

Issue

January 2019



# The Foreword

The Newsletter of the

**Unitarian Universalist Church of Amherst**

6320 Main Street, Williamsville, NY 14221

634-3010 (x101 for office) Office Hours Tuesday to Friday 9am to 2pm [www.uuamherst.org](http://www.uuamherst.org)

Amherst Little Free Pantry Questions: [amherstlittlefreepantry@uuamherst.org](mailto:amherstlittlefreepantry@uuamherst.org)

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

## Our Staff:

### Minister

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### Minister Emerita

Rev. Maureen Q. Thitchener

## SUNDAY SERVICES IN JANUARY AT 10:30am

Sundays in January: The Soul Matters theme for this month is **POSSIBILITY**. What a great way to start a new year... with curiosity and excitement! We're taking all of this curiosity to heart as we experiment with all-ages worship (1/6 & 1/20) and all-ages faith development (1/13 & 1/27). Don't miss a moment during this month of innovation!

# 6

### *The Art of the Possible*

Rev. Michelle Buhite

Let's engage out-of-the-box thinking in this worship service for all ages.

# 13

### *Starting Point #1: Sharing our Journeys*

Rev. Michelle Buhite & Friends

The poet John O'Donohue wrote: "Every time you leave home, another road takes you into a world you were never in." We'll discover new roads together as we gather in smaller groups and listen to our stories.

# 20

### *Who's in Charge Here?*

Rev. Michelle Buhite & Friends

This all-ages worship service will explore the many meanings of, and opportunities for, leadership in a faith community. Who exactly is in charge???

# 27

### *Starting Point #2: The 3 Paths of UU*

Rev. Michelle & Friends

Let's have some conversation about the 3 paths of UU: listening, opening, and serving. We'll chat about the three paths and the theology behind them.

## UUCA Covenant

*Together we promise:*

*To gather in compassionate community,*

*To celebrate diversity of thought and unity of spirit;*

*And to seek wholeness for ourselves, our children, and our world.*

# MINISTER'S CORNER



*Everything we touch, we change. Everything we change, changes us.*  
(from Octavia Butler's "The Parable of the Sower")

During the month of January, we will be experimenting with some slightly different programming during the Sunday 10:30 time slot. Actually, we will be doubling the experimentation as we participate in a pilot program from Soul Matters, the folks who curate the materials for our monthly themes.

## Experiment #1: Worship-4-All and Faith-Development-4-All

This month we will be intentional about bringing the whole church community together in all-ages experiences. The first and third Sundays will focus on all-ages worship. Our working hypothesis is that we can build a stronger faith community by being together, and that we all bring something exciting and insightful to the larger group. The second and fourth Sundays will focus on all-ages faith development, which leads us to Experiment #2!

Experiment #2: We are piloting a program called *Starting Point* (through Soul Matters). *Starting Point* uses facilitated group experiences to deepen relationships and help folks feel more connected to the church and to one another. Although we will begin and end the worship hour together, we will spend some time in slightly smaller groups to have an opportunity for facilitated conversation. Since this is a pilot program, our feedback will be important to the Soul Matters team and how they serve our faith movement through curriculum creation and support. We have a team of facilitators who have been trained to optimize your experience on these Sundays.

Come to church and bring your open-hearted curiosity and love for UUCA as we leave our comfort zones for a month of innovation and experimentation.

In faith and affection,  
Rev. Michelle

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## Can I Go Electric? The Future of EVs.

### **Sunday, January 6th at 12:30pm in Emerson**

Interested in electric vehicles (EVs) like the Tesla Model 3 and the Chevy Bolt, but confused about them? I have just purchased an EV and have done all the heavy lifting, including the nitty gritty on tax incentives. Come learn about EVs today and the future of EVs and EV infrastructure, and what owning an EVs is like. Even if you are not in the market, come find out what the EV revolution can do for our environment and climate.



