

Issue

November
2017

The Foreword

The Newsletter of the
**Unitarian
Universalist
Church of
Amherst**

6320 Main Street,
Williamsville, NY
14221

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(x101 for office)
www.uuamherst.org



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

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SUNDAY SERVICES IN NOVEMBER AT 10:30am

In the last decades of the 20th century, Unitarian Universalists adopted seven Principles to define and guide our faith. The third Principle states: "We affirm and promote acceptance of one another and encouragement to spiritual growth in our congregations."

5

A God that Could be Real

Rev. Michelle Buhite

Based on the book of the same title by Nancy Ellen Abrams. Let's stretch our thinking!

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Nothing Like a Day at the Beach

Rev. Michelle Buhite

19

If Truth Be Told

Rev. Michelle & Karen LoBracco

Ever find yourself saying, "That's not the way I heard that story..."? Do we know what we think we know? Surprises in store at this intergenerational service.

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Touchstone Conversation: God

Rev. Michelle Buhite

UUCA Covenant

Together we promise:

To gather in compassionate community

To celebrate diversity of thought and unity of spirit;

And to seek wholeness for ourselves, our children, and our world.

MINISTER'S CORNER



With our principle to affirm and promote acceptance of one another and encouragement to spiritual growth in our congregations, we demonstrate a deep respect for pluralism in thought, including our theology. Although Unitarian Universalism is often characterized as the religion where “we believe whatever we want,” that is a misrepresentation of the freedom we value so highly. The late Rev. Forrest Church described Unitarian Universalism as a cathedral with many windows, with the windows modifying and refracting the light in myriad ways, “shaping it in different patterns, suggesting different meanings.”

The Touchstone resource that we will engage this month is the topic of “God.” Whatever your personal beliefs, whatever your resistance or gladness, we all have opinions and questions about the idea of God. I hope you will bring open minds and hearts to these conversations.

With vision,
Rev. Michelle (minister@uuamherst.org; 716-634-3010, ext 102)

Tapestry Project: November = YELLOW

Pam Kent, our amazing resident weaver and fiber artist, has been hard at work on our UUCA tapestry. Small strips of fabric, 18-24 inches long, can be left in the collection basket near the art wall. This is a fun project for all ages!

Here’s how it works : Each month we will collect yarn, ribbons, and strips of fabric and Pam will weave them together in a rainbow tapestry (each of our UU principles is represented in rainbow colors). **During the month of November, we will collect shades of YELLOW** in honor of our third principle.



Pumpkin Carving and Potluck: October 28th at 4:30pm for carving.

5:30pm potluck begins.

\$5/person or \$10/family for pizza, donuts, and cider. Please bring a dish to share.

If you have not yet pre-ordered a pumpkin, please bring your own.

Sunday, Dec 17 will be an **intergenerational Christmas Pageant**, “Would You Like to Hold the Baby,” written by Joyce Poley and Frank Henning. There will be acting roles (no lines to memorize – acting during narration), singing roles (solo and ensemble), and costume and set creation/coordination for youth and adults. And best of all, all roles have job descriptions, so you know in advance what you are (and are not) responsible for! Check out the information and sign-up in the Lobby!



Planning for the Christmas season

We all like to plan ahead a bit – so add **Christmas Eve at UUCA** to your calendar. We will have two services that day: 10:30 am and 10:30 pm. Easy to remember! Easy to invite family and friends to attend with you!



Faith Development News

Karen LoBracco-Interim Director of Faith Development

Imagining the Future of Faith Development.....

Join the Board of Trustees and Faith Education Committee in imaging the future of faith development at the Unitarian Universalist Church of Amherst. Our Interim Director leaves summer 2018, and the search for her replacement will begin in a few months. What kind of skill set should our new director possess? Is the current focus on children and youth correct or should it expand to adults also? Do we need a leader or a doer? These and more questions need your input. Watch the walls (physical and virtual) for opportunities for dialogue and sharing.

Would You Like to Hold the Baby?

Of course you would, and coming soon is your chance to have a part in our Intergenerational Christmas Pageant on December 17. Whether you like to sing, to act, to make costumes, to direct plays, be onstage or off, there is a place for you!

