

# The Foreword

Issue  
**July 2018**

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



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

## Our Staff:

### Minister

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

### Minister Emerita

Rev. Maureen Q. Thitchener

### Interim Director of Faith Development

Karen LoBracco  
x104  
dfd@uuamherst.org

### Music Director

Fran Landis.....

### Caretaker

Chris Barry.....

### Finance Clerk

Camilla Lee.....x103

### Office Administrator

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

## 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.*

## SUNDAY SERVICES IN JULY AT 10:30am

Summer services are led by our Preaching by Parishioners group. This unique UUCA program trains congregation members to give high-quality, lay led services, while practicing the tradition of freedom of the pulpit and pew.

**1** *Give Me Your Tired, Your Poor, Your  
Huddled Masses Yearning to Breath Free....*  
Jerry Kent

This excerpt of the hope filled message by Emma Lazarus on the base of the Statue of Liberty continues today to welcome many to our shores. Join us as we celebrate our interdependence and reflect on her message of compassion, welcome and trust.

**8** *The World is NOT Going to Hell in a  
Handbasket*  
Yvonne Stocker

If you look at REAL FACTS, a wonderful picture of the world appears

**15** *Nice Neighbors, Political Monsters*  
Patrick Walker

How Americans' civic delinquency makes our government an extreme global danger.

**22** *Peace Corps Assignment: Africa 1989/90*  
Roger Keeney  
Imagine Teaching English in Mauritania in 1989!

**29** *Gaia's Problem Child*  
Chris Barry

## MINISTER'S CORNER



Whew! July is here! And I'm ready for a break. This has been a busy and productive year. We've worked hard and now it's time to play hard. I'm grateful to the Preaching by Parishioners team for filling the services in my absence, and I'll be back in the pulpit the first Sunday of August. Many folks do their 'church shopping' in the month before school starts – and I want to be here to welcome them!

Meanwhile, I offer a bit of wisdom that came my way:

### A Manifesto for a Simple Life

Eat less, move more,  
Buy less, make more,  
Stress less, laugh more,  
Feel blessed, love more.  
Find a quiet spot every day and BREATHE...

I'm going to try that. I invite you to join me and bring that joyful new energy to church!

Bright blessings,  
Rev. Michelle

Rev. Michelle will be on study leave and vacation through July 31.  
The Caring for One Another committee is available for pastoral care needs.  
Contact Eveline Hartz or Ron Palmere (caring@uuamherst.org).

Other vacations: Karen LoBracco will be away in July. Camilla Lee will be running the office for the first 2 weeks of July while the Office Administrator is away. There will be no What's up Wednesday while the administrator is on vacation.



### PAINTING PARTY!

We have a crew assembled, but more volunteers welcome!

Come work on a fun project one Saturday morning.

What - **Paint the outside walls** (where needed) of the Faith Development Wing (RE Wing for old-timers)

When - **July 7 at 10am or rain date July 14 at 10 am**

Who - able bodied ladder climbers

Willingness to work & have fun

Bring old clothes which you don't mind getting dirty or stained

Call or email Yvonne Stocker

# Faith Development News

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



## **Time for a Change - or 2 to be exact!**

Just arrived are wall mounted baby changing tables for our first floor bathrooms. Finally, a visible manifestation of welcome for families with infants and toddlers! Our wonderful caretaker Chris Barry will install this summer, but he could use an extra set of helping hands. If you can help with this service project, please contact Chris directly.

## **New Location for July Childcare**

Some things remain the same – Beverly Prible will provide Sunday morning childcare most of the Sundays in July. Some things are changing – Beverly and the children will be located in the Atrium, off the rear of the chapel. We are trying something new – a way of giving the Nursery assistants some time off this summer while providing childcare which meets the requirements of our Safer Congregation policies. The ushers will be close at hand, providing assistance if needed while the children play.

## **Faith Development Across the Ages 2018-19**

Responding to parents, faith development teachers and volunteers as well as visionary leaders of our faith, in September UUCA will launch all age programming which links the worship service with small groups and faith development for all ages. Soul Matters themes and “Crossing Paths” youth curriculum provide the structure and resources busy families crave. Stay tuned for more details!