Light Refreshments will be served. Cost \$5  
Host: Scott Harrigan

## Faith Development Updates



Happy New Year 2019! Here in Faith Development, we are excited about a new year full of new possibilities. ~Zoë Bell-Schwede [dfd@uuamherst.org](mailto:dfd@uuamherst.org) or 634-3010 x104

Beginning January 6th, we will be starting a **toddler version of Soul Matters** that will be implemented in the nursery! If you are interested in helping out, let me know! We are excited to join with Rev. Michelle for a trial Worship 4 All / Faith Development 4 All program that begins January 6th as well.

The Faith Development team is spectacular! Thank you to all our hard working teachers, facilitators and helpers. We are always looking for **new volunteers** who are willing to dedicate time from their worship to help work with the infants, children, youth, and young adults of our congregation. If you have any interest in spending your valuable time bonding with the children whilst helping to enrich their young lives with UU values, please reach out to me.

We are also searching for adults who are interested in facilitating our **OWL program**. OWL or Our Whole Lives, is an extraordinary and comprehensive sexual health curriculum which we will be offering at three different levels: Kindergarteners-2nd graders, 7th-8th graders, and our youth group. There are multiple trainings all over the northeast coming up within the next 6-8 months. Our budget will pay for the training, as well as travel and lodging expenses. These trainings are normally over a weekend. If you are interested in becoming a trained OWL facilitator and dedicating time next year to this unique and crucial program or if you are a guardian who would like to ensure that your child/youth participates in OWL please contact Zoe at [dfd@uuamherst.org](mailto:dfd@uuamherst.org) or 634-3010 x104.

**Have you Registered for FD?** if you are not sure if your children have been registered for this year, please fill out a registration form (which is attached to the billboard outside of the Emerson room) and then place in the Faith Development Mailbox, or do so online by following this link <http://www.uuamherst.org/fd-form/>

**Coming up for our Coming of Age:** We have two youth conferences being planned. Friday, Jan. 25 starts the 9th to 12th grade Youth Con in Binghamton and there is a March Youth Con in Schenectady. We are also excited about the Coming of Age Trip to Boston being organized with our friends from the downtown UU Church of Buffalo.

Recently, the Faith Development committee has adopted a draft mission statement. "To develop and lead educational programs for all ages that foster the values of compassion and justice in our community and beyond". We welcome your input as we strive to develop a Faith Development program for all ages.

## 5<sup>th</sup> Sunday Social Justice Project for All Ages



**Sunday, December 30, 9:15 am, Emerson Room**

We've only just begun the winter season of cold, snow, and blowing winds. We'll be making fleece scarves to share. Come and help!





Happy 2019! We have three hundred and sixty-five fresh, unopened days ahead. It's time to decide whether we're going to take part in that hopeful, but controversial, cultural practice known as New Year's resolutions.

Is making New Year's resolutions a spiritual practice? It has all the earmarks...it's something we commit to do (or stop doing!) with intention and attention, in order to realize a more authentic or fulfilling existence. Especially when our resolutions have to do with our inner lives...such as being more emotionally present, learning to see and appreciate daily blessings, or being more consistent with self-care.

For this article, I'm focusing on those inner, spiritual kinds of goals, rather than some other types of resolutions we might choose to make, like losing twenty pounds, finding a better job, or paying off credit card debt.

Resolutions are an optimistic part of our New Year tradition, but one we can rarely live into. The trouble is, the resolution part is simply the initial statement of intent. Too often, we stop there. We need follow-through in order to transform our daily lives through virtuous new habits.

How can we realize good intentions made in the heady new hours of 2019? We can design practices that sustain and support those intentions. I've come to rely on a habit first formed when my son was very small. It's a simple habit that takes very little time and few resources. We call it the memory jar, but you could just as easily call it the self-care jar, the presence jar, or the blessings jar.

All you need is a pen or pencil, a large container, and some paper, cut into small pieces. Every day of 2019, try to remember to write the date, and then a small note about whatever you are focusing on, and toss it in the jar. Here are some examples:

If you're focusing on gratitude and seeing all the blessings in your life, you might write: *Went out for Greek food with Jennifer. Wonderful conversation about our school days!*

If you're focusing on self-care, how about: *Took a walk around the block at lunchtime instead of sitting at my desk. Enjoyed the fresh air and saw my first robin!*

If you're looking for emotional presence, maybe your note would be something like this: *Was tempted to yell at Larry about the kitchen, but I remembered to take a moment and breathe first. We ended up laughing and then did the dishes together.*

When you focus your mind on seeing the good things in your daily life, you'll find that you begin to enjoy and appreciate the practice of these new habits.

