Issue

JUNE 2019

The Foreword



The Newsletter of the

Unitarian Universalist Church of Amherst

6320 Main Street, Williamsville, NY 14221

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

Amherst Little Free Pantry Questions: amherstlittlefreepantry@uuamherst.org

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

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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

<u>Sundays in June</u>: 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.



Widening the Circle Rev. Michelle On this Pride Sunday, let's look at ways we can widen the circle of compassion and inclusion.



"Imagine" with the Hogwarts Houses
Join us as we celebrate the year in Faith Development.

(Annual Meeting following the service.)



A Definite Maybe Rev. Michelle The beauty and challenge of agnosticism.

6/23 & 6/30

PxP

MINISTER'S CORNER



Is it June yet?

After the wonky weather of April and May, dare we hope that the lengthening days of sunshine and warmth are finally here? At church, late June, specifically the summer solstice, is a tipping point from hectic activity to a slightly more relaxed state. As a tipping point, it is also a time of transition.

We will be saying goodbye and good luck to Zoe Bell-Schwede and beginning a new path in Faith Development. The past year has been filled with beauty and challenge, and we pause to reflect on the gifts and learnings.

Also this month will be transitions in governance, with Angela Warren, Doreen Park, and Randy Kent coming off the Board; and Don Tucker, Karen Kuhn Thompson, and Nancy Faery coming on. Continuing on the Board will be Dave Kofke, Jim Hartz, Scott Harrigan, and Wendy Scott. Thank you for your dedication and vision.

And, of course, your minister will be taking some vacation and study leave between June 17 and July 30, hopefully returning refreshed and ready to roll! Be sure to attend the summer services prepared by the folks in Preaching by Parishioners.

Happy Summer, Rev. Michelle



UUCA Annual Picnic

Sunday, June 16th after service
Hot Dogs, Hamburgers, Veggie Burgers, Beverages Provided
Bring a Salad or Dessert to Share
Volunteers Needed to clean outdoor tables/chairs before service,
grilling, kitchen duty, and clean up afterwards.
Free Will Donation or Donation for Little Free Pantry

Secrets of Natural Walking Workshop

Learn How to Walk Properly so Your Body Can Heal

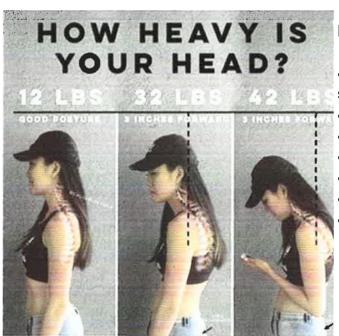
Did you know that improper walking causes leg, hip, back and other problems? Are you walking properly? You can tell if you are by looking at the bottom of your shoes. If they are worn unevenly, you are not walking properly. If your calf and thigh muscles are flabby and not toned, your bones and joints are bearing your weight, not your muscles. When we lift weights, ie., curls, we create bicep muscles. Since we carry half of our body weight on one leg in every step, and half of our body weight on the other leg in another step, our calf and thigh muscles should be toned. This is done in Natural Walking.

Our bodies were created perfectly, but improper walking and poor posture limit our body's natural healing capabilities. During the Secrets of Natural Walking workshop, you learn how to walk with the proper alignment and gait with muscles engaged correctly and energy channels activated so that every step heals your body and whole being. The workshop will be held in the Channing Chapel on June 15th from 8:30 am to 4:00 pm. Contact Gloria Brennan at (716) 713-2152 or email at gloriabren8@gmail.com for more information.

The full day workshop is highly experiential. You will:

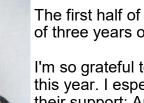
- learn the theory of walking naturally and its benefits
- learn the common mistakes made in walking
- identify your walking mistakes and receive guidance in correcting them
- learn and practice the six keys of natural walking
- receive a manual, certificate of completion, and access to practice audio.

The Secrets of Natural Walking workshop will help you understand and experience the proper way to walk. You'll learn how to align your feet correctly, engage your muscles properly, and activate your energy channels so that every step you take heals your whole being.....body, mind and spirit. The workshop is very experiential with you practicing the six parts or keys of a single step. You'll experience some guided relaxation to help you enjoy the practices more.