## **Preparing for a Transition of Directors**

The time is fast approaching when UUCA will welcome **Zöe Bell-Schwede** as your new Director of Faith Development. Zöe officially joins the staff August 1, and that’s also when I will return from July vacation. We will have 2 weeks together – thanks to the Board and Rev. Michelle for making that possible! Most of this final portion of my interim work with you is behind the scenes, but I hope you can be part of the **celebration on August 12** when we ritually acknowledge the transition in the worship service. That day Zöe and I will lead a Children’s FUN Day program, followed by a PARTY.

Interim work is difficult because from the very beginning I was preparing to leave, but knowing that you have had a successful search and are on a solid footing for moving forward makes it all worthwhile. Good news for me in fulfilling my interim tasks, and good news for you in preparing for a new and exciting chapter of the congregation!



welcome to new members Vanessa and Steven Dawson. Glad you are here!

## Butterflies – a Sign of Radical Change



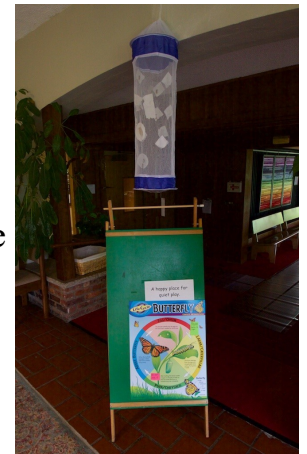
It all started in April when the Faith Development Committee selected *Metamorphosis* as the theme of Faith Development Sunday, reflecting the profound changes taking place in programming for children and youth. On May 20, Flower Communion Sunday, the children and youth stepped out of the service for a brief time and welcomed ~ 35 tiny (1/4 inch long) larva of Painted Lady Butterflies. Small cups were prepared with special food and VERY gently the larva transferred.



Here they grew in the Atrium, watched over by UUCA staff and members as well as staff and children from Main Street Daycare. After doubling and tripling in size they formed a chrysalis, attaching to the filter paper on the top of the plastic containers.



On June 5 Rev. Michelle and Interim Director of Faith Development Karen LoBracco tackled the delicate task of transferring filter paper with attached chrysalis from cup to butterfly net. Eventually 28 pieces of paper were taped inside and the net hung in the Atrium..



On Thursday, June 7, sometime between 2-3pm, the first butterfly emerged! By the Faith Development Sunday June 10 about 20 butterflies were fluttering around the net, evoking 'Ooohs' and 'Aaahs' from young and old alike.





After the Annual Meeting those that were ready were encouraged to leave for the surrounding gardens. The following Tuesday the Board of Trustee released the final 7 Painted Ladies before taking up other work of the congregation.



**2018-2019 Board of Trustees**

Angela Warren, *Chairperson*      380-0416, agardenmom@gmail.com

David Kofke, *Vice Chairperson*      689-5892, dkofke@roadrunner.com

Steve Kemp

Doreen Park

Jim Hartz

Scott Harrigan

Wendy Scott



**2018-2019 Endowment Trust**

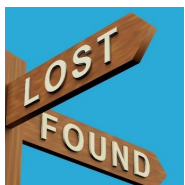
Dennis Bihl, *Chairperson*

Lauraine Marcus

Jerry Kent

Marie Evans

Joe Rautenstrauch



Among the Missing since the Rummage Sale:

Large tapestry suitcase filled with toys

Endowment Book

Please contact Lauraine Marcus if you can help locate these.