What I especially like about this pageant is that you are not guessing what you should be doing when – it comes with Job Descriptions and a Timeline. This service has 3 major “Organizers” – the **Song Leader** led ably by our Music Director Fran Landis, the **Pageant Director** organizes the children, youth and adults who will participate in the tableau (no speaking parts), and the **Service Coordinator** is the organized person who makes sure volunteers and participants have the resources they need and are on track to present a meaningful worship experience on December 17. If you have been involved in pageants in previous years, please ask Rev. Michelle or Karen LoBracco to show you the packet to see if the Service Coordinator or Pageant Director job is doable for you. If you have no experience in pageants, then also talk to Rev. Michelle or Karen to see what job might fit your interests. And it will be inspiring and fun for all of us!

Professional Development (AKA Lifelong Learning)

Learning is not just for children nor does it always take place in school, as evidenced by recent travels by our religious leaders. Rev. Michelle has been in Virginia – ask her about how she hopes that ongoing study will make her a better minister. Our Interim Director of Faith Development was in Pennsylvania in September as part of an Orange Tour. She and a dozen other UUs were in the midst of thousands of evangelical Christians learning how to bring “the gospel” to a new generation of unchurched individuals. Mid-October she gathered in Syracuse with upstate NY religious education colleagues to share resources and ideas as well as for mutual support. November takes Karen to Denver for the Fall Conference of the Liberal Religious Educators Association which has the theme “Building Brave Spaces”. It’s amazing how much that is happening there – Non-violent Communication, Anti-Racism initiatives, Hands-On engagement – are things that resonate within the UU Church of Amherst.

But I Like My Story!

Myth making is the stuff of human beings. We take our part of the truth and our frame of reference and from that construct the “Big Story” which helps the world make sense. As Unitarian Universalists we come from a culture of myth busting – heretics that question! But of course the hardest part of all is to question our own personal and institutional myths to figure out if our story is the “Whole Truth”. In the coming months, in worship, adult conversations and children’s faith development, pay attention to the stories that seem comfortable and familiar but perhaps are only partly true. What UUCA stories need to be updated to help us thrive in 2018?

Faith Development Family Movie Night

Come join us for ‘Secret of Nimh’ on Friday, November 17th at 6:30pm. Popcorn for all!



Endowment Trust

The Endowment Trust is an important funding source for the church. It is a resource to help with major facility projects that go beyond the scope of our operational budget, such as the chapel roof and parking lot repaving. This money came from accumulated interest from investments managed by Angelucci Wealth Management. It manages special accounts such as the Music Fund.

It is important to keep the Endowment Trust growing so we can continue to be a financial resource for the church, when needed. We should all consider adding the church in our wills. But in the meantime, smaller, periodic gifts can be a great benefit to the ET and the church, as well as being the perfect gift in memory of friends or loved ones who have died. Even if you are not thinking about a formal commitment, you can support the Endowment if you use Amazon.com. Sign up for smile.amazon.com, designate Unitarian Universalist Church of Amherst Endowment Trust and a percentage of all of your purchases will go to the Trust.



If you want to learn more about the Endowment, you can talk to the trustees: Dennis Bihl, Marie Evans, Doreen Park, Jerry Kent and Lauraine Marcus. An Endowment Trust brochure can be found on the pamphlet carousel in the lobby. It provides useful information about legacy giving, as well as about specific details about our Trust.

The Endowment Trust continues to meet quarterly, usually the 3rd Tuesday at the church. At the meeting, Mr. Angelucci of Angelucci Wealth Management reviews the status of our investments and explains the nuances of risk analysis and prudent investment strategies to assist the trustees in making informed and careful financial decisions on behalf of the Trust.

The next meeting of the Endowment Trust will be in January. You are welcome to attend.
Endowment Trustees: Dennis Bihl, Doreen Park, Marie Evans, Jerry Kent, Lauraine Marcus
Financial Advisor: Michael Angelucci

[Worship Associate Program](#)

Do you have a passion for worship? Could you see yourself assisting with the flow of the Sunday morning experience? Worship is a team sport – and we're looking for more players! Intrigued? Find out more after the service on **Sunday, Oct 29** (noon in the Chapel). If you're interested but can't make the meeting, contact Rev. Michelle.

Chalice Lighters Wanted!

Would you and your family like to light the chalice some Sunday? Sign up in the lobby!



Covenant Groups Convening!

Covenant Groups are small-group ministries where you have the opportunity to know and be known. Go deeper! Make friends! Discover a whole new aspect of life at UUCA! Interested? Sign up in the Lobby or email Rev. Michelle.



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

NOVEMBER 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---|---|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| Daylight Saving Time ends 9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Young Adult Meet- (DR) 12:30 pm - Bridge Club 7:30 pm - AA (LR) | 6 pm - AA (LR) 6 pm - Greater Buffalo Youth Orchestra (Chapel) 7:30 pm - ACOA (LR) 7:30 pm - Buffalo Recorder (Choir) | 10 am - ACOA(LR) 12:15 pm - AA (LR, FD wing) 1:30 pm - Caring for One Another (Em) 1:30 pm - Women's Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 6:30 pm - Havurah Board (Bul) 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb) | 12:15 pm - AA (LR, FD) 1:30 pm - Green Sanctuary (LR) 6:30 pm - John Newman (FD&LR) 7 pm - Ministry Council (LR) | 12 pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) 4 pm - Wedding Rehearsal 7 pm - Thursday Night Book (LR) | 7 pm - Cocktails and Conversation (Reeb) 7:30 pm - SOS (Reeb) | 1 pm - Nagowski Wedding (CHAPEL) |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Daylight Saving Time ends 9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Young Adult Meet- (DR) 12:30 pm - Bridge Club 7:30 pm - AA (LR) | 6 pm - AA (LR) 6 pm - Greater Buffalo Youth Orchestra (Chapel) 7:30 pm - ACOA (LR) 7:30 pm - Buffalo Recorder (Choir) | 10 am - ACOA(LR) 12:15 pm - AA (LR, FD wing) 1:30 pm - Caring for One Another (Em) 1:30 pm - Women's Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 6:30 pm - Havurah Board (Bul) 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb) | 12:15 pm - AA (LR, FD) 7 pm - Membership (Em) | 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) | Veterans Day observed 7 pm - Subject Desai Concert (Em&Chapel) 7:30 pm - SOS (Reeb) | Veterans Day 9:30 am - Full Council (Em) 6 pm - Buffalo Belles (LR) |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - FALL AUCTION (Em) 12:30 pm - Bridge Club 7:30 pm - AA (LR) | 6 pm - AA (LR) 7 pm - Mankind Project (Reeb) 7:15 pm - Finance/Facilities (Em) 7:30 pm - ACOA (LR) | 10 am - ACOA(LR) 12:15 pm - AA (LR, FD wing) 12:30 pm - Current Events (Em) 6 pm - Blue Mtn. Potluck 7 pm - Blue Mtn. (Reeb) 7 pm - Board of Trustees (Em) | 12:15 pm - AA (LR, FD) 6:30 pm - John Newman (FD&LR) 7 pm - Social Justice (DR) | Deadline for Newsletter 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) 6 pm - Love Feast Thursday (Em & Chapel) | 6:30 pm - Family Movie (Em) 7:30 pm - SOS (Reeb) | AA all day: meeting ? |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Inter-generational Sunday Vegan Dinner 9 am - OWL Class 7-9th (Bul) 10:30 am - Church Service 12 pm - Remembrance and Health Talk (CHAPEL) 12:30 pm - Bridge Club 3 pm - set up for Vegan 5 pm - Vegan Dinner (Em) 7:30 pm - AA (LR) | 6 pm - AA (LR) 7:30 pm - ACOA (LR) 7:30 pm - Buffalo Recorder (CHAPEL) | 10 am - ACOA(LR) 12:15 pm - AA (LR, FD wing) 12:30 pm - Women's Lunch Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 7 pm - Black Lives Matter (LR) 7 pm - Blue Mtn. (Reeb) | 12:15 pm - AA (LR, FD) | Thanksgiving Day 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) | 7:30 pm - SOS (Reeb) | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Children's Chapel/No FD 10:30 am - Church Service 12 pm - Book Club (DR) 12:30 pm - Bridge Club 7:30 pm - AA (LR) | 6 pm - AA (LR) 7 pm - Mankind Project (Reeb) 7:30 pm - ACOA (LR) | 10 am - ACOA(LR) 12:15 pm - AA (LR, FD wing) 1:30 pm - Women's Afternoon Study Group (LR) 6 pm - Blue Mtn. Potluck 7 pm - Blue Mtn. (Reeb) | 12:15 pm - AA (LR, FD) 6:30 pm - John Newman (FD&LR) 7 pm - Snowbirds (Em) | 12:15 pm - AA (LR, FD) 3 pm - Voice Lessons (Choir) | AA = Alcoholic Anonymous ACOA = Adult Children of Alcoholics Bul = Thomas Bulfinch Ch= Chapel DR = Dining Room Em = Emerson Room FD = Faith Development Wing LR = Living Room Reeb = Reeb Room SOS = Non-religious sobriety group **=tentative | |



Full Council Meeting (Chairs): Sat., Nov 11, 9:30am to noon, Emerson Room. A meeting of all committee chairs/ reps to discuss budget request process. Hosted by the Board of Trustees.



The Choir is preparing for the Christmas Eve Candlelight service which will be 12/24 at 10:30pm.. New singers always welcome. Contact Music Director Fran Landis with questions.



Love Feast Thursdays –

The third Thursday of each month is a *Love Feast*, with this month's gathering on **Nov. 16th** Each month through May we will gather on the 3rd Thursday for dinner at 6pm, Vespers at 6:30, and drumming at 7pm. Soup or chili (always gluten-free and vegan) is provided; feel free to round out the meal with contributions of bread, salad, dessert, etc. No RSVP needed and no cost – just show up!

Women's Lunch:

Tuesday, November 21st - 12:30 p.m. - Meet in the Emerson Room for lunch together. No agenda, just laughing and chatting!

ROMEOs Men's lunch

All men are invited to meet at Buffalo Brew pub for lunch and conversation on Thursday, **November 2nd at noon.** Come relax with friends, good food, and good conversation. No agenda—all topics considered! Contact Bob Wack.



Cocktails and Conversations: On the first Friday of every month, UUs aged 21+ enjoy each other's company and friendship over cocktails at a local establishment.

Locations range anywhere from a dive bar to an upscale place with signature cocktails.

Wherever it is, it is a low-key evening where you can connect with friends old and new, relax and be yourself. There is no agenda, just fun.

November's meet-up will be at 7pm on **Friday, Nov. 3rd at Protocol Restaurant** located at 6766 Transit Road, Williamsville, NY 14221.

When is it again?

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

www.uuamherst.org



BOARD NOTES:

Fellow Members and Friends—Before we get ready to focus on the winter holidays, I would like to talk with you about an important decision we all have to make next spring, and that is whether or not to call the Rev. Michelle Buhite as our settled minister.

Ministry—what does *settled, called, interim, and developmental* mean? Settled (or called) ministry results when a congregation calls a minister to a long-term covenantal relationship, whereas interim and developmental ministry are types of time-limited contract ministry. Interim ministry has a definite ending, while developmental ministry (also called *consulting* ministry) may be extended or turned into a “call.” Interim and developmental ministers are hired by the Board of Trustees, but a settled minister’s “call” comes from the congregation as a whole. UUCA bylaws state: “The minister shall be elected by secret ballot at a meeting of the corporation by an eighty-five percent vote of the members present and voting. He/she shall have indefinite tenure until duly severed by resignation, death, or dismissal.” The median tenure of ministers in UU congregations in the past two decades has remained between 6 and 8 years, with a trend toward more female ministers and an increasingly later entry age into ministry.

UUCA’s recent history in settled, interim, and developmental ministry. In 2012, the Rev. Tim Ashton retired, after having served as our settled minister for eight years. Rev. Tim was succeeded by the Rev. Len De Roche, whose contract as interim minister was not renewed after his first year. In 2013, the Rev. Arthur Severance began his developmental ministry at UUCA, which was somewhat hampered by health challenges. Art was contracted for two years, at the end of which he retired. Presently serving as our minister is the Rev. Michelle Buhite. Her contract, initially for a span of three years, was later expanded by the Board of Trustees into a four-year contract.