Participants report improvement in:

- Balance, posture, and back problems including slipped disc and scoliosis
- Arthritis and reduced bone, joint and nerve pain
- Diabetes, stroke aftereffects, & blood pressure
- Digestion and weight loss
- Depression and sleep disorders
- Menopause and pregnancy
- Body shape and tone.



The first half of my internship is coming to a close, and I've finished the first two of three years of seminary. I'm more than halfway there!

I'm so grateful to all of you for welcoming me so warmly to your congregation this year. I especially want to thank my internship committee members for all their support: Amy, Barry, Eric, Marie, and Rosalind.

What's up next? Well, I'll be heading to Spokane, Washington in mid-June for the UU General Assembly, then more classes at Meadville Lombard Theological School in July. Towards the end of the summer, I'll be taking a

journey to Transylvania to explore the roots of the Unitarian side of our faith.

I'm really excited about all my summer plans and can't wait to share new learnings with you when I return in September! Meanwhile, I encourage you to continue exploring ways to bring our Unitarian Universalist faith, and life-giving spiritual practices, into your life.

One of my favorite ways to connect to the Earth is to celebrate the Summer Solstice, the longest day of the year in the Northern hemisphere. When I stop to take time to mark this special day, I feel more in tune with the rhythms of my life, our ecosystem, and our planet. Some other ways that human cultures have celebrated the solstice include outdoor parties; special foods of the season; and poetry, songs, and dances celebrating the sun. Do you have a summer solstice practice? I'd love to hear how you mark the beginning of summer.

Whatever you choose to do with your summer, I hope it's a wonderful season for you. And I look forward to spending more time with this wonderful congregation next year!

~Kristina Church, Ministerial Intern

NRC 39th ANNUAL APPRECIATION DINNER JUNE 13, 2019

The 39th Annual Appreciation Dinner of the Network of Religious Communities will be held 6:00 PM Thursday June 13, 2019 at Samuel's Grand Manor, 8720 Main Street, Williamsville, NY 14221.

The appreciation dinner provides an opportunity for houses of worship and religious organizations to honor together "community saints" who have served their organization and the wider community. It is also an opportunity for members of the various religious communities of Western New York to experience and celebrate the religious diversity of Western New York.



Our speaker of the evening will be Sr. Margaret Carney, O.S.F., S.T.D. She holds master's degrees from Duquesne University and St. Bonaventure University and he doctorate was awarded by the Franciscan University of Rome "Antonianum."

Our Board of Trustees has nominated Roger Keeney as this years UUCA Volunteer.



Faith Development Updates

Zoe Bell-Schwede

Director of Faith Development dfd@uuamherst.org

Office: 716-634-3010 x104

As the summer quickly approaches, the Faith Development team is looking for creative, energetic, and caring members of the congregation to help provide summer programming for the children and youth, nursery volunteers, and facilitators for the 2019-2020 Faith Development year. If you

are interested in helping to give back, please contact the Zoe Bell-Schwede at dfd@uuamherst.org.

As a Unitarian Universalist, one staple of any religious education or faith development programming is Our Whole Lives or OWL is a comprehensive sexual education curriculum that not only educates on safer sex practices, but healthy and consensual relationships, and concerns at different stages of life. This year, the First Unitarian Church of Rochester will be hosting facilitator trainings in kindergarten-1st grade, 4th-6th grade, and Young Adult, Adult, and Older Adult OWL July 12th beginning at 3pm through July 14th ending at 3pm. If you are interested in participating in these trainings, please contact Zoe Bell-Schwede at dfd@uuamherst.org

I would also like to take a moment to express my gratitude to the entire congregation at the UUCA for being so deeply supportive and striving to live out our principals as Unitarian Universalists. Unfortunately, due to my declining health I will be departing the position as the Director of Faith Development on June 30th. I thank you all for this amazing life experience, and I hope that as a congregation, arms and ears will continue to remain open to diversity and a willingness to embrace change.

~With Love, Zoe

Adult Faith Development

Women's Afternoon Study Group:

Tuesday, May 28th - 1:30 p.m. - We will discuss the rest of the articles in the Spring Issue of the UU World.

Tuesday, June 4th - 1:30 p.m. - What are the books you have been reading lately? Any favorites? Any you wouldn't recommend? Bring title and author. A list of the books we have been reading lately will be emailed to you shortly after the meeting.



Tuesday, June 25th - 1:30 p.m. - Our last program of the year.

Women's Lunch:

Tuesday, June 18th - 12:30 p.m. - Bring your lunch to the Emerson Room where we will laugh and chat away!

Current Events Discussion/Lunch:

Tuesday, June 11th - 12:30 p.m. - Bring your lunch to the Emerson Room and we will discuss the news of the day.

Beginning July 2nd we will meet for lunch every Tuesday at 12:30 p.m. in the Emerson Room. There will be no formal program until September 3rd.

Jun 2019 (Eastern Time - New York) 15 29 9am - Gluten Free Support Group 22 9 10am - Santosha Special Event 7:30pm - Private party (Em) 6pm - Buffalo Belles (LR) 8:30am - Natural Walking 2pm - set up for party Sat Kitchen Cleaning 14 28 21 7:30pm - Movie Viewing (Chapel) 6pm - Havurah Event (chapel & 3pm - set up for end of year 7 pm - Cocktails and Fri OFFICE CLOSED 30 13 12pm - ROMEO's Lunch @ Buffalo 20 6pm - AA District Meeting (LR) 12:15pm - AA (LR, FD Wing) 6pm - NRC Dinner(offsite) @ 3pm - Grief and Loss Support 12:15pm - AA (LR, FD Wing) 12:15pm - AA (LR, FD Wing) 12:15pm - AA (LR, FD Wing) 2pm - set up for wedding 6pm - Wedding (chapel) Thu UUA General Assembly 6/19-6/23 29 12 26 7 pm - Santosha Holistic Center 1:30pm - Social Justice meeting 12:15pm - AA (LR, FD Wing) 7 pm - Ministries Council 7 pm - Snowbirds (Em) Wed 28 25 11 18 7pm - Board of Trustees Meeting 2 12:30pm - Current Events Lunch 12:30pm - Women's Lunch (Em) 1:30pm - Caring for One Another 6:30pm - Garden Fresh Foodie 1:30pm - Women's Afternoon 6 pm - Blue Mtn.Potluck (LR) 6pm - Blue Mtn.Potluck (LR) 6 pm - Blue Mtn.Potluck (LR) 12:15pm - AA (LR, FD wing) 12:15pm - AA (LR, FD wing) 12:15pm - AA (LR, FD wing) 6pm - Blue Mtn.Potluck (LR) 12:15pm - AA (LR, FD wing) 7 pm - Blue Mtn.(Reeb) Tue 10am - ACOA(LR) 10am - ACOA(LR) 10am - ACOA(LR) 10am - ACOA(LR) 27 10 17 24 7:30pm - Buffalo Recorder 7:30pm - Buffalo Recorder 7:30pm - ACOA (LR) Mon 7:30pm - ACOA (LR) 7:30pm - ACOA (LR) 7:30pm - ACOA (LR) 6pm - AA (LR) 6pm - AA (LR) 6pm - AA (LR) 6pm - AA (LR) 26 Annual Congregational Meeting 23 11:45am - Young Adult Meet-Up 12pm - Little Free Pantry (LR) 12pm - Annual Congregational 12pm - Equal Exchange coffee 1:30pm - Voice Lessons(Choir 1:30pm - Voice Lessons(Choir 1:30pm - Voice Lessons(Choir 11am - Young Adults lead FD 12pm - UUCA Book Club (DR) 7 pm - Divine Grace (Chapel) 10:30am - Church Service Preaching by Parishioner Deadline for Newsletter Preaching by Parishione 12pm - Preaching by 12pm - Preaching by 12pm - Preaching by 12pm - Preaching by Sun 7:30pm - AA (LR) Info UUCA



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.

"Retired Old Men Eating Out". Neither age nor retirement is a criteria for this group. Come join us for good food and good discussions at Buffalo Brew Pub. All topics of conversation considered!



June 6th 12pm-1pm



Thank you to all who gave to Family Promise we raised \$1,065.00!





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. Questions? Contact Director of Faith Development, Zoe Bell-Schwede at dfd@uuamherst.org

Dear members and friends,

Deciding what to say to all of you at this moment is a challenge. While I should probably be writing to you about finance and policy and governance, what I really want to write about is what this beloved community has given me, and how grateful I am to give back.



When Doreen Park and I attended the Seaway Gathering in Ithaca two weeks ago, we arrived to hear most of the opening sermon by Rev. Douglas Taylor from the Congregation of Binghamton. He was using a word the word salvanistic, and describing ways that Unitarian Universalism is a salvanistic faith. If we leave Christian notions of salvation out and use the dictionary definition that means preservation or deliverance from harm, ruin, or loss, then we are in fact a religion that has the potential to offer salvation.

The weekend brought keynote speaker C.B. Beal, who coined the term "preemptive radical inclusion." When we speak of drawing the circle wide, of siding with love, of being open and welcoming to all who may potentially join us, we need to be prepared. If we build it, they will come, and when they do, we want to be able to offer welcome, protection, wholeness, and even salvation.

A lot of you know that I come from the Roman Catholic Church, where salvation is one possibility after death. That is a vast oversimplification of the theology, however it is one that people predominantly carry. As the number of years of my adulthood increased, the understanding developed that this life is all we really can know, and all we can "be saved" in. What happens after death stopped mattering.

I was driving a few weeks ago on a Tuesday, after a meeting with Rev. Michelle, when an overwhelming realization came over me. It struck me that this beloved community called UUCA has contributed so much to my happiness. When I think back on the person who joined you ten years ago, I see a lost woman. I didn't even know I was looking for you, and yet, there you all were. It wasn't easy in the beginning to get to know you, but I shoved my way in, and you allowed me to. And there, I discovered so many beautiful people. Coming in to your circle has brought me so much grace and joy, and I am truly grateful.

It has been a challenging pleasure to serve as chair of your Board of Trustees this year. With so much left to do and learn for all of us, constantly in transition, mostly getting better with hope, we will take a much needed breather in the next few months. Programming trails off and summer overwhelms us.

When we come back in to focus, let us be better at welcoming, better at including all, better at love, better at salvation, better at seeing the beauty in all, and by helping others recognize it, better at growing our beloved community. Thank you for having me.

Angela Warren, BOT Chair 2018-19

Annual Congregation Meeting

Save the Date!
Sunday, June 9th
After Services
Child care will be available

The Annual Meeting of the congregation will be held following worship on **Sunday**, **June 9**. Plan to attend!

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 as well as proposed changes to the church Bylaws. There will also be votes for new Board Members and Nominating Committee Members.

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

Nancy Faery, Karen (Kuhn) Thompson, Don Tucker with Alternate Katherine Czechowski

as well as the following three candidates for a two year term on the Nominating and Leadership Development Committee:

Randy Kent, Marcia Scott, Angela Warren

And to continue for a second year on the Nominating and Leadership Development Committee:

Marie Evans, Hella Jacob.

The Endowment Trust officially approved **Elaine Cusker** as the nominee for a five year term on Endowment at their April 16th meeting.

According to our bylaws, "members of the congregation may make further nominations for trustee or member of the nominating committee by securing a petition signed by at least ten (10) voting members, providing that the consent of the nominee has been obtained. Such additional nominations must be received by the Board of Trustees no later than the 15th day of May and shall be incorporated alphabetically into the slate which shall be again published at least two (2) weeks before the annual meeting."

2019-2020 Canvass Campaign

Goal Amount: \$250,000

Amount Needed for Balanced Budget: \$199,000

Total Amount Pledged to Date: \$192,674 Number of Pledging Households to Date: 115

Total expected Pledges: 150



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)



UUCA GET COOKIN'!

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



CREME FRAICHE

2 cups heavy pasteurized cream. Do not use ultra-pasteurized 3 Tbsp cultured buttermilk

Combine cream and buttermilk in a glass jar. Cover tightly with cheesecloth (or any breathable material) and let sit at room temperature 70-75 degrees F, for 24 hours. Stir, screw on the lid and refrigerate for 24 hours before using. Use as you would sour cream. It's delicious over fresh strawberries or other fresh fruit.



Cocktails and Conversations

Come gather to relax and unwind with fellow UUs. Several of you have asked if we could do something fun and a little different in the Summer, and I think that's a great idea! So this is what I'm thinking of for June.

https://www.eventbrite.com/e/bottles-and-bites-under-the-suntickets-58874493194 "Don't miss an evening of sampling gourmet food, craft beer, wines and locally distilled spirits! Come and taste the best wine, craft beer, gourmet food, locally distilled spirits, and live music that Western New York has to offer!



GENERAL ADMISSION: \$35 includes admission starting at 6pm, custom sampling glass, access to food, wine, and distillery vendors."

If you would like to purchase your own ticket you can do that at this link: https://www.eventbrite.com/e/bottles-and-bites-under-the-sun-tickets-58874493194

For those who are not interested in attending Bottles & Bites Under the Sun with us but would still like to get together at a local establishment on Friday, June 7th, I am looking for a volunteer or two who can show up at usual time, at the yet-to-be-determined spot! Contact lvy Y. if you would like to volunteer for this. Cheers!

AMHERST LITTLE FREE PANTRY UPDATE



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. While you are there, please read some of the heartwarming anonymous comments left by Pantry users.

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.

Thank you for your continued support. For questions or comments please contact:

Maria Ceraulo at amherstlittlefreepantry@uuamherst.org

Join us for a Girls Night Out at the 9th annual UUCA Ladies Cocktail Party.

This popular church fundraiser will be early this summer - the evening after Solstice, on Saturday, June 22, from 5:30 to 11 pm.

Gather with women from our congregation for camaraderie

in Marlana Rice's East Amherst home and garden.

We serve adult beverages (margaritas, flavored martinis, mules, beer, beer cocktails, wine) and

non-alcohol refreshments (sodas, seltzer, iced tea, coffee),

along with hearty snacks. (You probably don't need to eat dinner beforehand).

New members and friends of UUCA are encouraged to attend - this is a low-key gettogether, and a chance for longer and more personal conversation than Coffee Hour.

Cost: \$25 donation to UUCA

^{*} Free chauffeur service available, upon request *



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



You are invited to join us for a week of multigenerational fun and inspiration

With Keynote Speaker Dr. Ysaye Barnwell



July 7-13, 2019, Oberlin College, Oberlin, OH Details at www.cersiuu.org

Are you excited about Building a Vocal community this July?

Registration is now open for CERSI - the Central East Region Summer Institute, July 7-13 at Oberlin College, OH. Our amazing theme speaker is Dr. Ysaye Barnwell speaking on Building the Vocal Community. Workshop options cover a range of topics and the week includes time for sharing, listening, singing, and playing. Scholarships are available! Deadline to apply is May 31. Learn more at www.cersiuu.org



<u>Tired of Writing Checks</u> 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/gving-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.





ANNOUNCEMENT:

In Crazy Love: A One Act-Play Series by j. SNODGRASS.

This series of 10-minute plays pulls back the curtain on all kinds of relationships, while teaching a course in the absurdity of romantic love. Directed by Ellen Scherer, for Green Buffalo Productions. Performances will take place June 7 and 8 at 7:30pm, June 9 at 2pm at The American Repertory Theater of WNY (545 Elmwood Avenue, Buffalo, NY 14222). Tickets and info: https://greenbuffaloproductions.weebly.com/ (Some of these plays do contain minimal adult language/ elements, but nothing that couldn't be rated PG-13)

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.





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