## Follow Up

**What a wonderful ending to the church year! There were so many helpers before, during and after, so many good dishes.**

**We even found that we could re-embrace our Green Sanctuary mission if we all work together.**

**We collected \$206.03 for the Minister's Discretionary Fund that helps members in need.**

**~Thanks from Lauraine Marcus and entire Membership Committee**

In regard use of paper vs ceramic: <http://greengopost.com/ceramic-or-paper-plates/> (conclusion: "with all the messages out there, if you want to save money and reduce your impact on the planet, think single purchase, not single use.") Use of ceramic is practical, we have it, we should use it. It feels more special too. The good church dishes are lovely. Helping with clean-up or set up is also a good way to get to know people a little better. It's an easy way for new people to get involved without a big commitment. ~Eveline Hartz

### **GREEN SANCTUARY CORNER**

**GREEN SANCTUARY UPCOMING EVENTS** - All are welcome! Contact Eveline Hartz or Carol Wells for details.

**Saturday, July 21** at 10 am: **North Hampton Foundry.** We will meet at UUCA at 10:00 a.m. and expect to be at the Foundry about 10:30. Note: there is no regular July meeting for Green Sanctuary—please join us for this outing instead!

**Sunday, August 5** at 12:15 pm: **Rheinstein woods.** We will leave directly after coffee hour from UUCA and expect to be at the woods about 12:45. This is a beautiful place to bring your children - all ages.

**Monday, October 1** at 7:00 pm: "*The Revolution where you live*" by Sarah Van Gelder. Book discussion/review while sipping coffee and sampling desserts. (Ms. Van Gelder will be visiting Oct 5 & 6. as guest speaker - see below)

**Friday/Saturday October 5 - 6: World on Your Plate Food & Sustainable Living Conference** at Daemen College. Sarah Van Gelder (author, founder of Peopleshub, cofounder of Yes Magazine) and Jacqui Patterson (Director of the NAACP Environmental and Climate Justice Program) are featured speakers. For more information: [www.worldonyourplate.org](http://www.worldonyourplate.org).



## Adult Faith Development

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

**Black Lives TV-Sunday, July 1st at 3pm in Emerson Room.** We will start the second season of *Dear White People*.

**Women's Lunch—Tuesday, July 3rd- 12:30 p.m. in Emerson Room** - we will start having lunch together at each meeting until September 4th. No Agenda. Just laughing and chatting with like-minded women. Bring a lunch from home.

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

**Women's Lunch-Tuesdays, July 10, July 17, July 24, and July 31 at 12:30 in the Emerson Room.**



### Grief Support Group

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



### **Three Ways to Include UUCA Endowment in your Will**

A gift through your will or trust is an ideal way to make UUCA a part of your legacy.

You can make:

**A Gift of "What's Left."** If you do not wish to specify the exact size of your charitable gift (often the size of a future estate is difficult to estimate), you might consider naming UUCA Endowment as a residual beneficiary of your estate. You may provide that all, a specific amount or a percentage of the remainder of your estate pass to UUCA Endowment after other specific bequests have been fulfilled.

**A Specific Gift.** A gift of a fixed dollar amount or specific property is the simplest. Securities, real estate and other personal property can all be given through a will.

**A Memorial Gift.** To honor a loved one, you can designate a gift of a specific amount, specific asset, percentage or remainder of your estate be given in their memory.

The Endowment Trust thanks Doreen Park for her service and welcomes Joe Rautenstrauch. The next meeting is July 31<sup>st</sup> at 5:30 pm. The other trustees are Dennis Bihl, Jerry Kent, Marie Evans, and Lauraine Marcus.



