

Issue

November 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 Tuesday to Friday 9am to 2pm

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

Ministerial Intern

Kristina Church
Office.....x105
kristina@uuamherst.org

Director of

Faith Development

Zoë Bell-Schwede
Office.....x104
dfd@uuamherst.org

Music Director

Fran Landis.....7

Caretaker

Chris Barry.....

Finance Clerk

Camilla Lee.....x103
bookkeeper@uuamherst.org

Office Administrator

Jaime Sheridan.....x101
administrator@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

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 NOVEMBER AT 10:30am

The Soul Matters theme for this month is MEMORY, and we will spend some time digging into the question: *What does it mean to be people of memory?*

4 *All Souls: A Day of Remembrance* Rev. Michelle Buhite

All are invited to bring photos/mementos of loved ones who have passed on as we create an altar of remembrance.

11 *Remembering Who (and Whose) We Are* Rev. Michelle Buhite

Lifting up the wisdom of UU luminaries Francis David and James Luther Adams.

18 *The History of the Future* Kristina Church

When we study history, we often get the impression that it's made by a few outsized personalities, doing extraordinary things. It's easy to forget that this very moment, right here and now, is the stuff of history too: the history of the Unitarian Universalism of the future. We create it together, every moment that we live and love and make choices about the world we want to live in. What kind of legacy are we creating for those who come after us? How do we, the Unitarian Universalist Church of Amherst, hope to be remembered by the historians of the future?

25 *Appreciating Those Who Paved the Way* Rev. Michelle Buhite

There is much to learn from our church's history. Let's lift up and appreciate!

MINISTER'S CORNER



Whew! We made it to settled shared ministry! So much gratitude for the many, MANY people who made the Installation service and party on 10/14 so great! We are charting a new course together, and I know that our shared ministry will be meaningful and far-reaching.

My favorite comment in the days following the Installation service was this: "I'm glad you are our settled minister. I hope you will continue to unsettle us." Is that not perfect?? In that far-off, distant future I hope that my gravestone reads, "Settled, she unsettled us." That completely captures my call to ministry, and articulates what I hope for us as a congregation. The theologian, Frederick Buechner said, "The place God calls you to is where your deep gladness and the world's deep hunger meet." We are beginning to live into our deep gladness, and it is with joy that we can bring that healing gladness to a world that is broken and hurting.

See you at church!
Rev. Michelle



IT'S THAT TIME AGAIN! THE FALL AUCTION!

SUNDAY, November 4, 2018 at 12 noon

EVERYONE IS INVITED!!



[This Photo](#) by Unknown

\$5 Brunch to Precede the auction. (Price includes bidding placard)
Childcare including free lunch will be provided.

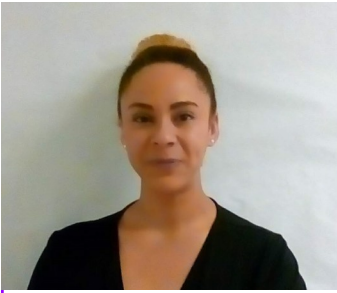
Bring a donation for the Little Free Pantry to enter into a prize drawing!

If you are new to our church, attending and/or participating is a great way to get to know others within our spiritual community in a social and fun way!!

Take Time to Look at the Silent Auction items

Stay for the Live Auction with Auctioneers Randy Kent and Amy Malachowski

Questions or suggestions, Contact Marge Marcille or Carol Joyce



Faith Development News

“ I sometimes find, and I am sure you know the feeling, that I simply have too many thoughts and memories crammed into my mind... At these times, I use the Pensieve. One simply siphons the excess thoughts from one’s mind, pours them into the basin, and examines them at one’s leisure. It becomes easier to spot patterns and links, you understand, when they are in this form.” ~Albus Dumbledore, Harry Potter and the Goblet of Fire by J.K. Rowling

As we step into November, we begin to examine how we are a people of Memory. I capitalize the word Memory, by the pure virtue that Memory entails. As human beings, Memory gives us the privilege to replay instances in our lives that brought us extreme happiness, love, and joy. Memory can keep us stuck in an endless loop of what ifs, missed opportunities, and past mistakes. Memory is what allows us to grow, evolve, and not repeat our past mistakes. Memory has the power to evoke the duality of nostalgia and trauma. During the month in which we watch our environment grow colder, and the trees shift from their beautiful fall colors to the barrenness of their branches, and we celebrate a holiday in which we give thanks to all of the divine gifts life has to bear, it is a serendipitous reminder that life is an ever modifying and wavering circle of events. And our Memories are what grants us the ability to remind us to remain mindful of holding on to the cherished ones but also to let go of those Memories that weigh down our souls and spirit.

With love and blessings, Zoe Bell-Schwede, Director of Faith Development

Faith Development Updates

It’s Halloween time! I encourage those of all ages to wear their costumes to church this Sunday for a fun photo op. So whether you’re goofy, spooky, creative, witty, or anything in between I look forward to seeing the spectacle!

