

Issue  
**June 2018**

# The Foreword



The Newsletter of the  
**Unitarian Universalist Church of Amherst**  
6320 Main Street, Williamsville, NY 14221  
**634-3010** (x101 for office)  
Office Hours: 9am-2pm Tues . to Fri.

*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.....  
fland88@aol.com

### 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 JUNE AT 10:30am

### *Letting Go*

**3**

Rev. Michelle Buhite

On the road toward greater joy, creativity, peace, and purpose, we may be called upon to let go... of cherished dreams, of comfortable ways of being, of people and ideas that no longer serve who we are becoming. Whether that statement makes you anxious or inspired, we all need the occasional reminder to let go.

### *Metamorphosis*

**10**

Rev. Michelle Buhite & Karen LoBracco

We are growing and changing at every age and stage of life. Come and celebrate with our children and youth as we lift up the year in Faith Development.

### *What's Next?*

**17**

Rev. Michelle Buhite

In a progression that begins with letting go and then undergoing a deep transformation, what's next? What might the future hold? Are we ready to embrace something new?

$$U + U \text{ --- } > U^2 \text{ --- } > U^n$$

**24**

Joe Rautenstrauch

An Exploration of the Transformative Powers of actions based on our 7 UU Principles and how they may be expressed in a diverse community.

## MINISTER'S CORNER



*I am a person who creates and enjoys small changes just for the sake of variety.*

I found that statement in a magazine and promptly cut it out to include it on my personal mandala. Other words that made the cut are Inspire, Discovery, Mysteries, Surprise, Connect, and Create. I did not make a word list and then search through magazines to find those words; I flipped through pages and let the words find me. I love change.



Perhaps that is why ministry calls to me so strongly; to change lives to change the world. Long before I earned the title of Reverend, my ministry has always been to help others discover a deep well of creativity within, and then to nurture that creativity into expression. Personal transformation leads to new light in the world. I look forward to exploring themes of Change with you throughout this month.

Bright blessings,  
Rev. Michelle

Rev. Michelle will be on study leave and vacation from June 18 through July 31. The Caring for One Another committee is available for pastoral care needs. Contact Eveline Hartz or Ron Palmere (caring@uuamherst.org).

## Annual Congregation Meeting

**Sunday, June 10th**  
**After Services**  
**Childcare provided.**

*All groups are invited to email annual reports to church office before May 30th*

Members in good standing (those who have signed the Membership book 60 days before the meeting, have made a financial contribution, and a pledge of sustaining financial support) are eligible to vote.

Voting will be on next year's budget. There will also be votes for new Board Members, Endowment Trust members and Nominating Committee Members. There will also be conversation (no voting) on the recent talks with developers regarding potential repurpose of part of our land and current building.

The nominating committee has submitted to the Board a slate of candidates, approved at the April Board meeting, consisting of the following candidates for the 3-year terms on the Board of Trustees:

**Scott Harrigan and Wendy Scott.**

as well as the following three candidates for the succeeding nominating committee:

**Marie Evans, Hella Jacob, and Joe Rautenstrauch.**

The candidate for Endowment Trust is **Joe Rautenstrauch.**



## Faith Development News

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

### Are You Ready for Metamorphosis?

This time every year we mark transitions – from Spring to Summer, to new schools and grades, and for some the passage from High School to young adulthood. So it is at the Unitarian Universalist Church of Amherst! Look for these transitions:

Larva which arrived in May have grown into hungry caterpillars, changed into a chrysalis, emerged as butterflies and are released in June into our garden space. Track what is changing every day in the Atrium!

June 3 is the final session of the Our Whole Lives program. We will celebrate and honor the participants (Génia Abbey, Simon Connolly, Tayte Connolly-Cumberland, Valerie Daun-Barnett, Megan Groat, Shanna Groat, Cassandra Moyer, Ally Parrack, Emmaleigh Pollard, Elliott Sulaiman, Jay Welch), the leaders (Scott Harrigan, Jennifer Parrack and Barry Kent), and of course the parents.

June 10 is the date of our annual Faith Development Sunday – a worship experience not to be missed! Show your support of our faith development volunteers, and of course our children and youth as they share their experiences this past church year. We will also recognize the youth graduating from High School – Lydia Sulaiman, Reed Pollard and Chelsea Warren.

### Be Part of the Driving Team!

In so many parts of our personal and professional life, what happens is beyond our control. If you might be feeling that way about the Faith Development Program here at UUCA – maybe unsure about its focus or wonder about options that might grow our children and youth in their Unitarian Universalist faith – then this might be the perfect time for you to investigate joining the **Faith Development Committee**. On June 9 they gather for a retreat focused on the future under new staff leadership, and you could be there! Talk to Jeanine Moyer (Chair) or Karen LoBracco (Interim Director of Faith Development) for a job description and a conversation.

## UUCA Annual Picnic

Sunday, June 17th after services

Hot Dogs, Hamburgers, Veggie Burgers Provided

Bring a Salad or Dessert to Share

Free Will Donation: \$5 person/\$10 family/ ?



Net proceeds to go to Minister's Discretionary Fund which offers financial support to those connected to our congregation

Help is needed before service to clean outdoor tables.

Support our Green Sanctuary ministry-- Sign up for kitchen duty after picnic – if we have enough volunteers we will use church dishes

Volunteers—contact Lauraine Marcus



## **Racial Justice Ministry Corner**

Here are some suggestions on how you can become or stay engaged with Racial Justice during the month of June:

**Sat., May 26, 1-4pm: Honest and Effective Conversations about Race**, a workshop facilitated by black Buffalo writer Nanette D. Massey. Awkward white people are very welcome! Location: UU Church of Buffalo, 695 Elmwood Ave. For more information, go to: [bit.ly/Massey526](http://bit.ly/Massey526)

**June 3, June 10, July 1: Black Lives TV** (*no meeting on 5/27*). Sundays at 3 pm in the Emerson Room. We gather to watch programming made by black folk about their lives, culture, and community and hope to gain a more unbiased insight into them. We will be finishing the new black superhero show, *Black Lightning*, on June 3rd. We will show the new Marvel movie, *Black Panther*, on June 10th. We will then start the second season of *Dear White People* in July.

**Dr. Martin Luther King Jr. Reading Group.** Ongoing, meets every other Wednesday 6-8pm to discuss works from Cornel West's collection entitled "The Radical King."

- May 30: "The Bravest Man I Ever Met" & "Honoring Dr. Du Bois," with Heron Simmonds of VOICE-Buffalo. Location: VOICE Buffalo office, 2495 Main St., Suite 547 in the Tri-Main building
- June 13: "Palm Sunday Sermon on Mohandas K. Gandhi," with Victoria Ross, Exec. Dir. of the WNY Peace Center. Location: The Network of Religious Communities, 1272 Delaware Ave.
- June 27: "Pilgrimage to Nonviolence," with Chris Knoblauch. Location TBA

**Living the Pledge to End Racism** classes are starting again in the fall.

If you have any questions, please contact Scott Harrigan or Hella Jacob.

### **GREEN SANCTUARY CORNER**

Plastics never go away. Many are ending up in Earth's oceans. Read more at the Center for Biological Diversity website below and consider how you can reduce your plastic consumption.

[http://www.biologicaldiversity.org/campaigns/ocean\\_plastics/index.html#campaign](http://www.biologicaldiversity.org/campaigns/ocean_plastics/index.html#campaign)

#### **SEVEN TIPS TO REDUCE YOUR PLASTIC CONSUMPTION**

(FROM BRITISH VOGUE MAGAZINE)

1. Carry a reusable water bottle/coffee cup
2. Drink tap water
3. Carry a canvas bag for shopping
4. Use paper folders
5. No plastic cutlery or straws
6. Stop chewing gum (it contains plastic)
7. Pick up litter especially near beaches, waterways and shorelines

## Adult Faith Development



**Women's Afternoon Study Group—Tuesday, May 29th and Tuesday June 5th at 1:30pm in the Living Room.** excerpts from Karen Armstrong's book "The History of God" and from Michael Sherman's book "How We Believe." These will be our last programs for the year.

**Black Lives TV-Sunday, June 3rd at 3pm in Emerson Room.** We gather to watch programming made by black folk about their lives, culture, and community and hope to gain a more unbiased insight into them. We will be finishing the new black superhero show, *Black Lightning*, on June 3rd.

**Thursday Night Book Club: Thursday, June 7th– 7pm in the Living Room.** We are reading "The Righteous Mind: Why Good People Are Divided by Politics and Religion" by Jonathan Haidt. We will be meeting in June and all summer.

**Black Lives TV-Sunday, June 10th at 3pm in Emerson Room.** We will show the new Marvel movie, *Black Panther*.

**Current Events Discussion/Lunch-Tuesday, June 12th** Meet in the Emerson Room to discuss the events in the news while eating lunch together.

**Women's Lunch-Tuesday, June 19th** Meet in the Emerson Room . No agenda, just laughing and chatting.

**Women's Group—Tuesday, June 26th - 12:30 p.m. in the Kitchen - Kitchen Cleaning Party and lunch (bring a bagged lunch from home).**

**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.**



### Grief Support Group

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



Our 12-14 and 14-16 year old sessions still have room!

Built upon the values of the seven principles, we strive to create a camp community that is intellectually stimulating and welcoming to campers of all walks of life.. Email [Director@unirondack.org](mailto:Director@unirondack.org) or visit [www.unirondack.org](http://www.unirondack.org) for more info!



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



# JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
Buffalo Pride Parade OWL Classes end 9 am - OWL Last Class (Bul) 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)	6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn. Potluck 7pm - Blue Mtn. (Reeb)	12:15pm - AA (LR, FD) 1:30pm - Green Sanctuary (LR) 7pm - AA Planning Meeting 7pm - Ministry Council (LR) 7pm - Santosha Holistic Center (Chapel)	12pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15pm - AA (LR, FD) 3pm - set up for memorial 3pm - Voice Lessons (Choir) 4pm - Private Memorial 7pm - Thursday Night Book (LR)	10am - AI-Anon Meeting	Kitchen Cleaning 9 am - Meeting like Playshop (Bul) 9 am - WNY Gluten Free Emerson 6 pm - Buffalo Belles (LR) 10am-3pm Faith Development Retreat (offsite)
3	4	5	6	7	8	9
Annual Congregation FD & Youth Sunday Service 10:30am - Church Service 12pm - Annual Meeting (Chapel) 12pm - Preaching by Parishioners (Bul) 12pm - Young Adult Meet- (OR) 1:30pm - Voice Lessons (choir) 3pm - Black Lives TV (Em) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events (Em) 6pm - Blue Mtn. Potluck 7pm - Blue Mtn. (Reeb) 7pm - Board of Trustees (Em)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - AA Planning*	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir) 7pm - AA Planning*	Deadline for Newsletter 9 am - Meeting like Playshop (Bul)	9 am - Meeting like Playshop (Bul)
10	11	12	13	14	15	16
End of year picnic Father's Day 10:30am - Church Service 12pm - End of Year Church Picnic 12pm - Equal Exchange (Em) 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	General Assembly in Missouri 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch 1:30pm - Caring for One Another (Em) 6pm - Blue Mtn. Potluck 7pm - Blue Mtn. (Reeb)	12:15pm - AA (LR, FD) 7pm - Social Justice (DR)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	9 am - Meeting like Playshop (Bul)	9 am - Meeting like Playshop (Bul)
17	18	19	20	21	22	23
Preaching by Parishioners 10:30am - Church Service 12pm - Preaching by Parishioners (Bul) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Kitchen Cleaning 6pm - Blue Mtn. Potluck 7pm - Blue Mtn. (Reeb)	12:15pm - AA (LR, FD) 2pm - Grief Support Group (LR) 7pm - Snowbirds (Em)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	9 am - Gateway Longview (Em)	9 am - Gateway Longview (Em)
24	25	26	27	28	29	30
AA = Alcoholic Anonymous AE= Auction Event ACOA = Adult Children of Alcoholics Bul = Thomas Bullfinch Ch= Chapel DK = Dining Room Em = Emerson Room LR = Living Room Reeb = Reeb Room	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Kitchen Cleaning 6pm - Blue Mtn. Potluck 7pm - Blue Mtn. (Reeb)	12:15pm - AA (LR, FD) 2pm - Grief Support Group (LR) 7pm - Snowbirds (Em)	12:15pm - AA (LR, FD) 3pm - Voice Lessons (Choir)	9 am - Gateway Longview (Em)	9 am - Gateway Longview (Em)



**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 June 3rd** after services. Contact Maria Cerulo with questions or to express interest.

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

All men (age and retirement not a restriction!) are invited to meet at Buffalo Brew pub for lunch and conversation on **Thursday June 7th at noon**. No agenda—all topics considered!



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.



Cocktails & Conversation -No meeting this month. We will try resuming in the Fall.

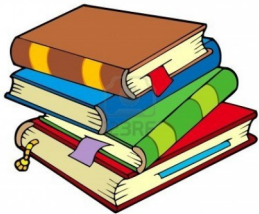
**Important Upcoming Dates—mark your calendars now!**

June 10—Annual Congregation Meeting in Chapel after services

June 17—Church Picnic at UUCA after services

August 12—FD Director Celebration at UUCA after services

October 14—Rev. Michelle’s Installation Ceremony at UUCA



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



**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 at [www.uuamherst.org](http://www.uuamherst.org) and click on the “Giving” tab on the top right corner.**

**When is it again?**

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

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



## BOARD NOTES

Fellow Members and Friends—

This is my last Foreword column, as June marks the end of my three-year term on the board. While on various levels this has been a challenging year, it has been an honor to represent the UUCA as Chair of the Board of Trustees, and I thank you for your trust.

As this church year is drawing to a close, the board assessed to what extent we are accomplishing the goals that were developed for Rev. Michelle's developmental ministry. Do keep in mind that these goals were not intended to be accomplished *by Rev. Michelle*, but rather *by the congregation and Rev. Michelle*. We anticipate bringing these goals into the transition to settled ministry:

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 structure**

Even though we called Rev. Michelle as our settled minister in January, and an installation ceremony is being planned for October 14, this summer is when her settled ministry with us officially begins. We expect that the strategic planning analysis, which will be forthcoming shortly, will yield some answers as to what we can—or what we should—do to ensure our church not just survives but thrives. When the new board begins their work after the Annual Meeting, they will also inherit a number of important items that the current board could not complete, among them updating our **signage**.

Reaching a decision on whether and how we might fill the **Faith Development staff position**, along with creating a feasible **budget for 2018-19** remain tasks that are costing us a lot of time and energy and yet, for the time being, practical solutions continue to elude us.

We would love to have a **Spring Fantasy Auction** in conjunction with the year-end picnic on June 17. Instead of a live auction event, we are considering an online and/or a silent auction. We need auction co-chairs—please talk to me, or another board member about how you may help pull off an auction before the start of summer. Or start thinking about whether you'd be able to offer a picnic, a hike, or a pool party. :)

I am excited that we will once again have a **ministerial intern** for the next two years. Kristina Church, a member of UUCB, holds a Master's degree from Columbia University School of Social Work, and expects to graduate from Meadville Lombard Theological School in Chicago in 2020. Her internship begins with the new church year (after Labor Day). In the meantime, Kristina is already able to preside over life passage ceremonies such as child dedications, weddings, and funerals. I know her presence will enrich our congregational life immensely.

I feel very fortunate to be able to attend General Assembly this month with my husband and daughter, and I look forward to worshiping, witnessing, learning, connecting, and making policy together with my fellow UUs from all around the country.

May summer bring you joy as well, and I will see you in church. :)

~ Hella Jacob, Chair, on behalf of the UUCA Board of Trustees





**Nikki Hitchcock**

## Strategic Planning

You may have heard the term *sales funnel* before, but did you know that a similar pipeline exists that affects the livelihood of churches? Just like selling any product or service, we must share the value of who we are and what we do broadly and clearly, anticipating that not everyone is currently searching for what we have to share. Someone must become aware before becoming interested, walking through the doors, and becoming a regular attendee. I was aware of Tide detergent for decades before a specific product they sold interested me. Similarly, our communication should reach so broadly that an individual may know we exist for years before the moment they have a baby, lose a spouse, face a divorce, come out, etc., and find themselves in need of a caring religious community.



In our April planning session, we reviewed what the marketing funnel looks like for faith communities. At the broadest level of the funnel, is a stage called *Awareness*. The narrowest piece of the funnel is leadership and advocacy. This means making sure that we share who we are and what we do broadly, so that the people for whom we are the best fit are sure to hear about us and become engaged. Emptying pews and shrinking offerings and exhausted volunteers are not signs that people don't care. It's often a sign that the right people are not learning about the church.

As our larger society values church participation less, we shouldn't expect pews to be automatically fill as they have in years past. Instead, we'll need to communicate with a much larger base about why UUCA matters. We can't change a societal shift regarding church attendance, or the fact that sports leagues now plan Sunday games. But we can make sure that those who need us can find us.

Let's make the decision to engage in a *visibility campaign*, so that people know our doors are open to them. ~Nikki Hitchcock, Barb Gauger, and the Strategic Planning Committee



## **ENDOWMENT TRUST**

Growing the Endowment Trust is an investment in the future of the UUCA.

Help it grow by remembering friends and loved ones by making a donation in their name. The family of the person being remembered receives a letter from the Endowment Trust Board saying that Trust received a gift in the name of the deceased person. You receive a letter from the ET Board thanking you for your gift. This can be used as documentation for tax purposes.

Consider adding the endowment in your will either by a designated amount or percentage of your estate. If you have questions about this, an Endowment Trustee would be pleased to talk to you.

If you have included a gift to the Endowment in your will, please let the ET so you can be recognized in the UUCA Annual Report.

The next meeting of the Endowment Trust is Tuesday July 17th, at 5:30 pm. You are welcome to attend.



## Rainbow Tapestry

### **Michelle:**

Last summer, as I enjoyed a little downtime from work at church and had some time to ‘refill my cup’, I found myself thinking about UUCA and how we might demonstrate the work we had been doing to build trust and weave a new story of what it means to be a part of this community... Hmm... weave a new story... Weave! Pam’s a weaver! We can weave! Well, Pam can weave, but we can help create the new story of a community that strives to live into our UU Principles and celebrates diversity of thought and unity of spirit (hint: that’s from our covenant). That was the moment the idea for the rainbow tapestry was born. I contacted Pam and asked if it would be fun for her to gather up congregants’ contributions of yarn, fabric, and other goodies in the colors of the rainbow and weave them into a tapestry to symbolize the deep way this congregation is woven together and within the wider tapestry of Unitarian Universalism. She said YES!

### **Pam:**

When Rev. Michelle originally presented me with the challenge of weaving a UUCA tapestry representing the seven UU principles, I was thrilled to be asked, but it soon became apparent that some of the technical aspects were going to pose problems. Weaving these pieces on my loom was not an option, as all three panels needed to grow simultaneously, and neutral or colored warp thread would dilute the vivid colors of the rainbow I was planning to use.

### **Michelle:**

We talked about the logistics of building a tapestry from the bottom, up. We would begin with red and work our way through the colors of the rainbow. We teach our children the Principles with this helpful memory device – why not bring that multi-generational approach to the tapestry? Everyone – regardless of age or any other ‘category’ – could participate in this project. Each month we would collect random stuff in the color-of-the-month (red, orange, yellow, green, blue, indigo, violet) and we would transition from one color to the next with the colors to represent the proposed 8<sup>th</sup> principle for racial justice (browns and black). You realize, of course, that this was a fabulous big idea that I had no inkling of the amount of skill and artistry it would take to bring it to completion.

**Pam:**

After much thought I decided that three large canvas-covered panels, 48” x 24” each, would be the best solution. Using the reverse side, I hammered in 200 nails at the top and bottom (1200 altogether) and threaded them with 530 yards of clear fishing twine on each panel. Having never tried an experiment like this before I glued in the nails and hoped that the fishing twine would not snap. So far so good!

As the various yarns, fabrics and other personal items arrived, I wove them in, mainly using my fingers and a needle. Some of the items, like cat’s whiskers, a butterfly wing, a piece of a wedding dress and very delicate fabric, had to be placed in very carefully. Items like a thread from the chapel carpet, pieces of a lanyard, metal threads and beads could be woven in without much difficulty, and I tried to use at least a small piece of everything I was given. Some of the fabrics or ribbons are reversed, to blend into the colors or textures, but a piece of everything is in there somewhere. When the panels were complete, I framed them and backed them with fabric and tape so that they can be handled and moved when necessary, without anyone having to touch the woven part of the panel.

**Michelle:**

Pam brought in the works-in-progress each month to help us imagine what the finished product would look like – but there was nothing to prepare us for what the finished tapestry would be and the emotional impact it would have on us all. A snippet from the robe of a recently deceased spouse... a piece from a wedding veil... a thread from the newly installed chapel carpet... a funny little goat (with Pam, there’s always a goat!). The tapestry is synergy at work – the whole being so much more than the sum of its parts. This tapestry, the symbol of who we are together, will outlive us all, and it will tell our story... A story of creativity and fun, of memory and a wish for the future.

**Pam:**

I’m hopeful that the tapestry will last for many years as a symbol of our wonderful UUCA congregation and I am so grateful to have been able to make this contribution.

**Michelle:**

Thank you, Pam. Thank you, all.



## UUCA GET COOKIN'!

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

### FOUR CHEESE AND ONION DIP

1 cup cheddar cheese, shredded  
1 cup jack cheese, shredded  
1/2 cup Swiss cheese, grated  
1/4 cup Parmesan cheese, grated  
2/3 cup mayonnaise  
2/3 cup diced yellow onion  
1/2 cup milk  
1/4 tsp salt



Preheat oven to 375 degrees. Mix all ingredients until well combined and spread into 1 quart baking dish.

Bake for 40 minutes or until dip is bubbling and top is lightly browned.

Serve with crackers, toasts, celery sticks, chips, pretzels or pita chips. Makes 8 servings as an appetizer.

Very tasty. Christine.

\*\*\*\*\*

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

The challenge, obviously, is making a cheese dip (a four cheese dip no less using mayo & milk) dairy free or vegan. Vegetarian and gluten free folk can make as is. Add in extra veggies for dipping in place of wheat crackers. There are a number of wheat free crackers & pretzels available.

One could substitute of course... cashews & nutritional yeast in place of cheese, cashew/almond milk instead of dairy milk but really! A good comforting cheese is impossible to beat for taste. Plus, store bought substitutions have way too many chemicals & non-food ingredients. Let's just make something else just as tasty and comforting.

Here's an excellent humus recipe from Dr. Neal Barnard's book "Reversing Diabetes".

### SPINACH HUMMUS

1 package (10 ounces) frozen spinach raw - {1-2 handfuls fresh spinach works well too)  
2 cups well cooked chickpeas or 1 can (19 ounces) chickpeas, heated and drained  
1/3 cup lemon juice  
1 Tablespoon sesame tahini  
4-6 cloves  
1 1/2 tsp salt  
1 tsp ground cumin  
1/4 tsp cayenne pepper

- 1) Squeeze liquid from frozen spinach, chop and set aside
- 2) Place remaining ingredients in a food processor. Blend until smooth. (Warmed chickpeas give a smoother texture.) Add water if necessary.
- 3) Add spinach and blend briefly
- 4) Transfer to a serving bowl, cover and refrigerate until ready to serve.

Serve with the same as above.  
Enjoy!



### **Equal Exchange Chocolate, Coffee & Tea - June 17th in Emerson**

Equal Exchange products at wholesale price. Equal Exchange items are all fair trade certified with many organic products. By purchasing these products, in place of their conventional counterparts, you will be supporting environmental sustainability, fair wages, local communities & workers, investments in local community building, biodiversity and it just tastes so much better and is healthier for you too!

## **DIABETES - Part 2**

Diabetes often exists with other serious chronic ailments. As mentioned last month, diabetes damages the walls of tiny blood vessels leading to neuropathy, eye, heart, nerve, kidney, gum disease, to stroke, high blood pressure, amputation and mental health issues. High blood sugar levels also complicate wound healing and promote bacterial & fungal growth. What causes diabetes also causes or is implicated in heart disease, chronic obstructive lung disease, cancers, depression and mood disorders. The cause is strongly correlated to - UUs, you know the answer: lifestyle choices, in particular diet.

There has been extensive research and numerous books have been written on the affect of diet on diabetes.

T. Colin Campbell, PhD (*The China Study*): "The right diet not only prevents but also treats diabetes."

Joel Fuhrman, M.D. (*Eat to Live*): "Diabetes is a nutritionally related disease - one that is both preventable and reversible (in the case of type 2 diabetes) through nutritional methods."

Neal D. Barnard, M.D. (*Dr. Neal Barnard's Program for Reversing Diabetes*) "When you change your diet and make other healthful improvements, a rising glucose level can fall. Sometimes the change can be so dramatic that no doctor looking at you afterward would ever guess that you had once been diagnosed with diabetes."

Gabriel Cousens, MD (*There is a Cure for Diabetes*) "Type 2 diabetes is a curable disease"

Many additional physicians and nutritional experts have written extensively on diabetes and a myriad of other disease all preventable and sometimes completely cured with diet and lifestyle changes. They looked to other nations, with low rates of diabetes & chronic disease, for answers. The diets in these countries were mostly unprocessed whole foods, mostly vegetables, fruits, whole grains and beans - little or no animal products. This is not new information. Dr. Max Gerson (MD) cured Albert Schweitzer of diabetes with a diet of live (uncooked) foods in the 1920's. Dr. Dean Ornish, in the 1990's, tested a low fat vegetarian diet in his cardiac patients - after 1 year he found that the blocked coronary arteries could visibly be seen to be opening. In *The China Study*, Dr. Campbell studied Seventh day Adventists. Those who kept to a moderate vegetarian diet had one-half the rate of diabetes compared to moderate meat eaters.

What is recommended by these physicians and nutritionists? No animal products, no processed foods - especially empty caloric sugary foods. Lots of everything else; veggies, fruits, beans, grains & seeds, and a few nuts. There you have it in a nutshell. Of course you already know all that. The tricky part is breaking free from cravings and following the new diet. Doing it - while the vast majority of society (including yourself), overtly and subtly, works against you.

If you have or wish to prevent diabetes and enjoy movies, check out Dr. Cousens' DVD "RAW FOR 30, SIMPLY RAW: REVERSING DIABETES IN 30 DAYS". It chronicles 6 people, unfamiliar with a live foods diet, in their effort to decrease their diabetic meds & regain their health. It's on YouTube. Whether you can change your diet so radically or not, his results certainly demonstrate the healing power of the body with the right nourishment. Therein lies the key to well-being: nourishing, whole foods, clean water, air, exercise/play, meditation & mindfulness.

If you are a diabetic patient on medication, you will need to work with your physician to properly decrease your dosage. Doing this on your own can lead to hypo or hyper-glycemia (too low/too high blood sugar), both which can be very dangerous.

"Society is always taken by surprise by any new example of common sense."  
~ Ralph Waldo Emerson





## **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 ([caring@uuamherst.org](mailto:caring@uuamherst.org))

## **RESOURCES**

### **TRANSPORTATION:** Need a ride?

Amherst Senior Transportation: [www.amherstvans.org](http://www.amherstvans.org) or 716-636-3075  
Rural Transit Service: [www.RuralTransitService.org](http://www.RuralTransitService.org) or 716-549-5098

Handicapped sticker applications are available at the Amherst Senior Center (636-3050) and at town halls. There are a few applications in the UUCA dining room by the window.

### **MEDICAL EQUIPMENT** (Free of charge - on loan basis)

St. Amelia R. C. Church out-reach program: wheelchairs, walkers and canes  
Contact: 832-2542 from 10 - 3 p.m.  
Lions Loan Closet (Lions Club of Amherst) has crutches & wheelchairs, etc.  
Contact person is Ken Moses 832-0202 (call first - hours are limited)

A complete list of Resources can be found at <http://www.uuamherst.org/homebound/>  
Your Health Ministry Team



**WALK OFF HUNGER**

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

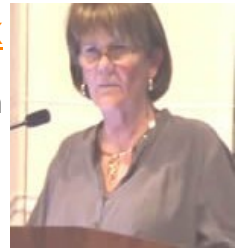
PRESENTED BY **LifeStorage**

REGISTER at: <https://www.foodbankwny.org/walkoffhunger/>

**Children 16 and under are FREE!**



## Preaching by Parishioners: Summer Sneak Peak



The Preaching by Parishioners Group is a unique UUCA program designed to train church members to develop high quality lay led services. We give sermons on Sundays, starting this month with Joe Rautenstrauch's talk on June 24th , and continue through July

on a variety of topics that are of interest to ourselves and the church. Our group this year includes Jim Hartz, Joe Rautenstrauch, Patrick Walker, Roger Keeney, Chris Barry, Jerry Kent, Devon Kingsman, Yvonne Stocker, and Marlana Rice. Come Join us this summer!

~Marlana Rice and Jerry Kent

July 1: Speaker Jerry Kent

July 8th: *The World is NOT Going to Hell in a Handbasket* with Yvonne Stocker  
If you look at REAL FACTS a wonderful picture of the world appears.

July 15th: *Nice Neighbors, Political Monsters* with Patrick Walker

July 22nd: *Peace Corps Assignment: Africa 1989/90* with Roger Keeney  
Imagine teaching English in Mauritania in 1989!

July 29th: Speaker Chris Barry



Calling all High School-Age Youth... Activate Summer 2018!

*This immersion-learning experience will be hosted by the Center for Ethical Living and Social Justice Renewal in partnership with the UU College of Social Justice.*

**Activate New Orleans: Racial Justice & Beloved Community July 15-22, 2018**

**Activate Tucson: Sanctuary, Solidarity & Immigration Justice August 5-12, 2018**

**Generous financial aid available!**

**Register by May 31st**

[UUCSJ.ORG/ACTIVATE-REGISTRATION/](http://UUCSJ.ORG/ACTIVATE-REGISTRATION/)



Are you looking for an intentional, intergenerational community where you can live fully as a Unitarian Universalist and grow, relax, play, recharge and reconnect for a week including a vibrant community of around 100 young adults? Attend workshops and hear inspiring speakers, take part in a variety of fun and creative activities, hang out with family or friends or spend time in deep conversation? **Summer Institute is the place for you!** 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.*

There is programming for all ages. Learn more at [omdsi.org](http://omdsi.org).



6320 Main Street

Williamsville, NY 14221

634-3010

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