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

# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Preaching by Parishioners 10:30am - Church Service 12pm - Little Free Pantry 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 3pm - Black Lives TV (Em) 7:30pm - AA (LR)	<b>2</b> Office Reduced Hours/Staff Vacation 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	<b>3</b> Office Reduced Hours/Staff Vacation 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	<b>4</b> Independence Day 12:15pm - AA (LR, FD)	<b>5</b> 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - Thursday Night Book (LR)	<b>6</b> Kitchen Cleaning 10am - Building Painting	<b>7</b>
<b>8</b> Office Reduced Hours/Staff Vacation Preaching by Parishioners 10:30am - Church Service 12pm - Preaching by Parishioners (Bul) 12pm - Young Adult Meet- (DR) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	<b>9</b> Office Reduced Hours/Staff Vacation 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	<b>10</b> Office Reduced Hours/Staff Vacation 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	<b>11</b> 12:15pm - AA (LR, FD) 6pm - AA Planning Meeting (LR) 7pm - Santosha Holistic Center (Chapel)	<b>12</b> 9am - Meeting like Playshop (Bul) 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	<b>13</b> 10am - Building Painting (Rain date) 6pm - Buffalo Belles (Emerson/Patio/LR)	<b>14</b>
<b>15</b> Preaching by Parishioners 10:30am - Church Service 12pm - Equal Exchange (Em) 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	<b>16</b> Office Closed 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	<b>17</b> Office Closed 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 7pm - Blue Mtn.(Reeb)	<b>18</b> 12:15pm - AA (LR, FD)	<b>19</b> 9am - Meeting like Playshop (Bul) 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	<b>20</b> 10am - Green Sanctuary Outing to North Hampton Foundry	<b>21</b>
<b>22</b> Preaching by Parishioners 10:30am - Church Service 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	<b>23</b> 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	<b>24</b> 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	<b>25</b> 12:15pm - AA (LR, FD)	<b>26</b> 9am - Meeting like Playshop (Bul) 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	<b>27</b> 5:30pm - Ladies Cocktail Party (offsite)	<b>28</b>
<b>29</b> Preaching by Parishioners 10:30am - Church Service 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 7pm - Divine Grace (chapel) 7:30pm - AA (LR)	<b>30</b> 6pm - AA (LR) 7:30pm - ACOA (LR)	<b>31</b> 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	<b>1</b> 12:15pm - AA (LR, FD)	<b>2</b> 9am - Meeting like Playshop (Bul) 12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)		

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





**Little Free Pantry** meetings will resume on the first Sunday of the month, starting in June. Please plan on attending the meeting **in the Living Room on July 1st** after services. Contact Maria Cerulo with questions or to express interest.

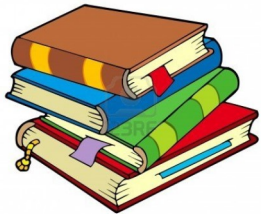
**Retired Old Men Eating Out (ROMEOb) Men’s lunch:**

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

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

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

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



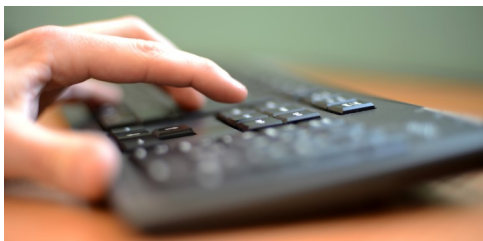
UUCA Book Club is planning a July luncheon for their summer meeting. Contact Grace Little for more information.



Each year Summer Institute creates an intentional intergenerational UU community at Oberlin College in Oberlin, OH. This year we *Confront the Challenge of Climate Change* with our theme speaker Dr. David Orr, **July 8-13**.

*Our very own Rev. Michelle Buhite will be co-leading worship throughout the week.*

**July 8-13, 2018** There is programming for all ages. Learn more at [omdsi.org](http://omdsi.org).



**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!**



## BOARD NOTES

Dear fellow members and friends,

It is an honor to find myself in the position of chairing our Board of Trustees (BOT) for the 2018-2019 church year. Compared to a lot of our congregants here at UUCA, I am a relatively new member, joining the community officially in April of 2011. Since then my donation of time and talents have been mainly with the grounds committee and in Faith Development (FD). I served as liaison to both Facilities council and the FD committee my first year on the board, and liaison to Ministry Council and FD my second year. The Search Team for hiring a new FD director was formed by the FD committee and BOT last year, and with the cooperation of many facets of our congregation, that search was a success. We will gratefully and enthusiastically welcome Zoe Bell - Schwede next month.

In the process of changing here at church, as well as through our lives, we discern what is serving us and what is no longer serving us. This is ultimately how we grow. In our immediate future, our church leadership will continue to make efforts to align with our Mission. Borrowing from our Immediate Past Board Chair, Hella Jacob's final column last month, our goals will continue to be:

- 1.) Work on church identity and purpose through discerning mission and vision and develop a strategic plan to guide us.
- 2.) Work on building trust throughout the system and among individuals.
- 3.) Reframe the governance structure through modification to the council system

Our community will grow and be healthy through these changes with the participation of individuals like you and me. We get back what we put in. Pay attention to our growing and changing community through your own participation in it. That can be as simple as attending an event or signing up to welcome others on Sunday morning, or more involved like joining a committee or chairing an upcoming event. When we are engaged, we are healthy, as individuals, and as community.