In a Developmental Ministry, a congregation develops between 3-5 goals to be accomplished as the minister and congregation *work together* over the term of the contract. In 2015, when Rev. Michelle was brought in, the Board set a series of goals, including increasing membership, increasing stewardship, and rebuilding trust within the church. At the end of the first year, the Board and Rev. Michelle agreed to amend the goals to include measurable criteria: to work on church identity (mission, vision, strategic plan), build trust through intentional membership deepening, and to reframe the governance structure. At this point in the developmental ministry, we have created a congregational covenant, discerned a mission statement, have begun the process to put in place a strategic plan to guide future decisions, and have initiated small but significant changes to the governance structure (Councils).

Why do we plan to make a decision regarding our minister by June of 2018? With Rev. Michelle’s amended contract ending in June of 2019, the congregation has the option of calling her into a settled ministry, an action requiring a vote by the congregation. If, however, the congregation chooses *not* to call Rev. Michelle as a settled minister, both the church and minister would need the following church year (2018–2019) to be “in search.” Hence, spring 2018 is our decision point.

What would it mean for UUCA to be “in search”? Search is a time- and labor-intensive (not to mention costly) year-long process of discernment and engaging in the process of finding a new minister. The congregation appoints a search committee, which puts together a “packet” describing our church. Ministers looking for a congregation have access to the packets of churches in search and indicate their interest. After a round of phone/Skype interviews, several pre-candidates are identified, whom the search committee hear preach in a neutral pulpit (not at our church). If all goes well, eventually a candidate is chosen and invited to visit our church for about ten days, at the end of which the congregation votes whether to call the candidate as a settled minister. At any point during that get-to-know-one-another visit, the minister can withdraw their candidacy. If a search fails, the congregation may go into a second or third round with other candidates, or hire an interim minister and repeat another year of search. The church is responsible for all expenses for pre-candidates and candidates, as well as any moving expenses for the newly called (or contracted) minister.

The process of calling a developmental minister already serving the congregation. Our congregation will not thrive if we are not confident that there is a good fit between our congregation and our minister. You all have had the chance to get to know Rev. Michelle. Under her leadership, we have now worked on the issues that the Board specified as goals for our current developmental ministry for over two years—a long enough time to consider extending a call. Since this is a very important decision to make, however, the Board would like to engage in dialogue with as many of you as possible, gaining additional insight and also sharing our own perspective. That is why during the months of November and December members of the Board will ask to visit various church groups, and we will also host a couple of open focus groups. We want to hear from you; please make the time to give us feedback.

In other news, our **Strategic Plan Task Force** is standing by to begin its work and will have an update for us by next month. November may seem too early to think about the next **stewardship** campaign, but the board is intending to try a different process for our annual pledge drive, which we are excited to share with all committee chairs on Saturday, November 11, beginning at 9:30am; please also save Thursday January 11 for a Town Hall meeting (7pm).

As Thanksgiving approaches, I am grateful for the community we’ve built at UUCA. As always, I hope to see you in church, *specifically at our Fantasy Auction on November 12!* :)

~ Hella Jacob, Chair, on behalf of the UUCA Board of Trustees (Gemma Lanthier, Angela Warren, Anne Hibbert, Carolyn Evans, Mark Hitchcock, Steve Kemp, Randy Kent, and David Kofke)



FALL AUCTION UPDATE

Our auction coordinators, Marge Marcille and Hella Jacob, wish to thank everyone who has placed an offer so far. Remember:

SUNDAY, November 12, 2017 at 12 noon *EVERYONE IS INVITED!!*

\$5 Bagel Brunch to Precede the auction. (Price includes bidding placard)

Childcare including free lunch will be provided.

NEW Silent auction portion

Live Auction Offers so far include:

Handmade Driftwood Lamps, Home-Brewed Beer, Swing Dance Lessons, Book Discussions, and more!

As always, we get by with a lot of help from our friends to make the Auction a success.

Please let us know how you can help. Offers still being accepted!

DEADLINE FOR OFFERS IS WEDNESDAY, NOVEMBER 1ST

Your Name: _____ Phone Number: _____

Email: _____

I can help in the following way(s): Check all that apply:

- _____ Contribute a Theme Basket _____ Register people before the auction and collect lunch money
- _____ Set up Emerson room _____ Be a cashier at the conclusion of the auction
- _____ Help in the Kitchen with Lunch _____ Clean up after the Auction
- _____ Make a Dessert _____ Do whatever else needs done

Describe your Offer:

Date/Time: _____ Value: _____ Minimum Bid: _____ Maximum Number: _____

Please give completed form to Marge Marcille or Hella Jacob or place it in the Auction mailbox (#49)

Questions or suggestions, Contact Marge Marcille or Hella Jacob

UUCA GET COOKIN'!

With Christine Boczarska & Faith Pham
Caring For One Another Committee

STUFFED HOT PEPPERS

Prep time 15 min; Cook 30 to 40 min

1/3 lb ground Italian sausage
8 oz package mascarpone cheese
1 garlic clove minced
3 tablespoons grated Romano cheese
3/4 teaspoon dried oregano
3/4 teaspoon dried basil
1/3 cup Italian style dry bread crumbs
1 tablespoon olive oil
1/2 cup cubed fresh mozzarella cheese
6 Hungarian hot peppers, cored and seeded
Salt



Cook sausage in a large deep skillet over medium high heat until evenly browned. Drain, crumble and set aside. Chop mozzarella into small pieces.

Preheat oven to 350 degrees F.

In a medium bowl mix together sausage, mascarpone, garlic, a dash of salt, Romano cheese, oregano, basil, bread crumbs, mozzarella and olive oil.

Stuff peppers with the mixture. Place on a baking sheet and bake in preheated oven for 30 to 40 minutes until the stuffing is lightly browned and bubbly.

Serve warm. Enjoy!

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

Stuffed hot peppers are delicious! Yum! Making it gluten free is easy in this recipe as gluten free bread crumbs are readily available in grocery stores. If you are vegetarian, in place of the sausage you could substitute no-meat sausage, (pre-cooked) rice, quinoa, or nuts (pine nut/walnut, etc.).

Making it vegan is a bit more of a challenge! None of my cookbooks had a vegan stuffed hot pepper. "Joy of Cooking", my go to cookbook when all else fails, has recipes for stuffed green (sweet) peppers. One all encompassing suggestion is to stuff the pepper with any pre-cooked food. That works for me.

SWEET SPICY HOT BANANA PEPPERS (adapted from the flaming vegan: <http://www.theflamingvegan.com/view-post/Sweet-Spicy-Hot-Banana-Peppers>)

Ingredients:

13 Mild or hot banana peppers - cored & seeded
6 Vegan sausage links, cooked & chopped fine
2 Tablespoon olive oil
1 Onion, diced
6 Cloves garlic, minced
1 Cup cooked white or Jasmine rice
1 Tomato, diced
2 Tablespoons fresh parsley, diced
1/2 Teaspoon salt
1/2 Teaspoon dried dill weed
1 Teaspoon Tabasco sauce
1/2 Cup raisins
1/2 Cup thin almond slivers
1/4 Cup tomato puree
1/2 Cup water

In large, skillet, heat oil, add onions and garlic, sauté until tender.

Add rice, diced tomatoes, parsley, salt, dill weed, Tabasco sauce, raisins, and almonds. Simmer 10 minutes then stir in vegan sausage.

Cut two banana peppers lengthwise & use to line a long glass baking dish.

Stuff the remaining banana peppers with rice mixture & arrange in baking dish.

Mix 1/2 cup water with tomato puree, mix well, pour over banana peppers, coating evenly. Cover baking dish with aluminum foil. Bake at 350 degrees for 45 minutes

Faith Community Nurse Corner

Eveline Hartz, RN

Health Ministry Educational Series

ALL THINGS BRAIN: FROM MENTAL HEALTH TO DEMENTIA

This past month, UUCA member, Liz Miller from Evergreen Health (<http://evergreenhs.org>) gave an excellent presentation on addiction and the opioid epidemic. It was an informative and interactive session, followed up by Narcan administration training. UUCA now has a Narcan kit kept with the first aid kit, left middle shelf in the kitchen. Evergreen's policy of harm reduction has saved countless lives and helped many people take back control of their lives.



Several people thought it would be helpful to have an additional/follow up session. Perhaps one with a focus on the social aspects of addiction, Kids Escaping Drugs, or Drug Anonymous, etc.. The Caring Committee is open to any suggestions. Just let one of us know.

The second presentation in this series will focus on keeping your brain healthy. Sarah Sorci is a UU member. This will be her first visit to UUCA.

Keeping Your Brain in Good Working Order

There are a number of foods, lifestyle habits, and herbs that have been shown to support memory and brain health as we age. In this class, Community Herbalist Sarah Sorci will outline some of these healthy choices, focusing on brain-supportive herbs. We will discuss plants such as rosemary, gotu kola, ginkgo biloba and turmeric. Sarah will offer information to help participants decide if any of these herbs might be right for them, with approval of a primary care practitioner.

Sarah Sorci is a 2014 graduate of the Blue Ridge School of Herbal Medicine's Holistic Herbalism Program, and the owner of Sweet Flag Herbs. She loves working with medicinal plants that are locally abundant and easy to cultivate, getting to know our WNY ecosystem more deeply. She offers wellness and garden consults, as well as numerous educational events. Her background in natural and organic farming, horticultural therapy, and cooking & nutrition education shape her work with Sweet Flag Herbs. More info at www.sweetflagherbs.com.

Self Sabotage

Life is good. You are exercising, meditating, eating the right foods and feeling great. Out of nowhere a voice pops up in your head undermining all your good work.

Why is there such a self-destructive element in the human mind? Where does it come from? Why do we listen to it? This "Voice" is internalized from our childhood. Usually a parent who wanted to keep you safe and behave appropriately. It reminded you not to cross the street without an adult, to not touch a hot stove, not pull the dog's tail, etc. - things a child needs to learn.

As people mature this external voice is no longer needed. You know how to cross the street without getting hurt, to use pot holders and treat pets with kindness. Unfortunately the "Voice" is reluctant to let go and carries on in full force. Not only does it tell you things you needed to know as a 2 y old but also a lot of other admonitions, which became attached along the way. That voice lets you know you are unworthy, not good enough, you really do want that cookie... whatever hounded you in your growing up years or whatever you fell back on for comfort. It creeps in unnoticed and undermines your self-care, your creativity, your courage, your joy and your compassion.

What to do? Thank the "Voice" for past assistance but it is time for it to cease and desist. The "Voice" is an outside invention. It is not you. Listen to your own voice. Learn your song, trust in the voice that supports you in doing what is good for you. Of course the "Voice" won't just go away - it's been there for many years in one form or another. Recognize it for what it is and don't be tricked into listening. You can tune it out or sing over it.

"We attract what we need to learn." ~Joshua Rosenthal

UUCA Theatre Lovers

UUCA Theater Lovers will kick off the new season with an outing to Jewish Repertory Theatre to see "Visiting Mr. Green" on **Saturday, November 11 at 4 pm**, followed by dinner (Dutch treat) at

Lebros Restaurant. This much-loved play is in its 20th year of production. JRT's show stars Saul Elkin and Nick Stevens. It's directed by Steve Vaughan. A synopsis: Mr. Green, an elderly, retired dry cleaner, wanders into NYC traffic and is almost hit by Ross Gardiner, a 29-year-old corporate executive. The young man is ordered by the court to help the recent widower once a week for six months. What starts as a comedy about two men who do not want to be in the same room together becomes a moving drama as they get to know each other.

Look for discount voucher forms in the pocket at the bottom of the Church Life bulletin board in our church lobby. Tickets should be ordered by mail through Sophia Veffler. Checks must be received at least 8 days prior to the performance you'll attend. Any questions, contact her at 631-3228.

To join us for dinner, please contact me before noon on Friday, Nov 10, to be included in the reservation. -Marie Evans



Save the Date!! Sat. Dec. 2nd

All Ages Holiday Party and Caroling



Sujeet Desai Concert: Friday, Nov. 10th at 7pm in Chapel.

www.sujeet.com/ Sujeet Desai is an accomplished musician born with Down syndrome. Sujeet has mastered seven instruments including clarinet, violin, trumpet, and drums. Please come for an enjoyable musical experience. Contact Wendy Scott for more.

GREEN SANCTUARY CORNER —HELP SAVE A GORILLA IN THE WILD!

The **Buffalo Zoo** is revitalizing its cell phone recycling program. If you have old cell phones or their accessories (chargers, earbuds, adapters) or other small electronics like GPS, hand-held gaming systems, cameras, etc., recycle them with the Zoo instead of throwing them away. They accept anything smaller than a laptop at the cell phone recycling bin that's found at the front gates.



This kind of electronics recycling helps wild gorillas in a big way! Coltan (columbite-tantalite) is a metallic ore mined primarily in the Democratic Republic of Congo and is a major component of cell phones and other electronic devices. In recent times, the demand for new cell phones has increased, which means that mining in this area of Africa (home to many gorillas) has also increased causing vast amounts of habitat loss for wildlife.

Recycling your cell phone is also great for the environment! Did you know that electronic waste is three times the amount of other ordinary household waste? When you recycle your cell phone with the Buffalo Zoo we help to reduce that waste. Recycling your phone will help to keep toxic chemicals out of landfills and our waterways.

~ Something doable from your Green Sanctuary Committee



Hearts and Hands

Neighbors Helping Neighbors ~ Serving Western New York Since 2003
(716) 406-8311

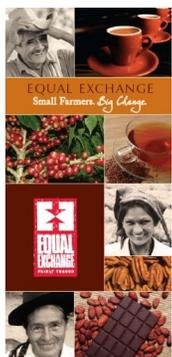
I'm so appreciative of the church congregation, Caring for One Another committee, and Hearts and Hands for driving me to Roswell Park Cancer Institute 3 to 5 times weekly for some months. Special thanks to Ron Palmere, Eileen McCallister, Suzanne Christ, and Eveline Hartz. Thanks so much. ~ Darlene Harris.

If you need help, Hearts and Hands: Faith In Action may be able to help you at no charge, regardless of age, income, race or religion. Just call Hearts and Hands: Faith In Action at (716) 406-8311.

Volunteers are needed to provide transportation and support for older and physically-challenged adults. Volunteers can choose to do the activities that they feel comfortable doing. Please call Hearts and Hands: Faith In Action at (716) 406-8311 or visit their website at <https://hnhcares.org>.



Thanksgiving Vegan Potluck Dinner to benefit Animal Advocates of WNY. **Sunday, November 19th** at 5:30pm in Emerson Room. \$10/adults, \$5 students and seniors, \$2 children 10 and younger plus bring a Vegan dish to pass. Contact Margot Shoemaker or Nan Simpson for details.



[Equal Exchange](https://shop.equalexchange.coop)

(<https://shop.equalexchange.coop>) Coffee, Chocolate & Tea.

Check out the Equal Exchange table on Sundays for fairly traded coffee. If you have a special coffee, tea etc. that you would like to order, contact Eveline Hartz.



If you are looking for a special holiday gift, may we suggest framed copies of our UU Benediction for \$15.00. These Benedictions will be available for sale on Sundays after church in November until Christmas in the Emerson Room. All proceeds benefit the church.

UUCA Photo Use Policy for Adults The Unitarian Universalist Church of Amherst (UUCA) occasionally takes videos and photographs during services and other congregational events. These photos of members and other individuals are intended for use in various forms of church-related media. UUCA obtains implied consent for this use of photos by advising in announcements or other congregational publications that photos may be used for UUCA purposes. Members not wanting their images, may add their names to a list by notifying the office administrator. When a single image is used, or an individual's image is dominant in a group photo, UUCA will make a good faith effort to contact the individual for courtesy notifications and express consent prior to the photo's placement in a public medium. (Photo consent for children under 18 is asked for as part of the Faith Development registration process each fall.)

Social Justice Corner

BLACK LIVES MATTER

UNITARIAN UNIVERSALIST CHURCH OF AMHERST

"Living the Pledge" is a new special workshop led by the Black Lives Matter taskforce. It is intended to help us work through the issues of racism in ourselves and in society.

Meetings will be the 1st and 3rd Tuesdays of the month in the Living Room from 7 pm to 9 pm. November dates are 11/7 & 11/21. Contact Scott Harrigan with questions.



On December 10th, we will have a plate collection for our partners at Gerard Place which provides housing and supportive programs for homeless, single parent families. The staff at Gerard Place empowers individuals and families toward self sufficiency through community education and outreach. Also that Sunday, Jayne Murray and David Irvin will tell us what they provide for Gerard Place. Your checks will need to be made out to the UUCA with Gerard Place in the memo section. All money collected that Sunday will go to Gerard Place. Thank you for your generosity

~your Social Justice Committee (Co-Chairs: Pat Burke and Margot Shoemaker)



Kathy Moriarty and Friends
singing at our Coffeehouse in
October



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