boczarska & Faith Pham, Caring For One Another Committee

POTATO LEEK SOUP

3 tbsp butter
3 medium leeks
1 medium onion
4 medium potatoes
4 cups poultry stock
1-2 cups cream or 1 cup cream and 1 cup dry white wine
1/4 tsp or more chives



Wash the leeks well and mince the white part only, discarding/ composting the rest. Mince the onion and sauté both in the butter until translucent. Slice potatoes thinly and add to the sauté. Add stock and simmer mixture, covered, for 15 minutes.

Put the mixture in a blender and purée. Add the wine and cream, salt and pepper to taste, and gently reheat if needed. Serve with chives sprinkled on top and crusty bread and butter. This soup lends itself to additions like cooked carrots, diced ham or crisp bacon, cheese, whatever you choose.

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

This recipe is already gluten free. To make it vegan and Dairy free:

Butter is easily replaced with olive oil or an oil of your choice. Alternatively you could also saute the onions with a little water. Heat the water until it fizzes and pops - add the onions, stir continually. Vegetable stock does nicely for poultry stock. If desired, adding 2 stalks of celery will go a long way to make up for lack of "meat" flavor if you are new to eating vegan or vegetarian.

Cream can be substituted with the vegetable stock. Consider adding approximately 1/3 c nutritional yeast for creaminess after you have blended the soup.

If you are looking to add veggies in addition to the ones mentioned above: 4 cups of chopped kale, collard greens or spinach can be stirred in after blending or even at the table depending on your guest's palate.

If you are serving bread, but need it gluten free; the Joy of Cooking has a no knead recipe for rolls that works well with gluten free flour. Rolls are easier than making a loaf of bread. To help with stickiness add an extra egg (extra- large) and decrease water by 1/4 cup. Make sure the yeast is fresh. Here's the recipe (with the changes):

In mixer bowl mix & set aside:

2 3/4 sifted gluten free flour
1 package active dry yeast

Place in a separate bowl:

1/4 c butter or (vegetable) shortening
1 1/4 tsp salt
2 TBS sugar

Pour 1 c hot water over this and still until dissolved.

Beat in:

2 eggs

When lukewarm, add liquid to the flour-yeast mixture. Beat until blended to make a soft dough.

Place in a greased bowl and cover with a cloth till doubled in bulk. Then punch down. (I sometimes skip this step)

Divide dough to fill greased cups in a muffin pan (about 1/3rd full).

Let rise till doubled.

Bake in a preheated 425* oven for 15 -18 minutes.

Serve warm.

A promotional poster for the 12th Annual Sweet Charity event. The background is a warm, bokeh-style orange and pink. At the top, it says "12th Annual Sweet Charity" in a large, elegant font, with a strawberry icon. Below that, it says "TO BENEFIT THE FOOD BANK OF WNY". In the center, a white box contains the date "FEBRUARY 1, 2018" and time "5 P.M. TO 8:30 P.M." at "Adam's Mark Hotel". To the right is a logo for "Presented by James Residerio". At the bottom, it says "ENJOY A WIDE VARIETY OF DELICIOUS FOOD, DESSERTS, WINE AND BEER FROM SOME OF WNY'S FINEST ESTABLISHMENTS!" and "TICKETS ON SALE NOW!". The website "www.foodbankwny.org" is at the bottom.

Faith Community Nurse Corner

Eveline Hartz, RN



MATTERS OF THE HEART

Each year about 610,000 people die of heart disease in the US - 25% of all deaths (CDC). Heart disease affects both men and women equally. While heart disease occurs primarily in older adults, about 4 - 10% of heart attacks occur before the age of 45. An heart attack occurs swiftly, but heart disease begins in childhood.

SYMPTOMS (of a possible heart attack): chest pain, shortness of breath, cold sweats, nausea, jaw pain and vomiting. Seek immediate medical care if you experience these!

RISK FACTORS: Tobacco, sedentary lifestyle, poor diet, high blood pressure, high cholesterol, diabetes, excessive alcohol use.

HEART and/or VASCULAR DISEASE is largely driven by atherosclerosis. This is the occurrence of (mostly) fatty deposits, which eventually clog the arteries. Plaque is the buildup of these deposits. Plaques are made up of cholesterol, fatty substances, cellular waste products, calcium and fibrin (a clotting material).

CHOLESTEROL is a fat like substance essential for the production of steroid hormones (progesterone, estrogen, testosterone and cortisol), bile (needed for digestion, particularly fat digestion), Vitamin D and is an essential component of the cell membrane of each cell in our body. 75% of cholesterol is produced by the liver and the rest comes from our food. Normal levels of cholesterol play an important role in our overall well-being. If too high, it is a serious risk factor for heart disease. Having too little cholesterol is also harmful - but for other diseases.

There are 2 types of cholesterol: HDL (high density lipo-proteins, also called good cholesterol) and LDL (low density lipo-proteins or bad cholesterol). These are not actually cholesterol but do carry or pick up cholesterol.

HDL absorbs excess cholesterol and brings it back to the liver so it can be flushed from the body.

LDL carries cholesterol for use & repair of cell membranes. A high level of LDL results in the build up of excess cholesterol in blood vessels, eventually leading to plaque, blockages and/or clots. Arteries damaged by smoking, diabetes & high blood pressure are particularly vulnerable to this.

The recent new BLOOD PRESSURE GUIDELINES have decreased the parameter for high blood pressure to 130/80 (stage 1) and 140/90 (stage 2). Readings must be done at least twice on two different occasions when you are calm and relaxed (!).

TREATMENT/PREVENTION: While great strides have been made in the treatment of heart disease in the past 20 years, **prevention is still the very best treatment!**

The Framingham heart study (as reported by Harvard) determined men free of risk factors had a 5% chance of developing CVD, while those with 2 or more had a 68% risk. Risk factors are 1) High total cholesterol, 2) Low HDL or "good" cholesterol, 3) High blood pressure, 4) Diabetes 5) Obesity, 6) smoker/tobacco use. A man without risk factors could expect to live 11 years longer than those with 2 or more.

High cholesterol, high blood pressure and diabetes can be prevented by not using tobacco products, daily physical activity, a healthy diet, avoiding excessive alcohol intake, proper weight maintenance and stress reduction. The very same things that prevent heart disease!

Happy Valentine's day!

"We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it." ~ John Lennon

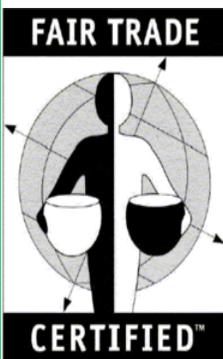
GREEN SANCTUARY CORNER

Interested in greening your life? Ditch the Car (or at least use it less!)

Not only is it much greener by far to go by train or bus but the motor car has to be the most stressful way of getting to your destination. Travel can and should be a pleasure, When comfortably seated on your train, you can finish off that novel, prepare for that meeting with the boss or important client, passengers. If your family or friends are with you then the journey can be turned in to a low key party; an excellent way to start your trip out or holiday. You can also stretch your legs at any time, remember that DVT - deep vein thrombosis can affect drivers as well as airline passengers.



Have you been in trains and coaches lately? many have power sockets to plug in your laptop and a restaurant or buffet car in trains can mean a welcome break. Ever taken a 'sleeper'? - overnight trains where you wake refreshed at your destination. (<http://www.hints-n-tips.com/green-tips.html>)



Equal Exchange Chocolate, Coffee & Tea - February 18th in Emerson

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."

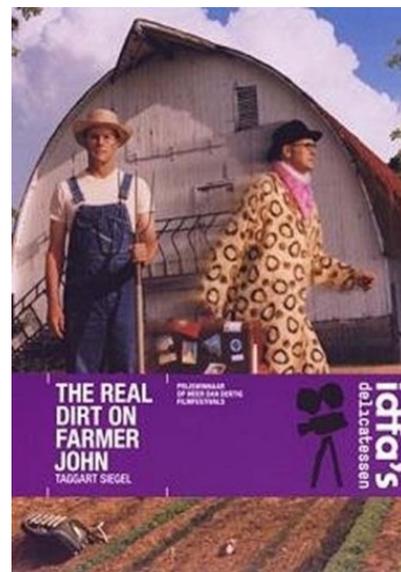
By purchasing these products, in place of their conventional counterparts, you will be supporting environmental sustainability, fair wages, local communities & workers, investments in local community building, biodiversity and it just tastes so much better and is healthier for you too!

Wednesday, February 7, 2018 @ 1:30 p.m Green Sanctuary meeting

Wednesday, March 7, 2018 at 12:00 p.m. in the Emerson room. Potluck Lunch & Film: "The Real Dirt on Farmer John"

This documentary film, as you can guess by the title, is about Farmer John. Young John Peterson, an Illinois farmer, sinks into bankruptcy, losing the family farm during the farm debt crisis of the 80's. This film is about the unraveling of rural America and the brutal response of the community as John tries to save his farm in his own way. In an attempt to save the farm, the young idealist had slowly turned it into an experiment of art and agriculture, making it a haven for hippies, radicals and artists. Vicious local rumors turned John into a scapegoat, condemning him as a Satan-worshipping drug-dealer. John is treated as an outcast, threatened with murder, and his home is burned to the ground.

This is a powerful story about a young man who is "different". It is a story of transformation, and a story of departure & return. It is the story of John Peterson rising above his hostile neighbors and ultimately saving the farm - in his own very special way.



Break bread & come to enjoy John W.'s cake with Green Sanctuary to view this film which is both humorous, heartbreaking and filled with raw drama and intimacy.



African & Caribbean American Culture Day: Feb. 24th at 11am in Emerson Room. Sponsored by Adoption Star. Open to the Public! Come celebrate African & Caribbean Culture through storytelling, music, literature, hair & skin care demos, culture and arts, apparel & other goods, authentic African and Caribbean cuisine! RSVP at 639-3900 or email info@adoptionstar.com



Connecting with Guests

This came across the internet several months ago. I thought that this would be a good time to share these thoughts, since it is likely we will be seeing more new faces in the weeks ahead.

“...seven things we *should* say to guests:

“**Thank you for being here.**” It’s just that basic. I have heard from numerous church guests who returned because they were simply told “thank you.”

“**Let me help you with that.**” If you see someone struggling with umbrellas, young children, diaper bags, purses, and other items, a gesture to hold something for them is a huge positive. Of course, this comment is appropriate for member to member as well.

“**Please take my seat.**” I actually heard that comment twice in a church where I was speaking in the Nashville area. The first comment came from a member to a young family of five who were trying to find a place to sit together.

“**Here is my email address. Please let me know if I can help in any way.**” Of course, this comment must be used with discretion, but it can be a hugely positive message to a guest.

“**Can I show you where you need to go?**” Even in smaller churches, guests will not know where to find the nursery, restrooms, and small group meeting areas. You can usually tell when a guest does not know where he or she is to go.

“**Let me introduce you to _____.**” The return rate of guests is always higher if they meet other people. A church member may have the opportunity to introduce the guest to the pastor, other church staff, and other members of the church.

“**Would you join us for lunch?**” I saved this question for last for two reasons. First, the situation must obviously be appropriate before you offer the invitation. Second, I have seen this approach have the highest guest return rate of any one factor. What if your church members sought to invite different guests 6 to 12 times a year? The burden would not be great; but the impact would be huge.”

Other things to do include asking if they want a tour of the church, insuring they have a newsletter, reminding them about activities beyond Sunday service, and looking for them the following Sunday.

Thank you for making our guests feel welcomed. ~Lauraine Marcus for the Membership Committee.

Transition Presentation Successful

My transition presentation on Jan. 7th was successful, with good conversation and food.

For those who missed the presentation, I will briefly state what Transition is:

TRANSITION: Transition is a movement of communities coming together to reimagine and rebuild our world. It was founded by Rob Hopkins in the UK in 2005. It is about communities stepping up to address the big challenges they face by starting local.



After watching the videos I presented, we engaged in a conversation over soup. Conversations of any kind are best over food.

The questions that we were left with was “what is the next step?” Where do we go from here? I like to see the conversation continue and even expand, reaching out to other community groups and organizations in our area. I knew that the interest and enthusiasm would fade in time. I started thinking of times, days and places for our next meeting. People suggested doing another presentation after a future coffee hour or pick a day of the month to create a regular meeting for further learning and discussion

It was brought to my attention that the UUCA has a group already, *the Green Sanctuary*, that meets on the first Wednesday of the month. Because many churches and community groups are lacking people and resources I did not want to spread the UUCA's time, energy and people any thinner by creating a new group. In the spirit of Transition it would be best to share resources, especially human resources, building on what is already in existence, channeling renewed interest and energies in projects that may have been neglected.

I am now in conversation with the Green Sanctuary committee and will be at their next meeting on **Wednesday, February 7, 2018 @ 1:30 p.m.** Having been active in creating projects like the Buffalo Hour Exchange (local currency), Buffalo Co-Housing Initiative, the Network Light Newspaper (A Bioregional Resource for Conscious Awareness in Holistic Health, Ecology, Social Responsibility and Personal Transformation), I hope to give more talks to UUCA & community on the numerous Transition subjects. ~Dennis Kazmierczak



[UUCA Health Ministry](#) is gathering information regarding the [possibility of a RESPITE program at UUCA](#). These programs are directed towards people with mild to moderate dementia living at home and are meant to give their primary caregiver a break.

"Respite provides relief to those who care for individuals with Alzheimer's disease or other dementias. Time away from caregiving responsibilities is essential to their own well-being and allows them to refresh and recharge their batteries, reduce caregiver stress and can help ensure that those with Alzheimer's remain at home as long as possible."

The flexible 3-4 hour program is held once per month at a date and time of the hosting organization's choosing for a maximum of 15 participants. Individuals are assigned a volunteer who stays with them throughout the time period. All activities are done together. The activities are structured and planned. A lunch/dinner/snack may be provided. The Alzheimer's association provides training, assists with starting a Respite program and remains available for support as needed.

The Caring Committee is exploring whether such a program could be started at UUCA. Is there a need? Are there available volunteers? If you are interested, either in participating or volunteering for such a program, please let one of our committee members know your thoughts! If we do decide to proceed there is a possibility of an \$1,000.00 "no strings attached" grant available to help start the program. Lauren Ashburn will be at UUCA February 18 after Sunday service for presentations on Alzheimer's (see insert) and to answer questions you may have concerning Respite Programs. ~ Eveline Hartz, RN 741-8815 or aehartz@roadrunner.com



Music Notes with Wendy Scott

There are no music events on the calendar at the moment although several are in the works. There is a long-term project, however, arising from Sujeet Desai's concert last October. Music, Community Health, and Social Justice would like to hold a program presenting information on opportunities for the disabled to develop individual skills that often get overlooked in their education. This means the arts, athletics, and self-advocacy. The idea is to focus on presentations by local groups and have accomplished young people with disabilities showcase their talents. This program could be the first of several we present as we learn more about local opportunities and needs.

The plans are just getting under way and any input is welcome; please contact Wendy Scott.



New to the library in the glass cabinet in the Emerson Room: **GUARDIANS OF BEING: Spiritual Teachings from Our Dogs and Cats** - "original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip, Mutts. This book is suitable for all ages. It's an

accessible guide to living in the present and being present in our lives. I highly recommend it.

As always, sign out borrowed materials in the spiral notebook, on the Honor System. - Marie Evans



Cocktails and Conversations: Contact Ivy Yapelli for the location of the meet-up on **Friday, Feb. 2nd.**



Part-time bookkeeper/office assistant wanted in the church office. Contact Rev. Michelle for more information.

UUCA Theatre Lovers

Jewish Repertory Theatre's next play is **ROSE**.



This story chronicles the life of a remarkable woman who traveled from a tiny Russian village to the Warsaw Ghetto, to a ship called The Exodus, and finally to the boardwalks of Atlantic City, the Arizona Canyons, and salsa-flavored nights in Miami Beach. **ROSE**, by the author of *Bent* and played by Olympia Dukakis at the Royal National Theatre in London and at New York's Lincoln Center, is a vivid portrait of a feisty Jewish woman, and a reminder of events that shaped the 20th century.

Our group outing will be on **Sunday, February 11**. We'll meet at the theater space - Jewish Community Center, 2640 North Forest Road, Getzville - for the 2 pm performance, then go to dinner (Dutch treat) afterward at Lebro's Restaurant, 330 Campbell Blvd. *Contact me by noon on Friday, Feb. 9, to be included in the dinner reservation.*

Discount tickets for Feb. 11 [or any other weekend show during the run (Feb. 1-25)], may be purchased by mail, using the form available in the church lobby - there's a pocket folder at the bottom left of the Church Life bulletin board. *Please note: checks must be received 8 days prior to the performance you plan to attend - Sat. Feb. 3, for our event.* Any questions about ticketing, please contact Sophia Veffer at 631-3228.

~Marie Evans



Endowment Trust

The Endowment Trust is an important funding source for the church. It is a resource to help with major facility projects that go beyond the scope of our operational budget, such as the new chapel carpeting or the Strategic Planning Consultant. This money came from accumulated interest from investments managed by Angelucci Wealth Management. The Endowment also manages special accounts such as the Music Fund.

It is important to keep the Endowment Trust growing so we can continue to be a financial resource for the church, when needed. We should all consider adding the church in our wills. But in the meantime, smaller, periodic gifts can be a great benefit to the ET and the church, as well as being the perfect gift in memory of friends or loved ones who have died. Even if you are not thinking about a formal commitment, you can support the Endowment if you use Amazon.com. Sign up for smile.amazon.com, designate Unitarian Universalist Church of Amherst Endowment Trust and a percentage of all of your purchases will go to the Trust.

If you want to learn more about the Endowment, you can talk to the trustees: Dennis Bihl, Marie Evans, Doreen Park, Jerry Kent and Lauraine Marcus. An Endowment Trust brochure can be found on the pamphlet carousel in the lobby. It provides useful information about legacy giving, as well as about specific details about our Trust.

The Endowment Trust continues to meet quarterly, usually the 3rd Tuesday at the church. At the meeting, Mr. Angelucci of Angelucci Wealth Management reviews the status of our investments and explains the nuances of risk analysis and prudent investment strategies to assist the trustees in making informed and careful financial decisions on behalf of the Trust.

The next meeting of the Endowment Trust will be in April 15th at 5 pm. You are welcome to attend.
Endowment Trustees: Dennis Bihl, Doreen Park, Marie Evans, Jerry Kent, Lauraine Marcus



Dementia and Mental Health Lecture Series

Sunday, January 21 at noon Lauren Ashburn discussed early detection of Alzheimer’s and dementia. This month, **Sunday, February 18 at noon**, the topic will be:

Healthy Living for Your Brain and Body: Tips from the Latest Research

This presentation will focus on risk factors and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. There will be ample time for Q & A afterwards.

Questions regarding the start up of a possible RESPITE program at UUCA are also welcomed.



Lauren Ashburn, MSW, is the Director of Respite Services for the Alzheimer’s Association of WNY where she oversees social programming for individuals with dementia. Social programs are a vital component to dementia care as they provide individuals living with a diagnosis opportunity to connect with others facing similar difficulties as well as offer much needed socialization. These programs afford caregivers time to relax, re-charge and refresh so they are better able to appropriately care for their loved one. Lauren is also devoted to educating the community about Alzheimer’s disease and related dementia's, understanding and responding to difficult behaviors, and planning for safety precautions that are inherent in dementia care. Lauren previously worked as an activities assistant in a long-term care facility for several years where she developed her passion for working with individuals with dementia and their caregivers. She received her Bachelor's degree in Social Work from Buffalo State College and her Master's of Social Work degree at the University at Buffalo where she specialized in Aging through the Hartford Partnership Program.



The Choir is always ready to welcome new singers. The choir sings about once a month during services as well as for special occasions such as our Christmas Eve candlelight service. Choir practice is usually on Sunday morning before the scheduled singing day. Contact Music Director Fran Landis with questions.

Visited our website lately?



Watch sermons, view calendars and events, and check out the TAKE ACTION page with ways to make a difference in the world.

Check it out!

www.uuamherst.org

Happy Valentine’s Day to all!