While I was gardening at church last month, I finished weeding and planting the main entrance and was working on the front, running short on time, and had just discovered the water in front had not been turned on. I didn't want to bother our caretaker Chris, and was thinking about the easiest way to bring water to get the job done. It was not something I could let go until a "next time."

A mom from a group who was meeting in the Living Room happened to come out right then with her 9 year old son. She asked if he could play on the playground. I honestly didn't know the proper answer, so I mumbled in frustration with that fact (I am supposed to know this, right, as BOT chair?) and also the lack of water, and then I said, "Well, he could be my water fetcher if he wants." And he was willing and able.

We went to the truck to get my large watering can. He followed me to the kitchen where we filled it up along with two other pitchers. We carried the water all the way through the building to the front, and as I dug the holes for each small zinnia and placed it, he filled up their spots with water. By the time I was done digging he was almost done filling, and I went back and covered them up. Together we watered them in, with just enough and not a drop to spare. It was magical. Then I told him to go play on the playground, just not to hurt himself.

Community building happens in small ways. Let us treasure and build this beloved community together.

Angela Warren



Nikki Hitchcock

### Strategic Planning

"What to do with our building? How to handle the land? What about declining membership? Will the budget ever be in the green again?"

When the congregation decided to engage in strategic planning, I believe that some large, looming questions were in mind.

As an organizational development consultant, my job is to help assess the problem and recommend some strategic solutions.

When you visit the doctor for frequent headaches, the diagnosis could be anything from sinus trouble, hypertension or myopia, to a brain tumor. When I began my inquiry, the severity of the diagnosis or the intensity of the treatment required was yet unknown. The swirling questions were obvious; the course forward was not.

Over the past few weeks, I've been crafting some recommendations that may surprise you. You may have expected a treatment that included immediate drastic building plans or staffing changes. But our organizational health is not affected by the organizational equivalent of a heart attack or advanced cancer. Instead, I've found that we're affected by something more like scurvy or rickets: dramatic symptoms resulting from a lack of organizational nutrition.

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

What does this mean? As I mentioned last month, our pipeline (or funnel) is broken. We need to repair it. The church can't continue into the 2020s unless we address our community as it is and speak the value of our community into it. Without this infusion of resources and fresh perspective, we will continue with over tapped resources: exhausted volunteers and empty coffers. But more importantly, in this political and social environment, how dare we do less than invite our whole community into a safe space for growth?

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



### Promote Peace in the World.



Something extraordinary happens when you share your home and family with a high school student from another country. That's why 13,000 families worldwide host AFS students every year. *You can help build bridges of intercultural understanding and enrich your own life in countless ways by opening your heart and home to an AFS exchange student.*

Host families come in all shapes and sizes, and everyone is encouraged to apply! Host families provide a bed, meals, and the same guidance you would for your own child, and are supported by local AFS volunteers throughout the year. Students are here for the academic year (August-June), though they will become a part of your family and your lives for many years to come!

The world is transformed when people from different countries and cultures share their lives, learn together, and better understand one another. Help make the world a more just and peaceful place, one person at a time, by hosting an AFS student. Visit the AFS website at <http://www.afsusa.org/host-family/> or contact me, Jenna Powell at: [jpowell@afsusa.org](mailto:jpowell@afsusa.org); 585-410-2017.

## UUCA GET COOKIN'!

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



An easy recipe for warm weather.

### PASTA WITH FRESH MUSHROOMS (Serves 2-4)

1 lb. fresh mushrooms, sliced, any variety or mixed.

(We used oyster mushrooms from the N. Tonawanda farmers' market - very tender.)