Coming of Age will continue to meet this month on **Sunday November 11th, and Sunday, November 18th**. We will be discussing the novel Night by Ellie Wiesel, amongst working towards answering the question, “Why Are You UU?”. We will be holding two fundraisers this month for our trip to Boston at the end of the year. One will be a bake sale located at the Unitarian Universalist Church of Buffalo on Election Day (**Tuesday November 6th**). The bake sale will begin at 6am and end at 8pm. All youth who are planning on going on this trip must either attend or make baked goods for the sale. There will be no transportation to and from the UUCB. Please contact Zoe Bell-Schwede with any questions. Starting November 4th, we will also be holding a loose change fundraiser for our Boston trip. There will be an announcement made at the beginning of the service on **November 4th**, and highly enthusiastic children ready to charm your pants off every week throughout November during coffee hour.

Crossing Paths is undergoing a major shift in terms of our scheduling for this year. Along with focusing on different religions and their practices, we will be integrating how the Harry Potter series and Unitarian Universalism intertwine, current events and how we can carry and practice our principles out into the world, shared theatre with the congregation, social justice projects, and how we can utilize modern technology to help better the world. We will decide on four religions we are most interested in observing and during the month of May we will be holding four consecutive trips to those places of worship. Parents with youth in this class will receive an updated letter about our curriculum on **November 4th**. Please feel free to contact the Director of Faith Development with any questions.

An age appropriate UU nursery curriculum is in the works, and it’s kickstart will be **January 13th, 2019**. This curriculum will be led by Beverly Prible, and will include stories, movement based activities, and arts and crafts. Any volunteers interested in assisting Beverly in this new program or our Spirit Play class (ages Kindergarten through 5th grade), should contact the Director of Faith Development.

The next Faith Development Committee meeting will be held on November 11th at 9am in the Bulfinch Room. We will be discussing our future plans for a set curriculum for the upcoming year.

A Youth Pastoral Care and Peer Chaplain Training will be held in Schenectady, NY From **November 30th through December 2nd**. Pastoral care is not just the minister’s job! As a religious community we provide pastoral care to each other too. Youth advisors, youth RE teachers, Directors of Religious Education, and other adults can provide pastoral care to youth. And youth peers often provide most of the pastoral care youth receive. Because pastoral care is one of the most important ways we care for each other in religious community, this training is one of the most important ones we provide in Youth Ministry. Youth and adults wishing to serve as lay pastoral care—often called peer chaplains—at youth events should take this training. A follow up webinar will cover the specific role at youth events. If you are interested in attending this training please contact the Director of Faith Development at dfd@uuamherst.org

Finally, Unitarian Universalist 2019 Young Adult Con in Binghamton will be on January 4-6th at the Unitarian Universalist Congregation of Binghamton. See more on Facebook at: <https://www.facebook.com/events/2119121051686518/>



It is said that all spiritual feeling begins in a sense of gratitude for one's life. If so, we can deepen our sense of connection to the Divine by the simple act of giving thanks.

I worked for a number of years as a teacher at a Waldorf preschool. I loved lighting a candle, and saying or singing a simple grace with the children before our noontime meal: *"Earth that gives to us this food...Sun that makes it ripe and good...Sun above and Earth below, to you our loving thanks we show. Blessings on our meal, and may peace be on the Earth, and at our table."*

We Unitarian Universalists rarely stop to say grace, except at the most formal gatherings. Maybe we think this tradition must necessarily involve thanking a deity for the provisions. But all that's really needed is that we notice and appreciate the blessing of good food and good company. Perhaps it's time to re-examine this simple practice. I like the idea of thanking the universe for its abundance whenever I am about to partake of it!

On a recent Facebook thread, some seminarians discussed a request by a couple to bless the food at their upcoming wedding. We offered several suggestions, but this particular offering, from M.J. Ryan's *A Grateful Heart* got a large number of "likes". It's compatible with a humanist perspective, and there are echoes of our Seventh Principle in its naming of the ecologies that produce the delicious and nutritious food we enjoy. It manages to be poetic and festive, as well as scientific and rational:

"The food which we are about to eat is Earth, Water, and Sun, compounded through the alchemy of many plants. Therefore Earth, Water, and Sun will become part of us. This food is also a fruit of the labor of many beings and creatures. We are grateful for it. May it give us strength, health, and joy. And may it increase our love."



Rev. Kate Braestrup, in her book, *Beginner's Grace*, suggests keeping it simple by starting out with a brief sentence or two before mealtimes. Her version of a Unitarian Universalist grace says so much in just thirteen short words: *"May the hungry be well fed. May the well-fed hunger for justice. Amen."*

This November, in our season of abundance and gratitude, I plan to experiment with the spiritual practice of saying grace. I encourage you to do the same. And please let me know how it goes at your house!
~Kristina Church, ministerial intern

[Caring For One Another](#)

We have a group of dedicated volunteers willing and ready to serve our church community by:

- ♥ Visiting church members in hospitals, assisted living, and individual homes
- ♥ Doing phone check-ins
- ♥ Sending cards for various occasions
- ♥ Providing rides to Sunday service
- ♥ Delivering meals

Help be our eyes and ears in regard to members who are in need.

You may call on behalf of another church member by contacting Ron Palmere at 689-8954 palmerel@verizon.net or caring@uuamherst.org. We will try to be there to let members know they are part of a Loving Community.