These are just ideas, of course. There are so many ways to make this practice your own. You could use a journal, or even record your observations into a smartphone or computer. One crafty person on Facebook even made hers into tiny little scrolls! The wonderful part is that on New Year's Day 2020, you'll have a giant pile of pages, or notes, or recordings to look at and remember your year. It's so enjoyable to go back over these little reminders of a year well spent.

No matter what you decide to do with your three hundred and sixty-five blank calendar pages, I wish you health and happiness in 2019!

~Kristina Church, UUCA Ministerial Intern







## Adult Faith Development

**Women's Afternoon Study Group**-No Meetings Dec. 25th or Jan 1st. Enjoy your holidays!

**Thursday Night Book Club:** Thursday, January 3rd–7pm in the Living Room. All are welcome to this humanist book discussion group. Contact Chris Barry with questions.

**Current Events Discussion and Lunch:** Tuesday, January 8th - 12:30 p.m. Please bring your lunch to the Emerson Room today and we will discuss events in the news.

**Poetry as Practice:** Sunday January 13th at noon in Reeb Room. Lauraine Marcus presents poems with 'Possibility'

**Women's Afternoon Study Group**-Tuesday, January 22 at 1:30 pm in the Living Room. We will meet to read the articles in the Fall Edition of the UU World. Copies will be available at the meeting.

**Women's Afternoon Study Group**-Tuesday, January 29 at 1:30 pm in the Living Room. We will meet to read the articles in the Winter Edition of the UU World.

**Women's Afternoon Study Group**-Tuesday, February 5th at 1:30 pm in the Living Room. We will read "What is White Privilege, Really?" This appeared in the Fall 2018 issue of Teaching tolerance from the Southern Poverty Law Center.

**Sunday Young Adult Meet up:** Sundays at 11:45 AM - meet in the Emerson Room for snacks & fellowship. At Noon, go to the Whitney Young Room on the 2nd floor of the Faith Development wing for discussion, fun, connection, and spiritual growth. Questions? - Contact Director of Faith Development, Zoe Bell-Schwede at [dfd@uuamherst.org](mailto:dfd@uuamherst.org)

### **CULTURAL LITERACY FOR RELIGION: EVERYTHING THE WELL-EDUCATED PERSON SHOULD KNOW:**

Our *Great Courses* video series resumes in January on a new day and time. **We will now meet on Thursdays at 1 pm in Emerson.** This is an engaging way to understand and discuss world religions. Drop-ins welcome!



1/10 Shinto and Buddhism

1/17 Judaism part 1

1/24 Judaism part 2



**Unitarian Universalist Church of Amherst**  
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# JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
10:30am - Church Service- Multi-Age Worship (Chapel) 11:45am - Young Adult Meet-Up (WY) 12pm - Little Free Pantry (LR) 12:30pm - The Environment, the Future, and You (Em) 1:30pm - Voice Lessons(Choir) 7:30pm - AA (LR)	9pm - New Year's Eve Party (Em) New Year's Day Office Closed 12:15pm - AA (LR, FD wing) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events Lunch (Em) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb) 7pm - Board of Trustees Meeting (Em)	12:15pm - AA (LR, FD Wing) 1:30pm - Green Sanctuary (LR) 7pm - Life Ring Group (Reeb) 7pm - Santosha Holistic Center (chapel)	12pm - ROMEO's @ Buffalo 12:15pm - AA (LR, FD Wing) 7pm - Thursday Night Book Club (LR)	9am - set up for memorial (Em) 7pm - Cocktails and Conversation	Kitchen Cleaning 8am - Kitchen cleaning* 10am - Bread Baking AE (Kitchen Moran)(Chapel) 4pm - Memorial Service for Mike Moran(Chapel)
6	7	8	9	10	11	12
10:30am - Church Service- Multi-Age Worship (Chapel) 11:45am - Young Adult Meet-Up (WY) 12pm - Little Free Pantry (LR) 12:30pm - The Environment, the Future, and You (Em) 1:30pm - Voice Lessons(Choir) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events Lunch (Em) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb) 7pm - Board of Trustees Meeting (Em)	12:15pm - AA (LR, FD Wing) 7pm - Life Ring Group (Reeb) 7pm - Right Relations ReBoot (Em)	12:15pm - AA (LR, FD Wing) 1pm - World Religions (Em) 7pm - Faith and Justice Council (Em)	7pm - Movie Night AE (Em)	9am - Batmitzvah with Congregation Havurah 6pm - Buffalo Belles (LR)
13	14	15	16	17	18	19
<b>Faith Development Classes Start</b> <b>MLK Sunday</b> 10:30am - Church Service and Faith Development (Chapel) 11:45am - Board of Trustees-- What's it Like? (LR) 11:45am - Young Adult Meet-Up (WY) 12pm - Equal Exchange Coffee (Em) 12pm - Poetry as Practice (Reeb) 12:30pm - Coming of Age(Bul) 1:30pm - Voice Lessons(Choir) 7:30pm - AA (LR)	6pm - AA (LR) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 1:30pm - Caring for One Another (Em) 5:30pm - Endowment Trust (Em) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb)	<b>Deadline for Newsletter</b> 12:15pm - AA (LR, FD Wing) 1:30pm - Social Justice Meeting 6:30pm - John Newman Mission (Bul) 7pm - Life Ring Group (Reeb)	12:15pm - AA (LR, FD Wing) 1pm - World Religions (Em) 7pm - Gay & Lesbian Group *(Em) 7pm - Guest Services Council(LR)	9am - Website Crew Meeting (LR) 10am - VOICE Buffalo Leadership (Em) 6:30pm - Play Reading AE (LR)	9am - Website Crew Meeting (LR) 10am - VOICE Buffalo Leadership (Em) 6:30pm - Play Reading AE (LR)
20	21	22	23	24	25	26
10:30am - Multi-generational Worship (Chapel) 11:45am - Young Adult Meet-Up (WY) 1:30pm - Voice Lessons(Choir) 3pm - Jewelry Making AE 7:30pm - AA (LR)	<b>Martin Luther King Jr. Day</b> 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) Study Group (Bul) 1:30pm - Women's Afternoon Study Group (Bul) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD Wing) 7pm - Grief Support Group (LR) 7pm - Life Ring Group (Reeb)	12:15pm - AA (LR, FD Wing) 1pm - World Religions (Em) 6pm - AA District Meeting (LR) 7pm - Full Council Meeting (Em)	3pm - Car pool to Youth Con	3pm - Car pool to Youth Con
27	28	29	30	31	1	2
10:30am - Church Service and Faith Development (Chapel) 11:45am - Young Adult Meet-Up (WY) 12pm - Meet the Board (LR) 12pm - UUUA Book Club (DR) 1:30pm - Voice Lessons(Choir) 7pm - Divine Grace (Chapel) 7:30pm - AA (LR)	6pm - AA (LR) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (Bul) 6pm - Blue Mtn.Potluck (LR) 7pm - Blue Mtn.(Reeb) 7pm - Resources Council (Em)	12:15pm - AA (LR, FD Wing) 7pm - Life Ring Group (Reeb)	12:15pm - AA (LR, FD Wing) 1pm - World Religions (Em) 6pm - AA District Meeting (LR) 7pm - Full Council Meeting (Em)	12:15pm - AA (LR, FD Wing)	12:15pm - AA (LR, FD Wing)

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



YOU are Called to Be a Leader - UUCA will help you discover, strengthen, and share your gifts

VOICE-Buffalo will be leading a workshop at UUCA on January 19, from 10 am to Noon, followed by a light lunch. This is the beginning of a series that we're calling "Becoming Empowered: Challenging ourselves and engaging with our beloved community." Come find out how your personal assets can help build our church family! We are looking to develop practical leadership skills in the spirit of our congregational covenant: "to seek wholeness for ourselves, our children, and our world." Techniques will help you become a more effective leader both at church and in your work, volunteer, and community life beyond.

Register online at <http://www.uuamherst.org/leadership-training/>

For more information, contact Marie Evans or any of the Nominating Committee members (Rosalind Sulaiman, Hella Jacob, Joe Rautenstrauch, Jim Hartz)

VOICE'S Annual Membership Retreat will be from 9-4 on Saturday, February 9th, location TBD. This will feature free training, good food, and great people. It is open to anyone to participate.



**Retired Old Men Eating Out (ROMEOs):**  
**Thursday, January 3rd at noon** at  
Buffalo Brew Pub.

**Women's Lunch: Tuesday, January 15th - 12:30 p.m.** Bring your lunch today to the Emerson Room and join in on lively conversation with church friends.



**Equal Exchange Chocolate, Coffee & Tea**  
January 13th @ 11:30 in the Emerson Room

### Theater Lovers

We have some exciting opportunities coming in 2019!

Jewish Repertory Theatre's next production is TALLEY'S FOLLY, running February 7 through March 3. We'll have our group outing to the show, with dinner afterwards at Lebro's, on closing day, March 3. Discount ticket order forms, for weekend shows during the entire run, are in the folder at the bottom of the Church Life bulletin board.



SECOND GENERATION  
THEATRE COMPANY

Second Generation Theatre Company is presenting the ambitious "ANGELS IN AMERICA: Part 1, Millennium Approaches" next spring at Shea's Smith Theatre, 658 Main Street, Buffalo NY

14202. They have invited us to bring a group at a discounted rate AND provide a talkback with members of the ensemble after one of the 2 pm Saturday matinee performances. The dates of the show are March 8 - March 24. The group rate for ANGELS would be \$20/person (normally \$30/adult, \$25/senior). I'll be picking a specific date after the holidays. ~Marie Evans

## BOARD NOTES

Dear members and friends,

Every Christmas Day of my life has been spent at the Crump family homestead in Glenwood, NY. This is the house my great great grandparents built, the land they farmed, my heritage. This year, my Aunt who lives there alone was not up to having seventeen guests. The only way to deal with this news was to examine the possibilities of gathering elsewhere. Where else? Is this change too soon? Or is it right on time?



Our family has experienced this before, as we grew from the nucleus of five - my parents, two brothers, and me - to seven as two spouses were welcomed. By the time there was no room for us at the camp we had always vacationed, we had become eleven. Our hosts could no longer accommodate us. This opened up the possibility for us to vacation in a new place. We left the mountains and found ourselves on a private Canadian beach for the next ten or so years. As the mountains seemed the place I grew up, the beach became for the next generation. One short week each year, but the most memorable important one every single time.

Then we grew to fourteen, to fifteen as a third spouse joined, sixteen as that brother's first children was born, and then back to fifteen with the tragic loss of my mother Jane in that same summer season. As it happened, we had just begun to return to the vacation spot of my childhood that summer, and we are able to return there each summer for that glorious week that seems to mean more than all the others. With a sibling for the last born grandchild finally expected early this year, and the birth of my parents' first great grandchild in November, we are seventeen.

How truly fortunate we are, to grow so much as to outgrow a space more than once; to grow and change despite loss. To have a beloved space open back up even after it was closed for a time.

As we enter into this new year, may we be open to accepting loss and change, for they are possibilities in disguise.

As part of the beloved community of UUCA, how will you renew your commitment of time, treasure, and talent this year? As we delve into developing different ways of leading this congregation in stewardship and governance, we may ask you to share your voice. We hope you are open to the possibilities.

Angela Warren, on behalf of the BOT: Dave Kofke, Doreen Park, Randy Kent, Wendy Scott, Jim Hartz, and Scott Harrigan.



I AM TELLING YOU THAT IF THINGS CAN CHANGE FOR THE WORSE, THE OPPOSITE IS ALSO TRUE. BUT ONLY IF YOU OPEN YOURSELF TO THE POSSIBILITIES.

--RUTH REICHL



## 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 3-year terms. The Nominating Committee has begun looking for capable members to fill spots for the 2019-2022 terms.

Please give some thought on whether your ministry for the church next year is to serve on the BoT. 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 very rewarding experience.

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/> Applications are due in February; applicants will be invited to a conversation about board service in March. The new Board term begins at the Annual Meeting in June.

To learn more, speak to a member of the Nominating Committee: Rosalind Sulaiman, Hella Jacob, Marie Evans, or Joe Rautenstrauch.

### You are warmly invited to attend one or both of our events in January:

- Saturday, Jan 19 at 10am-12pm Leadership Training with Whitney Walker from VOICE Buffalo. *Examine your understanding of what a leader is and does, and help build our Beloved Community. This training is for everyone (not just prospective trustees)! Light lunch included. Register at <http://www.uuamherst.org/leadership-training/>*
- Sunday, Jan 27 at 11:45-12:45 am Board of Trustees--what's it like? (Living Room) *Listen to several former and current board members describe their experience to help you decide whether being part of the Board of Trustees would be a good fit for you. Or just come and learn more about how our church is governed! Sponsored by the Nominating Committee*



## 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/](http://www.uuamherst.org/giving-3-2/)**

### When is it again?

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

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

## UUCA GET COOKIN'!

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

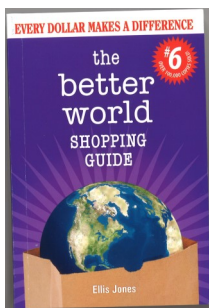
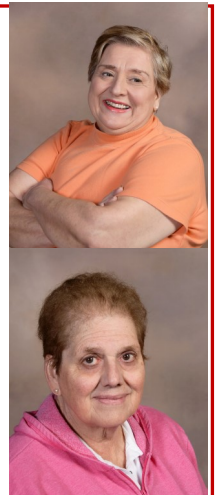
### Kluski (Polish egg noodles)

3 cups flour  
1 egg and 1 egg yolk  
1/2 stick butter, melted  
1/8 tsp salt  
1 1/4 cups sour cream

Mix all ingredients together in large bowl until well blended. The dough should feel soft and elastic. Form the dough into a ball using flour to handle.

Roll the dough out thinly on a pastry cloth and cut into narrow strips. Dry in place or drape over the back of a dish towel covered chair. Cook in boiling water as you would normal noodles.

If you need more details or information let us know. By the way, this is the dough that we use to make pierogi.



Use your buying power for good! *The Better World Shopping Guide* will be available on Sundays in Emerson Room for only \$6. Supports the Social Justice Committee. See Pat Burke with questions.

## GREEN SANCTUARY CORNER

**Wednesday, January 2nd, 1:30 pm** - Green Sanctuary meeting in the Living room



<http://www.pushgreenwny.org/>

PUSH Green is a community-based energy efficiency program funded by People United for Sustainable Housing (PUSH Buffalo) and the New York State Energy Research and Development Authority (NYSERDA), part of a statewide effort to make your home or small business more comfortable, reduce your energy usage and bills, address climate change and create local jobs.

Check out their website for more information or call 886-1780 for information about a Free Home Energy Assessment.

## Social Justice Corner

On Wednesday, Dec. 19th, we had our first meeting of **Social Justice with our new time, 1:30 the 3rd Wednesday**. Our committee wrote letters to the Buffalo legislators to support the passage of a new law to provide a Correction Specialist Advisory Board. Given the record of problems in the holding center, resulting in the death of India Cummings and Richard Metcalf, we want a change to support conditions in the prison system. This board will have expertise in re-entry, restorative practices and prisoner rights.

With our new day time meeting we invite more UU's to participate in social justice work and offer their ideas. ~Pat Burke and Margot Shoemaker

### AMHERST LITTLE FREE PANTRY UPDATE

GIVING  
SHARING  
WISHING  
HOPING  
DREAMING

Thank you to the attendees of the St John Lutheran Church (Williamsville) Holiday Sing event on Dec. 16th for their donations to the Amherst Little Free Pantry. Kudos to Dawn Schragel, the church's musical director for organizing such a wonderful event and for including us. We had a chance to meet some interesting folks who share our vision and mission. Thank you for your generosity.

We are grateful to our many generous donors. Any donation is always appreciated (no glass please). We are low on Mac n cheese, baby formula/ baby food and toddler meal pouches (no glass), soup, pasta sauce (no glass), chili, cereal, baking mixes/supplies, toilet paper and cleaning supplies. Will you be next to do small things in a great way?

A reminder to please leave items directly in outside pantry or in the donation center in the main lobby. Please non perishable foods only, toiletries, cleaning supplies, and no glass. To make a financial donation or to donate a grocery store gift card, please contact the church office at 634-3010 for more details.

Thank you to our volunteers who have braved the colder weather and continue to stock the pantry through the holiday season and new year. We are truly blessed to have volunteers over the holiday to help us keep our mission of 24 hours a day, 7 days a week, 365 days a year. New volunteers are always welcome.

Our committee has obtained new permanent outdoor signage for the Pantry . Our Next meeting is January 6th at noon in the Living Room. All are welcome to come hear about latest pantry developments and share their ideas. For questions or comments, please contact Maria Ceraulo at [amherstlittlefreepantry@uamherst.org](mailto:amherstlittlefreepantry@uamherst.org)



**Whale Coast Alaska 2019** Have you ever dreamed of visiting Alaska? If so, **Whale Coast Alaska 2019** is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program this summer! See Alaska through the eyes of local UUs with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Tours led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For complete information go to [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org), or call 907-322-4966. Discount for groups of 8 or more. *We would love to share our Alaska with you!*



**Fall Auction Upcoming Open Events** There are a few Auction Events with space still available. Sign up at the Welcome Desk or contact the Office (634-3010 x101 or administrator@uuamherst.org) Checks can be mailed to church or left in locked mailbox outside the office.

### **The Environment, the Future, and You**

Light Refreshments will be served. *Can I Go Electric? The Future of EVs., The Solar Home, Nuclear Power: Is It A Part of Our Carbon-Free Future?*

**Date/Time: First Sunday of Month (Jan to March), Emerson Room at 12:30 pm**

**Cost: \$5 / one talk or \$10 for all three      Host: Scott Harrigan**

### **MOVIES OF THE COLD WAR**

Refreshments will be served, including wine and popcorn. The three films are: The "Manchurian Candidate"(1962), "Dr. Strangelove"(1964), and "The Death of Stalin"(2018)

**Dates: 2nd Fridays 1/11/19, 2/8/19 & 3/8/19 in Emerson Room**

**Cost: \$7 for one or \$21 for all three      Spots left: 17      Donated by Randy and Kimberly Kent**

### **JEWELRY MAKING PARTY**

We have a large assortment of beads, stones, findings and chains to choose from. We have the tools – just bring your imagination! Wine, tea, soft drinks and snacks will be served.

**Date: Sunday, January 20, 2019 at 3pm at Marlana's house**

**Seats available: 4      Cost: \$15 per person      Offered by Marlana Rice and Marie Evans**

### **Super Bowl Party!**

Wine, Beer, and pop provided. Pizza and a variety of other appetizers and snacks will be served. (If there are special dietary needs, we will accommodate those needs. Please advise of these needs by Jan 30<sup>th</sup> to kkuhn745@gmail.com). Parking is limited to 4 cars in the driveway, street parking available but there are no sidewalks.

**Date: Sunday, February 3, 2019 at 5:30 pm , 39 Tudor Ct., Getzville**

**Cost: \$30.00      Spots Left: 7      Donated by John Thompson, Karen Kuhn, Barry and Barbara Kent**

### **Trivia Night**

Pub-style quiz featuring five rounds of questions in a variety of fun categories. All ages welcome. Play by yourself or in a team of up to four people. Light refreshments will be served.

**Date/Time: Saturday, February 9, 2019 at 6:30pm in the Emerson Room**

**Cost: \$10/person, or \$25/family      Donated by Adel and Rosalind Sulaiman**

### **Soup and Runes**

An evening to warm body and soul. Join Rev. Michelle for a simple meal and fun learning/activity. You'll learn about the Viking Runes and make your own set. All materials provided. Open to all ages - parents may need to help younger children with the activity. (soup vegan & gluten free)

**Date/Time: Saturday, Feb. 23rd in the Emerson Room**

**Cost; \$5/person, \$15/family      Donated by Rev. Michelle and Les Buhite**



## Caring For One Another

We have a group of dedicated volunteers willing and ready to serve our church community by:

- ♥ Visiting church members in hospitals, assisted living, and individual homes
- ♥ Doing phone check-ins
- ♥ Sending cards for various occasions
- ♥ Providing rides to Sunday service
- ♥ Delivering meals

Help be our eyes and ears in regard to members who are in need.

You may call on behalf of another church member by contacting Ron Palmere or emailing [caring@uuamherst.org](mailto:caring@uuamherst.org). We will try to be there to let members know they are part of a Loving Community.

Finally, if you would like to be a part of this wonderful, active committee, or have any questions about what we do, please contact Ron Palmere.



**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.



Want to know what is happening in the Central East Region? Looking for information on workshops and offerings? There are several ways to keep in touch and know what's happening. Visit the CER website at [uua.org/cer](http://uua.org/cer). Subscribe to the Central East Newsletter at <https://uua874.activehosted.com/f/1210>, or follow us on Facebook ([www.facebook.com/cerguua/](http://www.facebook.com/cerguua/)) or

Twitter [@ceruua](https://twitter.com/ceruua).

Central East  
Region

### **UUCA Photo Use Policy for Adults**

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



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

### Human Rights Day Message

10 December is Human Rights Day; that is because the United Nations' Universal Declaration of Human Rights was adopted by the United Nations' General Assembly on 10 December 1948 in Paris, France. U.N. Headquarters in New York City was not finished until 1952. The Commission on Human Rights began its work in January 1947 under the chairpersonship of Eleanor Roosevelt (1884-1962). In thirty Articles, the Declaration sets forth basic human rights and fundamental freedoms, to which all human beings are entitled to everywhere in the world without any discrimination. 2018 is the 70th anniversary of the Declaration's adoption.

The United Nations' General Assembly has proclaimed the Universal Declaration as a "common standard of achievement for all peoples and nations." No U.N. Member State has a perfect human rights record, but all 193 U.N. Member States should aspire to realize the Declaration's thirty Articles.

The U.N. has also adopted two Covenants to formally implement the Universal Declaration: the Covenant on Civil and Political Rights and the Covenant on Economic, Social and Cultural Rights. No U. N. Member State has currently formally adopted and implemented both of these Covenants. That remains to be achieved in the future, but it is imperative that the adoption and implementation of both these two

Covenants by all 193 U. N. Member States occur as quickly as possible.

Both the United Nations' Charter and Universal Declaration of Human Rights categorically state that the realization of human rights is essential for the promotion and maintenance of world peace. Therefore, on Human Rights Day (10 December), every U.N. Member State and person should resolve to implement the Universal Declaration's thirty Articles. This will begin the process of leading our troubled, interdependent world in a much more constructive direction. In too many parts of the world, there are flagrant human rights violations and these must be eliminated if world peace is to prevail in the future.

Implementing the U.N.'s Universal Declaration of Human Rights throughout our interdependent world may be a daunting task, but it is not an insurmountable one and should evoke humanity's foremost efforts. At the present moment in human history, there is nothing more important than the human family achieving and maintaining world peace. The United Nations' Universal Declaration of Human Rights and its thirty Articles should, therefore, be read by all people and implemented throughout our interdependent world in order to promote world peace and human betterment. The international clock of doom is ticking. There is no time to lose if the extinction of the human family is to be averted.

~David Slive, UN Envoy



*Happy New Year 2019 from Santa, his friends, and all the staff at UUCA!*