1 medium yellow onion, chopped

1 lb. linguine

4 Tbsp Butter

4 Tbsp Olive oil

Salt and pepper

Parmesan cheese, grated

In a large pan sauté the chopped onion in 2 tablespoons of butter and 2 tablespoons of olive oil until soft. Set aside. In the same pan sauté the sliced mushrooms in 2 tablespoons of butter and 2 tablespoons of olive oil. When almost done add the onion and continue cooking until the mushrooms are soft and lightly browned. Add salt and pepper to taste and keep warm.

Cook the pasta according to the directions on the package. Drain and place in a large bowl, adding the cooked mushrooms and mix in. Serve with grated Parmesan cheese.

Simple but very tasty. Serve with soup, a salad or your choice of vegetables.

\*\*\*\*\*

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

In place of the butter use your favorite oil or butter substitute. Serve with Parmesan cheese on the side in order for your guests to choose whether to add the cheese or not.

FYI - the Hartz's recently joined Rusty bucket mushrooms (<https://www.rustybucketmushrooms.com>) through our CSA - Community supported agriculture - Farm (<http://www.therootdownfarm.com>). These are locally grown mushrooms, harvested and delivered weekly. Delicious! Check them out if you enjoy fresh mushrooms.



Respite

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

RESPITE is a social program for individuals with mild to moderate dementia. The program provides active engagement, companionship and a meal or snack while providing respite for their caregiver. It will be open to members of UUCA and the community. RESPITE is offered once per month on a set date and time to be determined.

The Caring Committee has been visiting RESPITE programs and we are very impressed. We hope to start a program at UUCA this summer.

We are looking for 3 sets of volunteers: 1) volunteers to be one on one with our participants 2) volunteers to assist with crafts/music/activities 3) volunteers to assist with the preparation, serving & clean-up of meals.

If you have interest in volunteering or are a caregiver interested in the program, let us know.  
~Eveline Hartz

## Faith Community Nurse Column

Eveline Hartz, RN

### ADDICTION 2018



In 2018 addiction to drugs and/or alcohol continues to grow - devastating for the individual and all those to whom s/he is connected. The horrific consequences of addiction ripple throughout the community. While there are programs available such as Evergreen Rehab (<https://www.evergreendrugrehab.com>) and Erie County Prevention Focus (<http://preventionfocus.org>) many people are unable to access the help they need, when they need it and are ready to accept it. Family members are as hopeless and devastated in their efforts to heal and protect their addicted loved one as the addict him/herself. The greatest fear of a parent materializes when their addicted (youth or adult) child's cycles of relapse, hopelessness, feelings of self-worthlessness become so overwhelming the only solution in the child's mind is death - by overdose or gun.

The poem below is written by the partner of a mother whose son, struggling with addiction, committed suicide at the age of 28.

It's Me

Hey, you guys, don't feel guilty,  
It was just my time to go.  
I can see you're all feeling sad,  
I can see the tears still flow.

My life's journey ended early,  
The path I chose was short.  
You all tried your best to change it,  
But in the end it was for me to sort.

I know I caused you sadness,  
I know I caused you pain,  
But I was captured by these demons,  
They wouldn't set me free again.

They took away my freedom,  
They took away my choice,  
And when they got their hooks in,  
You could hear it in my voice.

There were times I tried to fight them,  
There was a time I nearly won,  
But they came back and overpowered me,  
I had nowhere left to run.

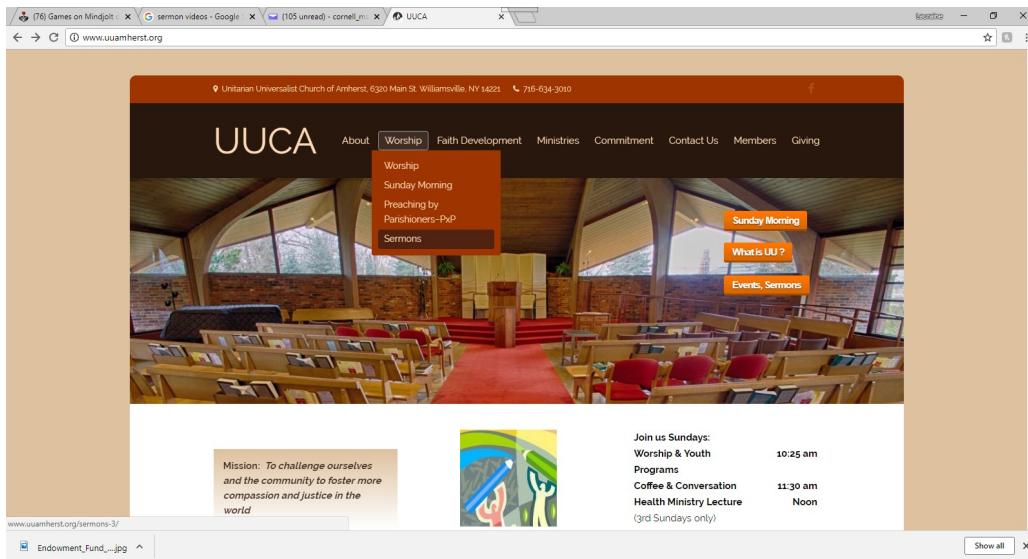
I haven't really left you guys,  
I am closer than you know,  
I will be the whisper in the wind,  
I will be everywhere you go.

One day you will all forgive me  
One day you will understand  
And when your time on earth is done  
I will be waiting to take your hand.

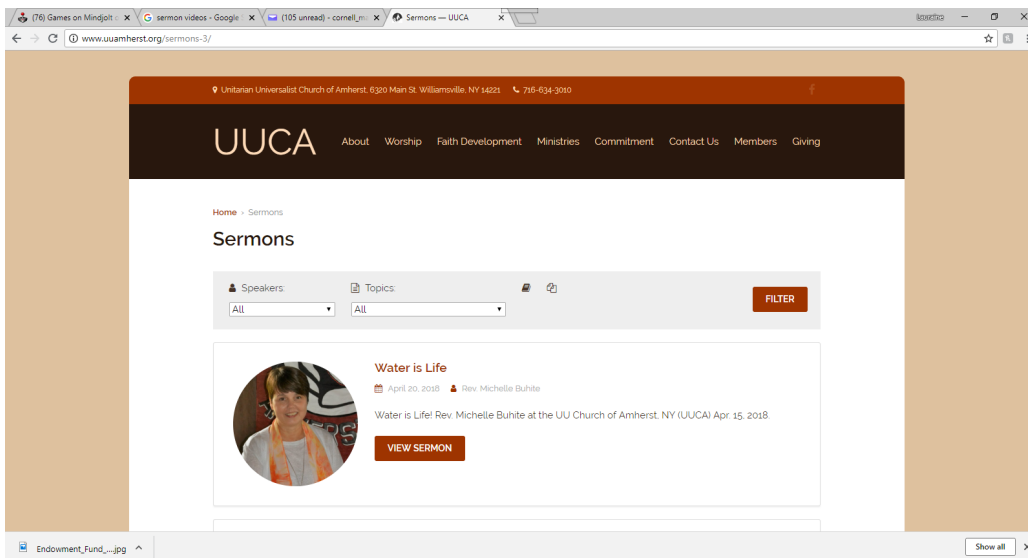
~ Jacqueline Grieve (<https://www.familyfriendpoems.com/poem/its-me-2>)



Inspired by one (or more) of Rev. Michelle's recent sermons?  
You can watch several of Rev. Michelle's past reflections by going to our website, [uuamherst.org](http://uuamherst.org)  
**Click on Worship in the header, then click on Sermons (in brown)**



**This will bring you to the Sermon Page:**



You can also go directly to the most recently uploaded sermon by scrolling down to the bottom of the HOME page and clicking on the sermon listed there.

## UUCA Ladies Cocktail Party



**Saturday, July 28 from 5:30 - 11 pm**

Number of Guests: 20

This is a low-key get together for congregation members and friends who identify as women in a way that's significant to them. As our 8th annual (and quite possibly Final) "Drinking For Dollars" fundraiser for our beloved congregation, we invite you join us in Marlana's East Amherst home and garden to mingle for an evening of camaraderie, where we'll serve adult beverages, hearty snacks, and non-alcohol refreshments, too.

Cost: \$20 donation to UUCA.

\* Free chauffeur service available, upon request \*

Hostesses: Marie Evans and Marlana Rice

**WALK OFF HUNGER**  
PRESENTED BY  
**Life Storage**

**JULY 28, 2018**  
**ISLAND PARK, WILLIAMSVILLE**  
**10 A.M. TO 2 P.M.**

REGISTER at: <https://www.foodbankwny.org/walkoffhunger/>  
Children 16 and under are FREE!



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

“The Rule of International Law and the U.N.’s Agenda 2030”

There is an excellent article in a previous issue of the U.N. Chronicle. It is entitled,

“The Role Of The U.N. In Promoting The Rule of International Law,” written by Jan Eliasson, former Deputy Secretary-General of the U.N. The rule of international law is the foundation of the United Nations. On the international level, it is fundamental to international peace and security. All 193 U.N. Member States have an obligation to abide by the U.N. Charter and the wider body of international law. All 193 U.N. Member States are expected to abide by these laws and work to ensure that seeking world peace is the essence of the U.N.’s work to promote the rule of law at the international level.

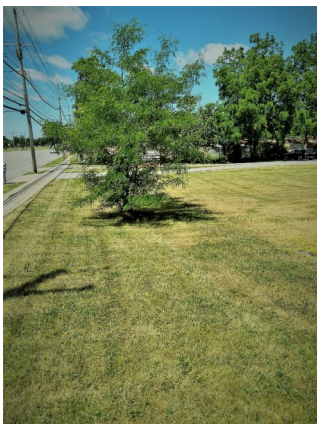
On 24 September 2012, the U.N. General Assembly adopted a Declaration emphasizing the importance of the rule of international law. The U.N. provides rule of international law assistance to over 150 U.N. Member States. The U.N. has also developed a large body of universally agreed upon norms and standards. This Declaration builds upon the fundamental formula of the September 2005 U.N. World Summit. There is no peace with out development; there is no development without peace; and there is no lasting peace and sustainable development without respect for human rights. The U.N.’s challenge now is to implement this Declaration. Promoting the rule of international law is therefore an extremely important task for the U.N.

Coordinating this process is very difficult, given the large number of United Nations’ Members States and their usual intransigence. U.N. Secretary-General António Guterres is attempting to promote this process of coordination.

The challenge for the U.N., therefore, will be to encourage all 193 U.N. Member States to implement the U.N.’s Agenda 2030 and the U.N.’s Sustainable Developments Goas (SDGs). Agenda 2030 is devoted to enhancing the rule of international law and encourages all 193 U.N. Member States to abide by it. At the present time most U.N. Member States abide by the rule of international law and the U.N. Charter only when it is compatible with their foreign policy objectives. That is why the United Nations is unfortunately of less importance than it ought to be.

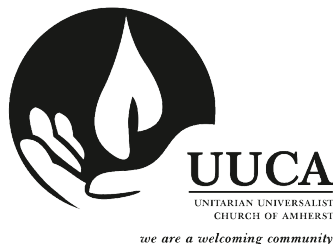
The time to implement the U.N.’s Agenda 2030 is now. This will help the international community give the rule of international law the central role it deserves in world affairs. The international community must develop new approaches to implement the rule of international law. The United Nations should help all 193 U.N. Member States to strengthen the rule of international law and ensure that abiding by the rule of international law promotes world peace, international security and human rights—the primary purpose of the United Nations and its Charter. This is not an easy or simple task, but it needs to be accomplished if the human family is to endure and have a bright future.

*~David Slive, U.N. Envoy*



### Sign – what sign?

This is what you see – or don’t see as you drive west on Main Street at 40mph. Our church sign is completely obscured by this tree/bush – actually thicket of seven trunks of a Honey Locust. We need a remedy – but first we don’t know how it got here! Someone must have planted it – But who? So if you planted it or know who did – please let us know so that we can plan appropriate remediation. Call: Yvonne or Angela Warren Also, if you want to be part of the sign committee—call us!



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