Finally, if you would like to be a part of this wonderful, active committee, or have any questions about what we do, please contact Ron Palmere.



Adult Faith Development

Women's Afternoon Study Group-Tuesday, October 30th at 1:30 in the Living Room. Kristina church will be with us to talk about her journey into the ministry.

Thursday Night Book Club: Thursday, November 1st—7pm in the Living Room. Contact Chris Barry with questions.

Women's Afternoon Study Group-Tuesday, November 6th at 1:30 in the Emerson Room. We will view the DVD "Salt of the Earth" with the Green Sanctuary committee. All are invited.

Poetry as Practice: No meeting in November. We will resume in December.

Current Events Discussion and Lunch: Tuesday, November 13th - 12:30 p.m. - Bring your lunch to the Emerson Room and enjoy a current events discussion.

Women's Afternoon Study Group-Tuesday, November 27 at 1:30 in the Living Room. We will read an article from the Atlantic on Laughter. We need it!

Sunday Young Adult Meet up: 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? Need a Ride? - Contact Religious Advisor, Diane Bofinger.



CULTURAL LITERACY FOR RELIGION: EVERYTHING THE WELL-EDUCATED PERSON SHOULD KNOW:

This *Great Courses* video series is an engaging way to understand and discuss world religions. First through Fourth Sundays at 9:15am in Emerson room. Drop-ins welcome!

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|-------|--|
| 11/4 | Waking Up—The Buddha & His Teachings |
| 11/11 | Vehicles to Nirvana: Schools of Buddhism |
| 11/18 | Discussion: Buddhism |
| 11/25 | Chinese Religion & Cosmology |

NEW: Catch up Sessions!

Meet in Emerson Room or Living Room at the following dates & times:

Session #1 - *Religion: It's Meaning and Importance* - Mon. 10/29, at 7 PM or Thurs., 11/1, at 1 PM

Session #2 - *Facets of Religion: Divinity & Devotion* - Mon., 10/29 at 8 PM or Thurs., 11/1, at 2 PM

Session #3 - *Hinduism: Foundational Teaching* - Wed., 11/7, at 7 PM or Thurs., 11/8, at 1 PM

Session #4 - *Hindu Gods and Devotional Practices* - Wed., 11/7, at 8 PM or Thurs, 11/8, at 2 PM



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

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
Daylight Saving Time ends FALL AUCTION 9:15am - World Religions (Em) 10:30am - Church Service 11:30am - Fall Auction (Em) 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 1:30pm - Voice Lessons(Choir) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - World Religions(Em) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Chapel) 8pm - World Religions (Em)	7:30am - Coming of Age at UU/CB 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Min.Pottluck (LR) 7pm - Blue Min.(Reeb)	12:15pm - AA (LR, FD Wing) 7pm - Santosha Holistic Center (Chapel & Em)	12pm - ROMEO's Lunch @ Buffalo Bjev Pub 12:15pm - AA (LR, FD Wing) 1pm - World Religions (Em) 2pm - World Religions (Em) 7pm - Thursday Night Book Club (LR)	7pm - Cocktails and Conversation (offsite)	Kitchen Cleaning 9am - Fall Auction Set up (Em)
4	5	6	7	8	9	10
Youth Convention in Syracuse Veterans Day 9am - FD Committee (Bul) 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Equal Exchange coffee 12pm - Voice and Viola Concert (Chapel) 12:30pm - Coming of Age (Bulfinch) 1pm - Little Free Panty Meeting (Chapel) 1:30pm - Voice Lessons(Choir) 7:30pm - AA (LR)	Veterans Day observed 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events/Lunch (Em) 6pm - Blue Min.Pottluck (LR) 7pm - Blue Min.(Reeb) 7pm - Board of Trustees Meeting (Em)	12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission (FD)	12:15pm - AA (LR, FD Wing) 7pm - Guest Services Council (Em)	Youth Convention in Syracuse 9am - Gluten Free Support Group (Em) 10am - Nominating Committee (Reeb) 6pm - Buffalo Belles (LR)	9am - Private Memorial Service (Chapel) 1pm - Private Party (Em) 6:30pm - set up for social Justice 7pm - Social Justice Night- (Em)
11	12	13	14	15	16	17
VEGAN DINNER 9:15am - World Religions (Em) 10:30am - Church Service 11:45pm - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Caring Committee lecture (Chapel) 12:30pm - Coming of Age (Bul) 1:30pm - Voice Lessons(Choir) 3pm - Vegan Dinner (Em) 7:30pm - AA (LR)	6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 1:30pm - Caring for One Another (Em) 6pm - Blue Min.Pottluck (LR) 7pm - Blue Min.(Reeb)	12:15pm - AA (LR, FD Wing) 7pm - Social Justice (DR)	Office Closed Thanksgiving Day 12:15pm - AA (LR, FD Wing)	Black Friday Building Closed	Building Closed
18	19	20	21	22	23	24
9:15am - World Religions (Em) 10:30am - Church Service 11:45pm - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Caring Committee lecture (Chapel) 12:30pm - Coming of Age (Bul) 1:30pm - Voice Lessons(Choir) 3pm - Vegan Dinner (Em) 7:30pm - AA (LR)	6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 1:30pm - Caring for One Another (Em) 6pm - Blue Min.Pottluck (LR) 7pm - Blue Min.(Reeb)	12:15pm - AA (LR, FD Wing) 7pm - Grief Support Group (LR)	Office Closed Thanksgiving Day 12:15pm - AA (LR, FD Wing)	Black Friday Building Closed	Building Closed
25	26	27	28	29	30	
9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - UUCA Book Club (DR) 7pm - Divine Grace (Chapel) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Min.Pottluck (LR) 7pm - Blue Min.(Reeb) 7pm - Resources Council (Em)	12:15pm - AA (LR, FD Wing) 7pm - Grief Support Group (LR)	12:15pm - AA (LR, FD Wing) 6pm - AA District Meeting (LR)		AA = Alcoholic Anonymous AE= Auction Event ACOA = Adult Children of Alcoholics Bul = Thomas Bulfinch Room Ch= Chapel DR= Dining Room Em = Emerson Room FD = Faith Development Wing LR = Living Room Reeb = Reeb Room * =tentative

Retired Old Men Eating Out (ROMEOs):
Thursday, November 1st at noon at
Buffalo Brew Pub.



Women's Lunch: Tuesday,
November 20 - 12:30 p.m. in
Emerson. Bring a lunch to enjoy time
chatting with your church friends.

Equal Exchange Chocolate, Coffee & Tea - November 11 @ 11:30 in the Emerson Room



In another step to "green" the lives of UUCA members & friends, Green Sanctuary is offering 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."

By purchasing these products, in place of their conventional counterparts, you will be supporting environmental sustainability, fair wages, local communities & workers, investments in local community building and biodiversity. It just tastes so much better and is healthier (well, at least less harmful) for you too! Equal Exchange products will be on sale the second Sunday of each month.

Haiti Dental Mission Presentation & Discussion

Saturday November 17th @ 7:00 pm

The Emerson Room

Unitarian Universalist Church of Amherst



Join the Social Justice committee to listen as our UU Member, Dr. Donald Tucker, gives a brief presentation on the Dental Mission to Haiti.

Each year a group of dedicated volunteers travel to the remote village of Coq Chante, Haiti to provide dentistry.

The village has 20,000 impoverished residents, with no running water, electricity or sanitation. And yet, they are a happy & proud culture.

Wine, Non-Alcoholic drinks and Appetizers & snacks will be provided.

Signup sheet at the front desk, or call Dian Tucker. RSVP to insure we have enough refreshments for all.

Voice and Viola: Chinese Cultural Exchange

On **November 11, 2018**, at noon after church, violist Leslie Bahler and poet Robert Giannetti will give a program based on his recent trip to China to participate in an international cultural exchange. The focus was on poetry and its role in promoting world peace and integrating poetry into China's rural revitalization efforts. The group consisted of poets from 14 countries and, besides readings, included tours of cultural sites. Giannetti's new book, *The Frontier*, the product of this trip, is the source of the readings to be given. This performance is free to all with good will offerings accepted.





BOARD NOTES

Dear members and friends,

As we successfully opened the Amherst Little Free Pantry under the leadership of Maria Ceraulo and her team last month, we actively reached out to the larger community, and will continue to offer sanctuary to those in need. Many have been engaged, and we hope these efforts will continue and spread.

Continuing in our Soul Matters thematic ministry, the month of November's theme is memory. Over the last couple of years, there has been much work accomplished by the keepers of our archives, Marge Marcille and Pam Kent, along with Jaime as administrator. This in effect has made them the keepers of our institutional memory. Thank you so much for all of your time and commitment. If anyone is interested in continuing in this valuable ministry, please reach out to Jaime, myself, or Rev. Michelle. We thank Pam and Marge for their time and service.

Our Strategic Plan created with the help of our Task Force and City of Light Consulting will be important in the continued ministry of our organization. Nikki graciously announced the plan's approval and summarized it at our Sunday Service on September 23rd. For those of you who would like a paper copy, please request one from the office. An electronic link will be provided in the What's up Wednesday email for the next few weeks. It will be imbedded in a Member's Only section on the website once password access has been created.

In order for the Board of Trustees to do our part in implementing the Strategic Plan, we must first understand what Policy Governance means, specifically in a mid sized congregation such as ours. We have agreed to use the second edition of Governance and Ministry: Rethinking Board Leadership by Daniel Hotchkiss as our common read in order for us to feel connected in our collective understanding moving forward.

With Memory as our focus this month, we should remind ourselves that even individual memory is too complex to fully understand. In the words of the Christian philosopher C.S Lewis, "Five senses, an incurably abstract intellect, a haphazardly elective memory; a set of preconceptions and assumptions so numerous that I can never examine more than a minority of them - never be conscious of them all. How much of total reality can such an apparatus let through?"

It is important for us to keep in mind as we collaborate that we will never remember perfectly on our own or together. That is ok as long as our actions are propelling us in our mission to foster love and compassion, and to seek wholeness. We know as Unitarian Universalists that the search is ongoing.

~Angela Warren on behalf of the BOT, Dave Kofke, Doreen Park, Randy Kent, Wendy Scott, Jim Hartz, and Scott Harrigan.



Welcome to our newest member, Andy Tucker. Please introduce yourself to Andy next time you see him!



AMHERST LITTLE FREE PANTRY UPDATE

The Pantry is a wooden cabinet on the UUCA front portico entrance stocked with donations of non-perishable food, toiletries, baby items, cleaning supplies and pet food. As you may know, this food pantry is very unusual because it is always open and all in need are welcome with none of the strict eligibility requirements which are typical of traditional food pantries. **Our motto is: Take What You Need Or Leave What You Can.**

Thanks to extensive media coverage and social media networking, within hours of our opening on Sunday, September 30, those in need were taking from the Pantry while other community members were making donations. The open Pantry concept is working exactly as we hoped it would. No one has wiped us out or taken everything from the Pantry all at once. In fact, quite the opposite has occurred. We put out two boxes of cereal or two boxes of pasta, for example, and someone takes one and leaves the other. We track as best we can what goes in and what goes out of the Pantry every day so we can determine the most popular items and try to restock them, depending on availability.

The response from both congregations and the community has been overwhelming. We heard from one woman on subsidized housing without a car who insisted her sister drive her to the Pantry on opening night to make a donation. An Amherst resident who saw the media coverage and came to the Pantry opening wants to get involved. We invited her to attend our next Pantry Committee meeting to see how she can help. This is how the neighbor helping neighbor concept of little free pantries across the country and around the world works.

We received five anonymous comments inside the Pantry from those in need, including one who said, "Thank you. This is amazing! Tough times right now, every little bit really helps." It was signed: Mom of 2. Another person thanked us and asked if there was any way we could help pets too. Thanks to donations from PetSmart and the SPCA we are stocking dog and cat food in the Pantry for pet owners in need. Two people simply wrote "Thank you" in large letters. The most recent comment was a thank you from a woman with a family of four, including 2 little boys. She said she was more comfortable at our Pantry and felt awkward at regular pantries. She was thrilled to find gluten free pasta at our Pantry because one of the boys has Celiac Disease.

While it is impossible to know the exact number of Pantry users, the church office has received over a dozen phone calls already, most from people wanting to know our location, hours or eligibility requirements. One woman left a message on the church voice mail thanking us for this wonderful community service.

As a result of extensive social media marketing, we were invited to participate in a large conference at the Buffalo Convention Center for those who are homeless or in danger of becoming homeless. This was a real eye opener. A Williamsville East graduate who had a major dispute with her landlord and lost her job at the same time so she became homeless. A man living in a homeless shelter who was thrilled he could get to the Pantry by bike. Another man who said he was ok until the third week of the month when his allotment ran low and he needed just a little help. A woman who just moved here from Boston and her Medicaid has not been transferred to her new address yet. Without that identification, she cannot use a traditional food pantry. An officer with the Erie County Sheriff's Office Department of Domestic Abuse who oversees the Northtowns and other suburbs. He constantly sees women in domestic abuse situations who are trying to save up money to leave their abuser and often go without food. He said he could send women to our Pantry. Even the social workers at the conference were surprised at the concept that our Pantry is always open and welcomes all in need. We saw firsthand that as good as traditional food pantries are, people in need can fall through the cracks. And that is exactly what the Amherst Little Free Pantry is all about. As a result of the conference, we will stock the Pantry with can openers and plastic spoons, items not always available to the homeless or those in need using our Pantry.

Thank you for your continued support. While any donation is always appreciated and can be put to good use, some items we can't stock fast enough. These items include laundry detergent, dish soap, bar soap, deodorant, toilet paper, toothbrushes and toothpaste. These are not always on people's radar screen for making a donation and are not covered by SNAP food stamps or stocked at other traditional food pantries. In terms of non-perishables, we especially need tuna fish, cereal, fruit cans or cups and kids lunch box size juice drinks and milk boxes.

To make a financial donation or to donate a grocery store gift card, please contact the church office at 634-3010 for more details.

If you are on Facebook, please like our Facebook page at Amherst Little Free Pantry. This is free, crucial social media publicity.

Thank you to the Pantry Committee, the Unitarian Universalist Church of Amherst (Congregation and Staff), Congregation Havurah, and the Network of Religious Communities for their support.

You should be proud of the Unitarian Universalist Church of Amherst for doing something about hunger in our community. For questions or comments, please contact Maria Ceraulo at amherstlittlefreepantry@uuamherst.org

--Submitted By Maria Ceraulo, UUCA



UUCA GET COOKIN'!

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

Chocolate Cloud Cake (flourless)

Adapted from original recipe by Richard Sax, food writer and cooking instructor.

The cake collapse every time—it's supposed to!—and leaves a sunken mouse-like center to be filled with whipped cream



For the cake

- 8 ounces best-quality bittersweet or semisweet chocolate, coarsely chopped
- 1 stick unsalted butter (4 oz), cut into pieces, softened
- 6 large eggs, 2 whole, 4 separated
- 1 cup sugar

- 2 tablespoons Cognac or Grand Marnier (optional)
- Grated zest of 1 orange, preferably organic (optional)

For the finishing touches

- 1 1/2 cups heavy cream, chilled
- 3 tablespoons confectioners' sugar
- 1 teaspoon vanilla extract

Unsweetened cocoa powder, for sprinkling



DIRECTIONS

Make the cake

1. Preheat the oven to 350°F (175°C). Line the bottom of an 8-inch springform pan with a round of wax paper. (Do not butter the pan or the paper, that's a definite no-no.)
2. Melt the chocolate in a bowl set over but not touching gently simmering water. Remove the bowl from the heat and whisk in the butter until it's melted. Set aside.
3. In another bowl, whisk the 2 whole eggs and the 4 egg yolks with 1/2 cup of the sugar just until blended. Slowly whisk in the warm chocolate mixture. Whisk in the Cognac or Grand Marnier and the orange zest, if using. In another bowl, with an electric mixer, beat the 4 egg whites until foamy. Gradually add the remaining 1/2 cup sugar and beat until the whites form soft peaks that hold their shape but aren't quite stiff. Gently, gently fold about 1/4 of the beaten egg whites into the chocolate mixture to lighten it, then gently fold in the remaining whites. Pour the batter into the pan and smooth the top.
4. Bake the cake until the top is puffed and cracked and the center is no longer wobbly, 35 to 40 minutes. Be careful not to overbake the cake.
5. Cool the cake in the pan on a wire rack. The center of the cake will sink as it cools, forming a sort of crater.
6. When ready to serve, whip the cream with the confectioners' sugar and vanilla until not quite stiff. Using a spatula, carefully fill the sunken center of the cake with the whipped cream, pushing the billowy cream gently all the way to the edges of the cake in decorative swoops and swirls. Sprinkle the top lightly with cocoa powder. Run the tip of a knife around the edge of the cake, carefully remove the side of the pan, and serve.



The Parliament of World Religions is happening in Toronto in early November!

Originally conceived and organized by some of our UU forebears in Chicago over a century ago, this quadrennial event aims to cultivate harmony among the world's religious and spiritual communities.

Rev. Michelle and Ministerial Intern Kristina Church plan to attend on Tuesday, November 6th. If any UUCA church members would like to join us, we have room in the car.

If you're interested in joining us for the day, please send a message to kristina@uuamherst.org.

GREEN SANCTUARY CORNER Green Sanctuary Upcoming Events: Everyone is invited!

Tuesday, November 6 - Movie: "Salt of the Earth" will be shown by Green Sanctuary and the Women's group

This is a biographical documentary of the life and work of photographer Sebastiao Salgado, who spent 40 years documenting societies hidden in corners of the world. The film illuminates how the environment and humans are exploited to maximize profit for the global economic market. The film does end on a hopeful note.



Wednesday, November 7 - No meeting today. See you Dec 5

Wednesday, December 5, 1:30 pm - meeting in the Emerson room

Monday, October 15 was the Interfaith Climate Justice Community (ICJC) meeting at St Joseph University Parish. Guest speaker was Rev. Mark Blue (President, NAACP Buffalo) along with Women League of Voters (Mike Eagen, Janet Lenichek, & Janet Goodsell) and the Youth and Climate Justice Campaign (WNYEA) with Birch Kinsey and Emily Dyett. Western New Yorkers, of all hues, ages and faiths coming together to work on climate justice.



At this year's World on Your Plate Food and Sustainable Living Conference panel discussion six panelists (Rahwa Ghirmatzion, PUSH Buffalo, Alexander Wright, African Heritage Co-op, Deidre EmEl, WNY Peace Center, Dennice Barr, Fruit belt Trust Fund, Agnes Williams, Indigenous Women's Initiatives, and Lynda Schneekloth, WNY Environmental Alliance) spoke to the issues they were involved with in Buffalo. Each of these panelists recognized the connection between the environmental devastation and direct harm to marginalized people - particularly people of color. When asked how she become involved with environmental justice, Jacqui Patterson, Director of the NAACP Environmental and Climate Justice Program replied that her work in the Peace Corps, volunteering in the aftermath of hurricane Katrina and other environmental disasters it became very clear that these events happened first and hit hardest in areas of poverty and people of color.

Why then aren't more Black people involved with the environmental movements? Alexander Wright answered - if there isn't enough food in your belly, or you're focused on not getting murdered, the global environment simply is not on your radar. Rahwa Ghirmatzion stated the importance of "...triaging where there is harm, AND looking upstream to fix the cause". The cause is not poverty, it is our affluent lifestyle, our system of doing business.

This goes back to UU summer camp at Oberlin where guest speaker, David Orr (Distinguished Professor of Environmental Studies and Politics, Oberlin College) said "...in all we do, first, we must do no harm". There is a tremendous amount of undoing that needs doing! Sarah van Gelder, in her 12,000 mile journey, while expressing the sentiment "we're screwed" saw a glimmer of hope if we all come together and make the changes necessary.

From the Interfaith Climate Justice Community (ICJC):

People of faith recognize that the Earth is a gift of creation, that *it is a stunning gift. It supports life...It is our Home. All faith traditions assert that the Earth is entrusted with our care (Green Faith).*

We also recognize that we are in the midst of a climate crisis that endangers the Earth and is already harming people across the globe with rising seas and severe weather. Deep in our hearts, we know we must come together and address this crisis or we endanger all beings across the planet. We are the generation that must act.

On November 6, 2018, as people of faith, we have the right and responsibility to vote for climate justice — to vote for life, for the people of this earth, for wisdom to take action, and for future generations. Martin Luther King Jr. reminded us over a half century ago the importance of voting:

So long as I do not firmly and irrevocably possess [and exercise] the right to vote I do not possess myself. I cannot make up my mind — it is made up for me. I cannot live as a democratic citizen observing the laws I have helped to enact — I can only submit to the edict of others. ~Martin Luther King

We encourage all of us to fulfill our civic and moral responsibility to vote to protect all people and this blessed planet. Moreover, we encourage each of us as a community, to encourage and enable members of our congregations to fulfill their obligations as citizens and people of faith.

Vote as if your life depended on it!

Will UUCA join other faith communities and sign on to the Interfaith Climate Justice Community?

Sunday Lecture Series: Upcoming Events

Sunday, November 18 at noon—Home Health Care Management: Enabling people to stay home safely. Guest speaker: Sarah Tykowski

Lately it seems everyone is quick to say to aging adults “it’s time - you have to go to assistant living” or some other type of facility. However, there are options to stay home - safely. Venture Forthe is one of several home health care management organizations whose goal is just that: keeping people home safely. People are happier in their own home. They are close to neighborhood friends. Mental acuity remains higher in a familiar environment.

Sarah Tykowski, Outreach Coordinator for Venture Forthe will speak to Venture Forthe’s service lines, including the TBI/NHTD waiver, consumer direct, structured day program, health home care management and behavioral services. Sarah has worked in community based therapy for 7 years. She received her Bachelors from SUNY Fredonia in 2008, with a Major in Public Relations and Minor in Journalism. Sarah attended UB for her Masters in Rehabilitation Counseling and has experience in vocational, substance abuse and mental health therapy.

Venture Forthe was started in 1997 when Founder and President, John Dzewit along with his wife Jean (Hogan), saw a tremendous need in the community for individuals who had sustained traumatic brain injuries (TBIs). Their belief that this group had the right to remain independent in the community aligned with The Home and Community Based Services Medicaid Waiver for Individuals with Traumatic Brain Injury. John and Jean's passion for the TBI Waiver created an opportunity to become a providing agency. Since then, the TBI Waiver has changed the lives of countless brain injury survivors. Offering home care and clinical services to the TBI population has helped them stay out of nursing homes and other skilled facilities.

The success of the TBI Waiver opened the door for another important community program, The Home and Community Based Services Medicaid Waiver for Nursing Home Transition and Diversion (NHTD). The Venture Forthe Founders felt equally passionate about this program and it's principles. The NHTD Waiver follows the TBI Waiver model, except it is aimed to assist individuals with disabilities and senior citizens who need help either leaving a nursing home (Transition) or remain in the community (Diversion).

Venture Forthe has proudly offered these services to the communities we serve for nearly 20 years. While we are still one of the largest providers of the TBI and NHTD Waivers, we have also been fortunate to expand by offering a variety of services; all of them with the intent to keep chronically or mentally ill, disabled, and elderly individuals in their homes and communities where they can achieve their maximum potential and independence.

Sunday, December 16 at noon—Healthcare for the Gay Community and Transgender Nuances. Guest Speaker: Rachel Parrino

Rachel Parrino (she/her) is Engagement & Education Specialist, Pride Center of WNY. Rachel will tailor today’s presentation to requests/needs of the audience. She will speak briefly or at length on specific health care needs, language - the new definitions, stereotypes, etc.

Born and raised in western NY, Rachel began her work with Having Empowered Leaders as Peers (HELP) in high school to help spread HIV awareness. While attending SUNY at Buffalo for her BA in Psychology, she became involved with the Lesbian, Gay, Bisexual, Transgender Alliance (LGBTQA), being voted onto the executive board and then as president for two years. While at UB she began educational programming and support groups and became a founding student representative of the Diversity Committee’s Gender and Sexual Orientation sub-committee. Rachel’s work at the Pride Center is now centered around LGBTQ cultural competency trainings and helping to design programming for the aging population. Outside of the center you can find her working behind the scenes with the Brazen-Faced Varlets, a local women’s theater company, or at the park with her springer doodle, Maggie.

The Pride Center of WNY offer LGBTQ Cultural Competency Trainings and presentations to businesses, academic organizations, government agencies, and organizations interested in having members of their staff trained on being sensitive to the thoughts, feelings, and experiences of their LGBTQ customers/clients/students and co-workers. The curriculum is tailored to meet the needs of those requesting the trainings. Topics that are addressed include the basics of appropriate language, definitions of terms, deconstruction of stereotypes, and more specialized issues, as needed. Cultural competency trainings benefit participants by providing concrete information, real-world examples, and exercises to enlighten participants in ways that lead to a more equal, affirming, and productive environment. This type of training helps to address considerations such as improving communication, creating safer space, developing tolerance, and enhancing learning and work environments.



YSAYE BARNWELL TO BE THEME SPEAKER FOR CER SUMMER INSTITUTE! The 40th anniversary of SI is already ramping up the awesomeness with the announcement of Ysaye Barnwell as the 2019 Theme Speaker. A former member of the vocal group Sweet Honey in the Rock, Barnwell is an energetic and beloved workshop leader in the UU community. She has a deep knowledge of the African-American vocal tradition, and of music’s power to connect, motivate, inspire, and teach. Come and share in the experience of building beloved community through a collective voicing of our shared joys, concerns, and humanity. Learn more at cersiuu.org.

Want to know what is happening in the Central East Region? Looking for information on workshops and offerings? There are several ways to keep in touch and know what’s happening. Visit the CER website at uua.org/cer. Subscribe to the Central East Newsletter at <https://uua874.activehosted.com/f/1210>, or follow us on Facebook (www.facebook.com/cerguua/) or Twitter @ceruua.



Create Justice – Not Walls: Class and Race in UU and US Settings

Saturday, November 10, 9:30-3:30 , Unitarian Universalist Church of Buffalo, 695 Elmwood Ave., Buffalo, NY 14222

Issues of race and class intersect here in Western New York, making this one of the most segregated areas in the country. In the spirit of beginning a process to become more inclusive, we are pleased to offer the following workshop.

How do class and classism, race and racism shape our lives, our social justice work, and our UU organizations? And how do we make changes toward becoming more inclusive? Through this workshop, we will:

- * Explore class and race in our lives and congregations.
- * Examine whether people from different classes and races experience our faith differently.
- * Look at ways to expand our welcome tent for wider participation and increase congregational membership.

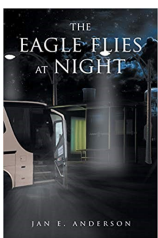
Suggested Donation: Sliding scale between \$20-\$45. (If you can afford more, please consider doing so; it allows others to participate!)

Deadline for requesting childcare is November 2.

Registration deadline is November 7.

Presented by UU Class Conversations

For more information go to our Facebook page <https://www.facebook.com/events/552451158536358/> or email



Anyone interested in a new book by a UU author (Jan Anderson, the UU Church of Belfast, Maine), can borrow my copy. The book is “The Eagle Flies at Night”. It tells the story of a spiritual community in Portland, Maine that struggles to deal with the trauma of refugees settled in their city. Although the main character is an Episcopal Priest, it is told from a UU perspective and there is also a UU minister among the characters.

~ Marge Marcille



Please continue to put pledge dates in your pledge check memo lines. This is Fiscal Year 2018-2019.

You can also make pledge payments online. 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. —Hella Jacob, Treasurer



Three Ways to Include UUCA Endowment in your Will

A gift through your will or trust is an ideal way to make UUCA a part of your legacy.

You can make:

A Gift of “What’s Left.” If you do not wish to specify the exact size of your charitable gift (often the size of a future estate is difficult to estimate), you might consider naming UUCA Endowment as a residual beneficiary of your estate. You may provide that all, a specific amount or a percentage of the remainder of your estate pass to UUCA Endowment after other specific bequests have been fulfilled.

A Specific Gift. A gift of a fixed dollar amount or specific property is the simplest. Securities, real estate and other personal property can all be given through a will.

A Memorial Gift. To honor a loved one, you can designate a gift of a specific amount, specific asset, percentage or remainder of your estate be given in their memory.

~The UUCA Endowment Trust: Dennis Bihl, Lauraine Marcus Marie Evans, Joe Rautenstrauch, Jerry Kent



Join Diane & Ron for a New Covenant Group - Even if You Can't Meet in Person All Year

We would like to form a new covenant group which will meet once a month to discuss the church theme of the month. The theme for November is Mystery. The covenant group session will consist of a reading, chalice lighting, check-in, questions for reflection, discussion, and chalice extinction. The purpose of the covenant groups within the church is to form closer, deeper connections with a small group within the church community.

This group will be a little different than the other existing covenant groups in that we will meet on-line through a program called Zoom, which the church just purchased. Ron & I are starting this because we will be away from mid-January through April and want to stay connected, but it may also be attractive to those who want to stay home and stay warm in the winter or to those who can't get out. All others are also welcome. We will have to experiment with this. Those of us who can will meet in person in Nov. & Dec. This meeting could also serve as a tutorial on using Zoom.

If you are interested, let Diane know. We would like to have our meetings on a second Mon., Tues., or Wed. evening at 7 PM, but we are open to other suggestions. Let us know what works for you. We look forward to this adventure!

~Diane Bofinger & Ron Palmere

When is it again?

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

Christmas is Coming!



Sunday, 12/23 **A Christmas Carol** – a multigenerational ‘readers’ theatre’ experience. Come and hear Unitarian Charles Dickens’ classic story brought to life.

See Rev. Michelle if you are interested in being one of the players!

All ages! (must be able to read aloud)



Monday, 12/24 **Christmas Eve**
4pm Family Service

10pm Candlelight service

Connecting with Guests

This came across the internet several months ago. I thought that this would be a good time to share these thought, since it is likely we will be seeing more new faces in the weeks ahead.

“...seven things we *should* say to guests:

“Thank you for being here.” It’s just that basic. I have heard from numerous church guests who returned because they were simply told “thank you.”

“Let me help you with that.” If you see someone struggling with umbrellas, young children, diaper bags, purses, and other items, a gesture to hold something for them is a huge positive. