

Issue
May 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.
www.uuamherst.org

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
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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 MAY AT 10:30am

6

Love Meets the Dragon

Rev. Linda Thomson, guest speaker

It seems that fear is part of our human existence. It would be easy to play it safe and risk nothing, but is that really an option?

Biography: Rev. Linda Thomson is delighted to return to the UU Church of Amherst where she completed her internship in 2011-12. Linda has been part of the Congregational Life Staff team of the Canadian Unitarian Council since 2002. A UU since 1983, Linda has developed a deep love for the potential of our faith traditions and in our communities. As a long time gardener, Linda thinks of her ministry as gardening – helping each of the congregations she supports grow in vitality and possibility.

13

Faith of Our Mothers

Rev. Michelle Buhite

A Mother's Day reflection.

20

Flower Communion

Rev. Michelle Buhite

Bring a flower to church and participate in this all-ages, unique UU observance.

This week there will be a share-the-plate offering to benefit the Minister's Discretionary Fund, which offers financial support to those connected to our congregation.

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What Memorial Day Means to Me

Jim Hartz, UUCA member

Explaining the meaning of Memorial Day and how my experiences have completely changed it for me.

MINISTER'S CORNER



“Visionaries urge people to take the risk and open life’s doors. Clergy refuse to allow congregants to settle into the trap of being a religious community known as the ‘almost’ people. We almost touched beauty. We almost loved. Religious people are a people who choose to live not on the brink but in the very midst of mysteries and harmonies. Ministers exist to remind us of that vision, that possibility, that ideal, that charge.” (Tom Owen-Towle, *Love Meets the Dragons*, 1997)

We choose to live in the midst of mysteries and harmonies. We choose. There are an awful lot of things that are beyond our ability to choose – but this is one choice we can make, even if it is a leap of faith. Don’t settle for an ‘almost’ life in which you almost loved, or almost let beauty and wonder transform your experience. Take risks. Love boldly. We are all in this together.

With joy,
Rev. Michelle



Tapestry Project

We did it! Over the course of this church year, we have collected yarn, ribbons, fabric, etc. in all the colors of the rainbow, so that our weaver, Pam Kent could transform all of our individual colors and contributions into a beautiful tapestry that symbolizes who we are as a community of faith. Our **Tapestry of Faith** will reside on the Art Wall at the back of the chapel, except for when that area is needed for other displays. Many thanks to all who contributed and to Pam Kent for being my co-conspirator and making the magic happen! (Rev. Michelle)

Flower Communion

Remember to bring flowers on **Sunday, May 20** as we celebrate our annual Flower Communion. This is a uniquely UU observance that includes all ages. Thanks in advance to those who can bring a few extra flowers so that all may participate fully.



Share-the-Plate

This month we will share the plate with the UUCA Minister’s Discretionary Fund. This fund provides financial support to those in our congregation who request assistance from Rev. Michelle. The offering will be May 20, but contributions may be made at any time, all year long. On May 20th, all undesignated cash, and checks made out to UUCA with “Minister Fund” in the memo line, will benefit this ministry.

The choir will be singing at the Flower Communion service on Sunday, May 20. We will rehearse on Sunday, May 6 and May 13, as well as May 20 before the service. Rehearsals begin at 9:30 am. Please let Fran know if you will be singing.





Faith Development News

Karen LoBracco, Interim Director of Faith Development

A Mother's Day Visit to the Kashi Hills of India

Two months ago I spent 10 days in NE India, visiting Unitarian churches in a predominately Christian area of India. The indigenous culture in this area is matrilineal. I knew this fact before the trip, but it took being there to really FEEL the difference this makes in a society! On May 13, I will be leading a Children's Chapel program that will be part Travelogue (see photos of me riding an elephant) and part experiential immersion in a society where men move into the wife's family home, children bear the last name of their mother, and wealth is inherited by daughters. For this different take on mothers in society, I need 2 adult helpers on May 13 to join with me and children and youth (K-12th grade) in Channing Chapel. Give me a call (634-3010 x104 or dfd@uamherst.org) if you are curious!

Be Part of the Driving Team!

In so many parts of our personal and professional life, what happens is beyond our control. The best we can do is react constructively. 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**. Under the capable leadership of Jeanine Moyer and supported by our Interim Director of Faith Development Karen LoBracco, this is the group that makes the decisions about curriculum, class grouping and supplemental activities. 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 or Karen LoBracco for a job description and a conversation.

Preparing for Endings and a New Beginning

During the month of May we all hope to grasp firmly on to Spring – no more backsliding into winter allowed! The next six weeks involve the final sessions of Junior High Our Whole Lives, age segregated Faith Development programs for children and youth, and what sometimes feels like a frenzied schedule of recitals, sporting events and school events. So many endings of good things, including (fingers crossed) the search for a new staff person to lead our Faith Development program for children and youth!

The best gift for any new director are volunteers who have already signed up to be a part of the children's ministry. Please consider this when asked to serve next church year. Being a volunteer is a great way to meet new people, deepen relationships you already have, and baring seminary the best way to learn about this Unitarian Universalist faith!

Digest of Faith Development Schedule

April 29 OWL, FD classes except Senior Youth due to Rochester CON

May 6 OWL, FD classes

May 13 Children's Chapel - India

May 20 OWL, Multigenerational Flower Communion

May 27 Children's Chapel – looking toward FD Sunday

June 3 OWL, FD classes

June 10 Faith Development Sunday!

April's **Junior Youth Fun Night** had to be postponed (doesn't that sound better than cancelled?). If you could be part of a team to pull together an evening event sometime in the next month or so, speak to Karen LoBracco (Interim Director of Faith Development) or Rosalind Sulaiman (Faith Development Committee).

THANKS to all who participated in making the Easter Brunch sponsored by the Senior Youth group a success – especially Karen Kuhn!

Annual Congregation Meeting

Save the Date!
Sunday, June 10th
After Services

The Annual Meeting of the congregation will be held following worship on **Sunday, June 10**.
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. 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, 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.

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."

Rummage sale success!



Thanks to the many wonderful volunteers and helpers at our annual Rummage Sale. Pam and Jerry Kent once again spearheaded the effort along with an amazing and dedicated crew. Final tally raised was \$6,555.70 — *a new record!* Much congratulations to all.



New Directory Coming Soon!

Proofs of photo directory are expected at the end of April with copies to be distributed to everyone in late spring.

Contact Jaime in the church office (634-3010 x101) with any photography related questions.



Adult Faith Development



Women's Afternoon Study Group—Tuesday, April 24th - 1:30 p.m. Meet in the Living Room for a discussion of gun violence. If you have articles related to this subject, please bring them.

Women's Afternoon Study Group—Tuesday, May 1st - 1:30 p.m. in the Living Room - We will return to a topic discussed by Rev. Michelle several weeks ago - that of different Generations and their characteristics.

Thursday Night Book Club: is reading "A Very Short Introduction to Consciousness" by Susan Blackmore. We will meet again on **May 3rd at 7:00pm in the Living Room.**

Young Adult Meet-up — A get together for those primarily 18-35 years old. The next date will be **Sunday May 6th at noon in the dining room.**

Black Lives TV-Sunday, May 6th at 3pm in Emerson Room. Join Racial Justice Ministry members to watch programming made by black folk. Currently watching *Black Lighting*.

Current Events Discussion/Lunch-Tuesday, May 8th Meet in the Emerson Room to discuss the events in the news while eating lunch together.

Poetry As Practice —will meet on **Sunday, May 13th at noon in the Reeb Room.**

Women's Afternoon Study Group—Tuesday, May 22nd- 1:30 p.m. in the Living Room - Today's discussion will be on pages taken from John W. Dean's book "Conservatives Without Conscience." This is not a recent book but his descriptions of authoritarians and conservatives with and without a conscience are very insightful.

Black Lives TV-Sunday, May 20th at 3pm in Emerson Room.

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. On June 26th, we will clean the kitchen and on July 3rd we will start having lunch together at each meeting until September.



Grief Support Group

Experience compassion and support in handling various forms of loss.
Fourth Wednesdays, 2-3:30pm (**May 23**)

*We need not think
alike to love alike.*
FRANCIS DAVID 1510-1579





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



MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
<p>9am - OWL Class 7-9th (Bul)</p> <p>9:30am - Choir (choir room)</p> <p>10:30am - Church Service</p> <p>12pm - Little Free Pantry (Lr)</p> <p>12pm - Preaching by Parishioners (Bul)</p> <p>12:30pm - Young Adult (DR)</p> <p>1:30pm - Voice Lessons</p> <p>2pm - UUCA Theatre Outing (choir)</p>	<p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder (Em)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>1:30pm - Women's Afternoon Study Group (Lr)</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn. (Reeb)</p>	<p>10am - Field Trip to Iroquois Nature Preserve</p> <p>12:15pm - AA (LR, FD)</p> <p>7pm - Ministry Council (LR)</p> <p>7pm - Santosha Holistic Center (Chapel)</p>	<p>12pm - ROMEQ's Lunch @ Buffalo Brew Pub</p> <p>12:15pm - AA (LR, FD)</p> <p>3pm - Voice Lessons (Choir)</p> <p>6:30pm - NRC Appreciation Dinner</p> <p>7pm - Thursday Night Book(LR)</p>	<p>Cinco de Mayo</p> <p>10:30am - Labyrinth AE (DR)</p> <p>2pm Racism @ Buffalo Brew Pub (Em)</p> <p>8pm - Gerry Timlin Concert</p>	<p>6pm - Buffalo Belles (LR)</p>
6	7	8	9	10	11	12
<p>9am - OWL Class 7-9th (Bul)</p> <p>9:30am - Choir (choir room)</p> <p>10:30am - Church Service</p> <p>12pm - Little Free Pantry (Lr)</p> <p>12pm - Preaching by Parishioners (Bul)</p> <p>12:30pm - Young Adult (DR)</p> <p>1:30pm - Voice Lessons</p> <p>2pm - UUCA Theatre Outing (choir)</p>	<p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder (Em)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Current Events (Em)</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn. (Reeb)</p> <p>7pm - Board of Trustees (Em)</p>	<p>12:15pm - AA (LR, FD)</p> <p>7pm - Membership (Em)</p>	<p>Gateway using parking lot</p> <p>12:15pm - AA (LR, FD)</p> <p>3pm - Voice Lessons (Choir)</p>		<p>6pm - Buffalo Belles (LR)</p>
13	14	15	16	17	18	19
<p>Children's Chapel</p> <p>Mother's Day</p> <p>9:30am - Choir practice</p> <p>10:30am - Church Service</p> <p>12pm - Poetry as Practice (Reeb)</p> <p>12pm - Preaching by Parishioners (Bul)</p> <p>1:30pm - Voice Lessons (choir)</p> <p>7:30pm - AA (LR)</p>	<p>6pm - AA (LR)</p> <p>7pm - Mankind Project (Reeb)</p> <p>7:15pm - Finance/Facilities (Em)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Women's Lunch (Em)</p> <p>1:30pm - Caring for One Another (Em)</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn. (Reeb)</p>	<p>Deadline for Newsletter</p> <p>12:15pm - AA (LR, FD)</p> <p>7pm - Social Justice (DR)</p>	<p>12:15pm - AA (LR, FD)</p> <p>3pm - Voice Lessons (Choir)</p>	<p>9am - Havurah Music Event</p>	<p>9am - Meeting Ike Playshop (Bul)</p>
20	21	22	23	24	25	26
<p>Flower Communion</p> <p>9am - Faith Development Committee (White, Young)</p> <p>9am - OWL Class 7-9th (Bul)</p> <p>9:30am - choir practice</p> <p>10:30am - Church Service</p> <p>12pm - Equal Exchange (Em)</p> <p>12pm - Preaching by Parishioners (Bul)</p> <p>1:30pm - Voice Lessons (choir)</p> <p>3pm - Black Lives TV (Em)</p>	<p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder (Em)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>1:30pm - Women's Afternoon Study Group (Lr)</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn. (Reeb)</p>	<p>12:15pm - AA (LR, FD)</p> <p>2pm - Grief Support Group (Lr)</p>	<p>12:15pm - AA (LR, FD)</p> <p>3pm - Voice Lessons (Choir)</p>		<p>9am - Meeting Ike Playshop (Bul)</p>
27	28	29	30	31	1	
<p>Children's Chapel</p> <p>10:30am - Church Service</p> <p>12pm - Book Club (DR)</p> <p>12pm - Preaching by Parishioners (Bul)</p> <p>1:30pm - Voice Lessons (choir)</p> <p>3pm - *Wedding? Stone</p> <p>7:30pm - AA (LR)</p>	<p>Memorial Day</p> <p>6pm - AA (LR)</p> <p>7pm - Mankind Project (Reeb)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>1:30pm - Women's Afternoon Study Group (Lr)</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn. (Reeb)</p>	<p>12:15pm - AA (LR, FD)</p> <p>7pm - Snowbirds (Em)</p>	<p>12:15pm - AA (LR, FD)</p> <p>3pm - Voice Lessons (Choir)</p>		<p>9am - Meeting Ike Playshop (Bul)</p>

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

**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 May 3rd at noon**. No agenda—all topics considered!

Women's Lunch:

Tuesday, May 15th - 12:30 p.m. - Meet in the Emerson Room for lunch. No agenda - just laughing and chatting.

Cocktails & Conversation –No meeting this month.

**Green Sanctuary Field Trip to Iroquois Nature Preserve
Wednesday, May 2 @ 10:00 a.m.**



Please join us. Everyone is welcome!

We will carpool from UUCA, leaving there at 10:00 a.m.

Expect to be at the Preserve from approximately 11:00 a.m. - 1:00 p.m. returning to UUCA at 2 p.m. Bring your lunch

Be sure to let one of the committee members know that you are coming. Or contact Carol Wells , John Wilcox or Eveline Hartz

<https://www.fws.gov/refuge/iroquois/>

UUCA Theater Lovers

Next up at Jewish Repertory Theatre is "Sight Unseen," opening April 19 and running through May 13.

Directed by: Saul Elkin **Starring:** Constance Caldwell, Josie DiVincenzo, David Lundy and Peter Palmisano

Synopsis: Jonathan Waxman is a superstar artist, so popular that collectors will buy his work "sight unseen." Winner of the 1991-92 Obie Award for Best New American Play, SIGHT UNSEEN poses questions about art, money, love, and inspiration, and the ways in which they are inextricably entangled.

Our group outing will be on Sunday, May 6. We'll meet at the theater space - Jewish Community Center, 2640 North Forest Road, Getzville - for the **2 pm** performance, then go to dinner (Dutch treat) afterward at 4 pm at Lebro's Restaurant, 330 Campbell Blvd. *Contact me by noon on Friday, May 4, to be included in the dinner reservation.*

Discount tickets for May 6 [or any other weekend show during the run], may be purchased by mail, using the form available in the church lobby - there's a pocket folder at the bottom left of the Church Life bulletin board. *Please note: checks must be received 8 days prior to the performance you plan to attend - Sat. April 28, for our event.* Any questions about ticketing, please contact Sophia Veffer at 631-3228.

~Marie Evans





BOARD NOTES

Fellow Members and Friends—

You wouldn't necessarily know it is spring lately by looking out your window, but at UUCA luckily we can always tell the seasons by the arrival of the Rummage Sale! For the last 16 years, the Rummage Sale has been one of my favorite events at church. Watching so many folks turn out to help once again reminded me just how much I love the people that make up our wonderful community. (Oh, and it made about \$6,500, which is a nice shot in the arm!)

Changes in Leadership

Unfortunately, Gemma Lanthier's health won't allow her to finish her term on the board. We are welcoming Doreen Park to serve this partial term, which expires in June 2019. Having joined UUCA in 2001, Doreen has already served a term on the board, chairing it 2013-14. Doreen's current appointment will have to be confirmed by the congregation at the Annual Meeting.

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

Scott Harrigan and Wendy Scott

and the following three candidates for the succeeding nominating committee:

Marie Evans, Hella Jacob, and Joe Rautenstrauch.

State of the Church (Hint: it's not good)

It's time to face up to some hard truths. The annual pledge drive fell short of what we needed to raise to keep going. Having raised just over \$190,000 in pledges, we are still \$30,000 below the minimum to continue at our present level of staffing plus financial support for the work done by our committees. And that is even though many of you have *increased* your pledges (*thank you!*). We have been seeing the writing on the wall, but now we are close to literally running out of money. It costs over \$50,000 annually just to operate our building; all committee budgets are currently at \$0. The way we are trying to do church, which has worked for us in the past, no longer works.

We want to replace Karen LoBracco's position, yet we are struggling to continue to pay our other employees. Shall we try to manage without a Director of Faith Development? How much funding can we restore to our committees and church groups for their work? Where can we cut money out of our budget so we can make ends meet? Can we provide healthcare coverage to a new DFD? What is the most prudent use of our Endowment Trust Funds to benefit the church not only in the short, but also in the long run? We are in need of creative solutions. We need to find a financially stable way to make church happen that is actually sustainable.

If we build it, will they come?

Not if they don't know about it! We urgently need a new strategy for marketing, PR, and branding so that more people will become aware of us, and a sufficient number of people will become intrigued enough to want to visit our church. We do offer high-quality Sunday services and relevant programming for children, but we don't have a reliable way of getting that message out to potential new members in the community. A wayside pulpit could be one way to address that. The Strategic Planning process will hopefully yield ideas.

Going Once, Going Twice ... Picnics, Barbecues, and Hikes

Last November, we had a Fantasy Auction which was pretty successful. We would love to make it happen again in the Spring. Alternatives to a live auction event are being considered, such as an Online Fantasy Auction and/or a Silent Auction in conjunction with the year-end picnic on June 17. We need auction co-chairs—please talk to me, or another board member about how you may help pull off an auction before the end of the church year.

2018 NRC Honoree

Every year, UUCA honors a church member for their excellence in volunteer work and service at the Network of Religious Communities Annual Appreciation Dinner. We are pleased to announce that this year's honoree is **Gemma Lanthier**. If you are unable to attend the NRC Dinner on May 3, you may wish to congratulate Gemma and thank her for her long and varied service. Having joined UUCA in 1989, Gemma chaired the Interweave Committee, and led our first Welcoming Congregation effort. She served on the Board of Trustees twice, chairing it in 2006. Gemma has been deeply involved with our Facilities Council, completely updating our phone and fire alarm systems, bringing WIFI into the church, and filling in as caretaker when needed. She chaired the membership committee and helped run community Thanksgiving dinners. In the 1980's, she was a founding member of Gay and Lesbian Youth Services of Buffalo. This year, Gemma has also been nominated for Erie County American Legionnaire of the year.

May is traditionally a month for many celebrations, so I wish you a joyous and pleasant month connecting with friends and family and, as always, I will see you in church. :)

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



Nikki Hitchcock

Strategic Planning

Thank you to everyone who joined us for the “One Voice-One Vision” workshop on April 7th. Turnout was excellent and there were great conversations about creating a healthy future for UUCA.

The Strategic Planning Committee is meeting at the end of April to review the results and determine our next steps forward.

Stay tuned for more! ~Nikki Hitchcock



2018 NRC Annual Appreciation Dinner will be held **Thursday May 3, 2018** at Samuel's Grand Manor, 8750 Main Street, Williamsville, NY 14221. UUCA is honoring Gemma Lanthier for her volunteer services to the church. We have a few tables at the dinner— last minute additions may be possible: call the Network of Religious Communities directly at 716-882-4793. Cost \$45/plate.



Save the Date:

UUCA Annual Picnic

Sunday, June 17th
after services

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 and click on the "Giving" tab on the top right corner.





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 in late June through August on a variety of topics that are of interest to ourselves and the

church.

Here is a quick look at some of the sermons we are currently working on. 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

U + U — > U² —> U³

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.

Silence

What are we not hearing? What are our words saying?

Devon Kingsman

Nice Neighbors, Political Monsters

Patrick Walker

Honesty is the Best Policy: The Ethics of Virtue

Marlana Rice

GREEN SANCTUARY CORNER

Thanks to Angela Warren for speaking at our Earth Day Celebration on Sunday, April 22nd and to all those who participated in the Earth Day Session on Divesting from Fossil Fuels at Congregation Shir Shalom.

UUCA Green Sanctuary welcomes new members to join in our fight to protect the Earth and it's resources. Contact Carol Wells or Eveline Hartz to join our group.

For more information on Divesting from Fossil Fuels, go to:

www.gofossilfree.org and <https://www.uua.org/action/statements/threat-global-warmingclimate-change>

And remember: There is no "Planet B"

Tips For Understanding Non-Binary Pronouns

by Karen LoBracco, Interim Director of Faith Development



At a recent gathering of UU religious professionals, I was reminded about the importance of learning new vocabulary, in this case around non-binary gender. If you, like me, need a bit of help in being welcoming to all the diversity of our human family, this might help. You will find more information on the Faith Development bulletin boards in the 1st floor lobby and 2nd floor Faith Development wing, and online at <https://www.uua.org/lgbtq/identity/transgender>.

First some definitions

Transgender: Applies to a person whose gender is different from their "assigned" sex at birth

Cisgender: Applies to someone whose gender matches their "assigned" sex at birth (ie someone who is not transgender)

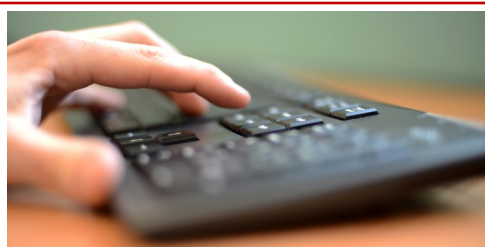
Non-binary: Applies to a person who does not identify as "male" or "female"

Genderqueer: Similar to "non-binary" - some people regard "queer" as offensive, others embrace it

Genderfluid: Applies to a person whose gender identity changes over time

Need some help figuring out how to use non-binary pronouns? Here's a sample guide:

Pronouns:	In a sentence:
she/her/hers	She wants you to use her pronouns.
he/him/his	He wants you to use his pronouns.
ze/hir	Ze wants you to use hir pronouns.
they/ them/ theirs	They want you to use their pronouns.
co/cos	Co wants you to use cos pronouns.
No pronoun/name (use the person's name instead of a pronoun)	____(name) wants you to use ____ (name) pronouns.
xe/xem/xyr	Xe wants you to use xyr pronouns.
hy/hym/hys	Hy wants you to use hys pronouns.



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!

UUCA GET COOKIN'!

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

TAGINE WITH VEGETABLES AND OLIVES

1 artichoke, trimmed and cut in eighths
1 cup olive oil
3 carrots peeled and quartered
1 red bell pepper seeded and sliced
1 onion peeled and sliced
2 garlic cloves sliced thinly
1 zucchini halved and quartered lengthwise
3 potatoes peeled and cut into quarter inch slices
4 tomatoes diced
1 1/2 cups cooked chickpeas
1 tbsp ground cumin
1 tbsp coriander
1 tbsp kosher salt
1 1/2 cups vegetable broth
1/2 pound green olives pitted
Juice of one lemon
1 bunch chopped cilantro or mint
1/2 cup golden raisins (optional)



Begin by layering vegetables in a tagine or Dutch oven. Lay down onions, garlic, artichoke, potatoes and chickpeas in an even layer, then fan out carrots, bell pepper and zucchini in a pyramid. Sprinkle spices and tomatoes on top and then add vegetable stock. Drizzle olive over all. Slowly bring to a simmer on low heat, cover and braise for about 30 minutes. Add olives and optional raisins pushing them in between the vegetables. Sprinkle with lemon juice, cover and cook for about 10 minutes more or until all vegetables are tender. Sprinkle herbs on top. Serve alone or with rice or pasta with meat on the side if desired.

We have made this many times and it is quite flavorful. You can also bake it in the oven if you prefer, at 325 degrees.

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

Nothing to change here! Enjoy as is :)

Adapted from Wikipedia:

A **tajine** or **tagine** is a Maghrebi (North African) dish named after the earthenware pot in which it is cooked. It is also called a Maraq/marqa. The earthenware pot consists of two parts: a circular base unit that is flat with low sides and a large cone- or dome-shaped cover that sits on the base during cooking. The cover is designed to return all condensation to the bottom. That process can be improved by adding cold water into the specially designed well at the top of the lid.

The Tagine is mentioned as early as in "One Thousand and One Arabian Nights" from the 9th century.



Equal Exchange Chocolate, Coffee & Tea - May 20th in Emerson

Equal Exchange products at wholesale price. Equal Exchange items are all fair trade certified with many organic products. Equal Exchange mission "is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world."

Faith Community Nurse Column

Eveline Hartz, RN

DIABETES

Everyone knows someone with diabetes. About 1.7 million (10.5%) people in NYS have been diagnosed diabetes. 4.5 million New Yorkers have pre-diabetes. 15-30% of these people will develop type 2 diabetes within 5 years.

There are three types of diabetes: Gestational diabetes occurs in women normally without diabetes who develop the disease during pregnancy. Type 1 Diabetes - the body no longer produces any insulin. This usually occurs before the age of 30. In type 2 Diabetes (95% of cases) there is some but not enough insulin. Type 2, previously known as adult Diabetes is diagnosed more & more amongst young people today as well as adults.

Insulin affects carbohydrate, protein and fat metabolism. It helps cells absorb these nutrients for storage while the hormone glucagon releases them out of storage. Insulin binds with insulin receptors on cell surfaces and acts as a key to open up the cells to receive glucose. Insulin receptors are on almost all tissues, including muscle cells and fat cells. Glucose transporters receive the glucose and bring it into the cell. Insulin decreases blood sugar while glucagon increases blood sugar. Together these 2 hormones regulate blood sugar, fat & protein.

In type 2 diabetes three things may have occurred:

There is a receptor site break down and cells can not take up sugar.

The pancreas may be producing too little insulin.

The liver is converting glycogen (a form of stored glucose) to sugar.

Uncontrolled diabetes damages the walls of small vessels or capillaries which are found in every organ & corner of the body leading to eye, heart, nerve, kidney, gum disease, to stroke, high blood pressure, amputation and mental health issues. High blood sugar levels complicate wound healing and promotes bacterial & fungal growth.

Diabetes is diagnosed when the fasting blood glucose (BG) level is higher than 126 mg/dL on 2 separate occasions, the A1C is greater than 6.5% or a random BG is greater than 200 mg/dL with symptoms.

A1C is glycated (sugar coated) Hemoglobin (Hgb) & reflects the average BG level for the past 2-3 months. Hgb is a protein present in red blood cells that carries oxygen. The A1C measures the percent of Hgb coated with sugar.

Common symptoms of diabetes:

Frequent urination,

Feeling very thirsty,

Feeling very hungry - even though you are eating,

Extreme fatigue,

Blurry vision,

Cuts/bruises that are slow to heal,

Weight loss - even though you are eating more (type 1)

Tingling, pain, or numbness in the hands/feet (type 2)



Decreasing your sugar intake will help keep your blood sugar in check.

Weight loss decreases the number of cells thus decreasing the work load for available insulin.

Increased movement helps cells function better.

There are resources available stating that with diet and lifestyle changes most diabetes can be completely reversed. More on this next month.

"Let your food be your medicine, and let your medicine be your food."

~Hippocrates, the Father of Medicine



HEALTH MINISTRY: RESPITE UPDATE **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

RESOURCES

TRANSPORTATION: Need a ride?

Amherst Senior Transportation: www.amherstvans.org or 716-636-3075
Rural Transit Service: 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

A Note from Marcia Scott

“Thanks very much for all the kindnesses shown to me and my family following Norm’s death; cards, phone calls, dinner, flowers and expressions of concern. I am deeply grateful for all your support. Sincerely, Marcia Scott.”

Racial Justice Ministry Corner

While we are waiting to form a new *Living the Pledge to End Racism* class, here are some suggestions on how you can become or stay engaged with Racial Justice during the month of May:

Saturday, May 12. Screening of **The Blackness Project**, written and directed by local filmmaker Korey Green. *More details (time, location etc.) to follow.*

The “Blackness Project” is a response to the multimedia documentary **The Whiteness Project** (2014) by Whitney Dow, in which 21 Caucasians from Buffalo, and 23 millennials in Dallas, TX, talk candidly about race and what it means to be white. We will be showing this documentary in preparation to seeing **The Blackness Project** so watch for further info on that as well.



May 6 & 20: Black Lives TV. 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. Sundays at 3 pm in the Emerson Room. In April, we started watching the new black superhero show, *Black Lightning*. We will try to finish that series up quickly. We will be starting the second season of *Dear White People* in June.

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



July 8-13, 2018

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**. There is programming for all ages. Learn more at omdsi.org.



Regional youth leaders school. This is a week long immersion experience that graduates consistently cite as transformational. It's a chance for high school youth to focus on deepening their identity as a Unitarian Universalist leader, practice skills, and discern how to use their gifts in the world now. Goldmine graduates have joined social justice committees, become worship associates, helped teach curriculum.

It makes a difference when adults take the time to tell a youth they see their leadership talent and want to help them grow that!

Read more and listen to Goldmine graduates talk about their experience here: <https://www.uua.org/central-east/youth/goldmine>

Social Justice Project:

Every Bottom Covered - Buffalo's first Diaper Bank

Modeled on the Food bank of WNY, this organization works to provide diapers to low income families. Usually babies need 9 diaper changes a day and toddlers need about 5 changes a day. E.B.C. seeks to identify diapers as a "basic human need." Currently, government funding is not available for diapers, which are expensive.

E.B.C. collects diapers and distributes them at Family Promise, the Food bank of WNY, and the Delavan-Grider Community Center.

The Social Justice Committee is asking our congregants to donate boxes of diapers of any size (and even partial boxes) . We will be collecting them the first 3 weeks of May in the first coat closet. Thank you for your help.



You can read more about Every Bottom Covered at their website: www.everybottomcovered.org



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