

Issue

July 2019

The Foreword



The Newsletter of the
Unitarian Universalist Church of Amherst

6320 Main Street, Williamsville, NY 14221
634-3010 (x101 for office)

Summer Office Hours Tues.-Thurs. to 9am to 2pm www.uuamherst.org
Amherst Little Free Pantry Questions: 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 JULY AT 10:30am

Sundays in July: The Soul Matters theme for this month is BEAUTY. The listed sermon titles, descriptions, and speakers are offered below, not as an ala carte menu, but as tantalizing tidbits to stir your curiosity as you join the gathered community each week.

7/7

Truth Be Toiled

Jerry Kent

I've Always admired our fourth principle, "A free and responsible search for truth and meaning." But lately it seems the mountains of lies in our society are getting bigger. What to do?

7/14

Sensation, Perception & Awe Yvonne Stocker

Is what we sense, perceive and learn of our world the awesome objective reality or just an illusion?

7/21

Turning Points of Compassion Vanessa Dawson.

There are turning points along our journey that can change our lives forever. I never dream that a random trip to the grocery store would lead me to my life's mission of providing home and sanctuary for some of the most exploited, undervalued and abused beings on the earth. This is my story and what I learned along the way.

7/28

Thoughts for Summer Yvonne Stocker

A collection of brief meditations. Some silly, some serious.

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



Ah, July... soft-serve ice cream... time with family and friends... summer reading... Whether or not you have July 'off,' there is something restorative about the promise of sunny, warm days, fresh fruits & veggies from roadside stands, and long days that invite us to bypass the television and go outside. And like the seeds planted in the spring, planning for the coming church year is germinating and beginning to flower. What's in store?

In August, UUCA member Angela Warren will be stepping into the role of Director of Faith Development. Angela already has strong connections with us, having just finished three years on the Board of Trustees, and as Chairperson this past year. She knows us, she knows the 'system', and she is known and appreciated in return. Angela has a passion for faith development and youth empowerment, as well as in working collaboratively to build a multi-generational community. I am looking forward to our shared ministry.

In other Faith Development news, we will be repurposing the rooms in the classroom wing – so watch for exciting shifts in space use as we create a truly welcoming and engaging atmosphere for all who use these rooms.

Our intern, Kristina Church, will be returning in September after a summer filled with learning and travel. I hope she'll share some of her adventures in Transylvania, where Unitarianism took root in the sixteenth century. Additionally, as part of her seminary training, she will be leading us in a focused initiative that explores the intersectionality of social, racial, and environmental justice. Kristina and I are building our thematic ministry around these important aspects of faithful living. We hope to be able to truly live into what we teach our children: We are Unitarian Universalists... people with open minds, loving hearts, and helping hands...

So much to look forward to! But let's enjoy the moment, drink lots of lemonade, and eat ridiculous amounts of watermelon! Summer is fleeting – let's make the most of it.

Happy Summer,
Rev. Michelle

PS – I'm out of the office until the first week of August. Take good care of yourselves and support the Preaching by Parishioners services this month.

Info UUUA

Jul 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>6pm - Blue Mtn.Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>10am - SCIU (Emerson)</p> <p>12:15pm - AA (LR, FD)</p>	<p>12:15pm - AA (LR, FD)</p>	<p>Church Office Closed</p> <p>Wedding Set Up</p> <p>7pm - Cocktails and</p>	<p>Church Office Closed</p> <p>Wedding (Chapel, Em and</p>	<p>Kitchen Cleaning</p> <p>Wedding (Chapel, Em and</p>
7	8	9	10	11	12	13
<p>Central East Region Summer Institute @ Oberlin College, 173 W Lorain St, Oberlin, OH 44074, USA</p> <p>10:30am - Church Service</p> <p>11am - All Ages Harry</p> <p>11:45am - Young Adult</p> <p>12pm - Little Free Pantry</p> <p>1:30pm - Voice Lessons</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Current Events</p> <p>6pm - Blue Mtn.Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p> <p>7pm - Board of Trustees</p>	<p>12:15pm - AA (LR, FD)</p> <p>7pm - Santosha Holistic</p>	<p>12:15pm - AA (LR, FD)</p>	<p>Church Office Closed</p>	<p>6pm - Buffalo Belles (LR)</p>
14	15	16	17	18	19	20
<p>Summer Carnival</p> <p>8:30am - FD Facilitator</p> <p>10:30am - Church Service</p> <p>11am - All Ages Harry</p> <p>11:45am - Young Adult</p> <p>12pm - Poetry as Practice</p> <p>12pm - Summer Carnival</p> <p>1:30pm - Voice Lessons</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder</p>	<p>Deadline for Newsletter</p> <p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>1:30pm - Caring for One</p> <p>5:30pm - Endowment Trust</p> <p>6pm - Blue Mtn.Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - Womens Spiritual</p>	<p>12:15pm - AA (LR, FD)</p> <p>3pm - Grief and Loss</p>	<p>Church Office Closed</p>	
21	22	23	24	25	26	27
<p>10:30am - Church Service</p> <p>11am - All Ages Harry</p> <p>11:45am - Young Adult</p> <p>1:30pm - Voice Lessons</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>6pm - Blue Mtn.Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - AA District Meeting</p>	<p>Church Office Closed</p>	
28	29	30	31	1	2	3
<p>10:30am - Church Service</p> <p>11am - All Ages Harry</p> <p>11:45am - Young Adult</p> <p>12pm - UUUA Book Club</p> <p>1:30pm - Voice Lessons</p> <p>7pm - Divine Grace</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>6pm - Blue Mtn.Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p>			



UUCA GET COOKIN'!

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



If you have avoided chocolate mousse because of the dairy in it and don't want to use coconut milk or avocado to make it, this recipe is for you. The ingredients are simple and the result is delicious, with no "off" flavors.

DAIRY FREE CHOCOLATE MOUSSE

- 4 oz cocoa powder
- 3 eggs, separated
- 5 Tbsp superfine sugar
- 1 tsp vanilla
- 1/2 cup boiling water



Pour cocoa powder into a small bowl. Add 1/2 cup of boiling water and stir to form a thick cream. Set aside to cool.

Beat egg whites until stiff - about 10 minutes. Set aside. Next pour 1/2 of the sugar and egg yolks into a large bowl and beat very well, adding the rest of the sugar and vanilla as you beat.

Then add the cocoa cream to the beaten egg yolks and beat several minutes more. Gently fold in the beaten egg white mixture and pour into cups. Chill at least 8 hours. To serve, you can put a fresh strawberry on top sprinkled with powdered sugar.



Sunday Young Adult Meet up (18-35 year old's):

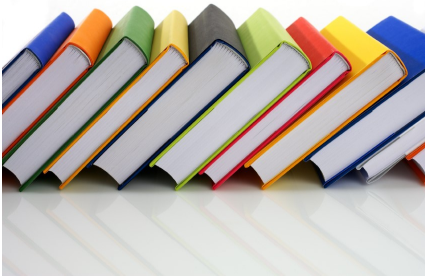
Sundays at 11:45 AM - meet in the Emerson Room for snacks & fellowship. At Noon, go to the Whitney Young Room on the 2nd floor of the Faith Development wing for discussion, fun, connection, and spiritual growth.

There will be summer hours for the Church Office through the end of August.

The office will be open Tuesday through Thursday 9am-2pm.

OFFICE





UUCA Book Club—

Meetings on the last Sunday of the month at noon in the Dining Room.

The book we will be reading for July is "Becoming," by Michelle Obama.

ATTENTION AMATEUR PHOTOGRAPHERS!!!

WEBSITE IS LOOKING TO EXPAND OUR POOL OF PHOTOGRAPHERS TO UPDATE OUR WEBSITE PHOTOGRAPHS AND PROVIDE A BETTER "IMAGE" OF WHO WE ARE, WHAT WE DO.

WE HAVE RELIED GREATLY UPON THE TALENTS OF PAM KENT AND RON PALMERE, AND WE COULD ALSO USE YOUR TALENTS FOR SPECIFIC EVENTS, "STAGED PHOTOS", ETC.

PLEASE CONTACT Lauraine Marcus, Carolyn Evans, Yvonne Stocker, Devon Southall, or Scott Harrigan



Fragrance Free Zone

Chemical Sensitivities: Please refrain from wearing scented products (perfume, cologne, etc.) on Sunday mornings. We have several people for whom these scents cause headaches and other allergic reactions. Thank you for helping make our beloved community welcoming to all.



The Ladies Cocktail Party received \$405 in donations! Special thanks to everyone who attended!



Summer Homework – Review the Connection Survey to find ways to develop deeper relationships within the UUCA

Arts

- Sing in a group
- Play an instrument
- Direct musicals or plays
- Acting
- Work with puppets
- Sewing
- Make banners

Communication

- Designing/graphic arts
- Marketing skills
- Website and Social Media skills
- Work with Audio Visual
- Record Sermons
- Photography
- Maintain Bulletin Boards

Helping Others (Caring Ministry)

- Prepare or supply meals
- Write letters or notes
- Provide transportation
- Visit homebound members

Interests:

- Connecting Newcomers
- Book Club
- Poetry
- Theatre
- Cooking/Baking
- Women's Group
- Men's Group
- Youth Group
- Adult Education
- Covenant Group
- Social Justice Ministry
- Little Free Pantry
- Preaching by Parishioners
- Leadership

Faith Development

- Nursery helper
- Teaching Elementary
- Teaching Youth
- Teaching assistant
- Assisting with Young Adult Meet-up
- Assisting with Adult Faith Development
- Driver/chaperone for youth weekends

Sunday Morning Ministries—Like to get to church early

- Greeters
- Ushers
- Worship Weavers (setting up Sanctuary)
- Worship Associates (Minister Assistant)
- Coffee Hour Set-up and Clean-up
- Provide snacks/baked goods for coffee hour
- Drive others who can't drive

Campus Care

- Gardening or landscaping
- Lawn maintenance
- Painting
- General repairs
- Flooring
- Room set up
- Dry wall
- Electrical
- Plumbing

Events you would like to make happen?

Other skills, interests, connections, talents can you share?



AMHERST LITTLE FREE PANTRY UPDATE

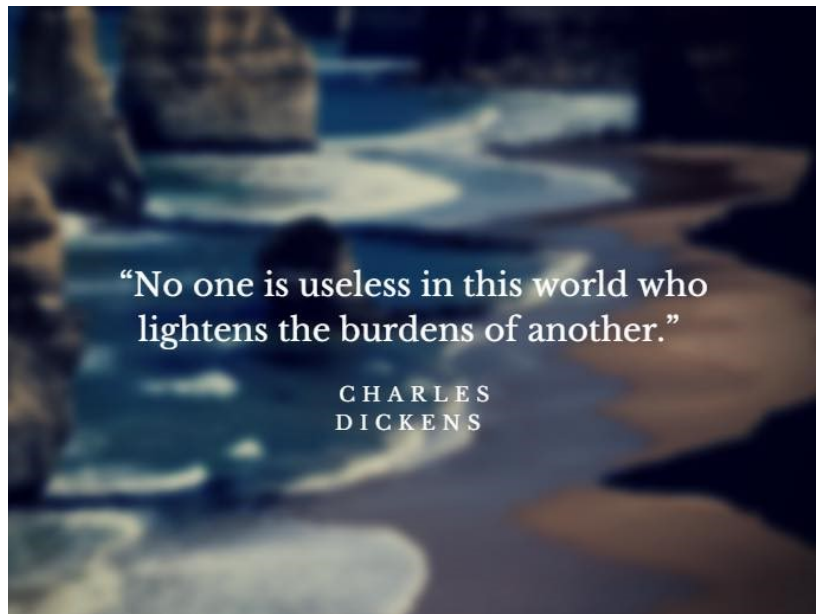
Many thanks to all who have donated to the Amherst Little Free Pantry especially at the annual picnic. Please keep those donations coming! Many thanks also to our volunteers to keep the Pantry going! We couldn't help those in need without our donors and volunteers!

You can help! Take a Sack from the Pantry display in the lobby next to the Welcome Desk for your convenience and Bring It Back with your donation, go shopping, and bring the full bag to church next week. While you are there, please read some of the heartwarming anonymous comments left by Pantry users.

Kids are home for the summer break, making our pantry even more important to struggling families. We could really use cereal, pasta, mac and cheese, canned pasta (ie ravioli) and spaghetti sauce. Remember non-perishables only and no glass.

The Little Free Pantry Group meets the first Sunday of the month after services. All are welcome to come hear about latest pantry developments and share their ideas.

Thanks for you generosity and dedication! Please leave items directly in the outside pantry or in the Donation Center in the main lobby. Please remind those in need that the Pantry is available for all, 24 hours a day, 7 days a week, with no questions asked.



For questions or comments please contact:

Maria Ceraulo at amherstlittlefreepantry@uuamherst.org



Do you Write Checks? Just a friendly reminder to please write the entire fiscal year on your pledge checks. This helps the office process your check more accurately and quickly. On payments for *current* fiscal year (which ends June 30th), please write '2018-2019' in the memo line. Please write '2019-2020' in the memo line for payments on pledges for the *next* fiscal year (7/1/19 to 6/30/20) . ~Thank you, Hella Jacob, UUCA Treasurer



Just a reminder to save your Dash's receipts and put them in the collection box in the Donation Center (in lobby).



Proceeds from collecting these go to the Global African Village.

More at

<http://www.globalafricanvillage.org/index.html>

NEWS ABOUT FAMILY PROMISE

Some of the lovely ladies from our church Maria C., Pat B. & Margot S.

They are standing in front of a mural painted on the wall of a tree at Family Promise on Hickory Street.

When a family is able to have a home through their program they put they're handprint on the tree. There's a lot of handprints up there. That's a lot of families helped.





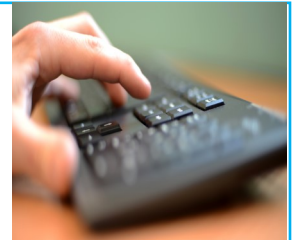
Tired of Writing Checks Use online 'egiving' instead. Go to www.uuamherst.org and click on the 'Giving' tab in the top right corner to get to our online giving page or go directly to www.uuamherst.org/giving-3-2/

There are resources and directions to get you started. You can make payments through a credit card or directly from your bank account. Call Camilla Lee in the office (634-3010 x103) if you have questions.

When is it again?

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

www.uuamherst.org



Endowment Trust

We all strive for some measure of joy, health, and prosperity for ourselves and our families. This is what we also hope for our Church. A healthy endowment helps ensure the long-term financial well-being of the church and strengthens our mission as a welcoming, service oriented, justice seeking congregation. You can influence the future of this Church in a positive way by remembering it in your will or donating anytime to the Unitarian Universalist Church of Amherst Endowment Trust. It is an opportunity to give back to the church in a way that helps to ensure its long-term financial health and security so it can thrive and prosper in the future. As your donations accumulate and reach specific milestones, the Endowment will celebrate your gifts will be celebrated by adding a leaf with your name to the tree in the Atrium that was crafted by Hinni Martens. Take time to check out the Endowment Corner when you have some time.

The next quarterly meeting of the Endowment Trust has been changed to July 30th at 5:30 pm. This will involve the election of officers, welcoming Elaine Cusker as our new Trustee, saying good bye to Dennis Bihl who has served two terms, and welcoming Don Tucker who will be the Board of Trustee liaison. All are welcome to attend.

2019-2020 Canvass Campaign

Goal Amount: \$250,000

Amount Needed for Balanced Budget: \$199,000

Total Amount Pledged to Date: \$200,256

Number of Pledging Households to Date: 115

Total expected Pledges: 150



HAND IN HAND
Stone by Stone

Your Pledge Matters! Please fill out a pledge form or contact the office to make a pledge (716-634-3010 x101 or administrator@uuamherst.org)



July 2019 UU-UN NEWS

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

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 United Nations Member states have an obligation to abide by the United Nations Charter and the wider body of international law. All 193 United Nations Member States are expected to abide by these laws and work to ensure that seeking world peace is the essence of the United Nations work to promote the rule of international law at the international level.

On September 24, 2012, the United Nations General Assembly adopted a Declaration emphasizing the importance of the rule of international law. The United Nations provides rule of international law assistance to over 150 United Nations Member States. The United Nations has also developed a large body of universally agreed upon norms and standards. This Declaration builds upon the fundamental formula of the September 2005 United Nations World Summit. There is no peace without development; there is no development without peace; and there is no lasting peace and sustainable development without respect for human rights. The United Nations challenge now is to implement the Declaration promoting the rule of international law is, therefore, an extremely important task for the United Nations. Coordinating this process is very difficult, given the large number of United Nations Member States and their unusual intransigence. United Nations Secretary—General Antonio Guterres is attempting to promote this process of coordination.

The challenge for the United Nations, therefore will be to encourage all 193 U.N. Member States to implement the United Nations Agenda 2030 and the U.N.’s Sustainable Development Goals (SDGs). The U.N.’s 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



Grief and Loss Support Group will meet in July on Thursday, 7/18, 3pm.

The name and focus will change to Support for Loss & Change in August to be more broadly inclusive on life's difficult experiences. You are not alone.

Hello, UU women!

We will begin programming again on September 3rd.

Marge Marcille





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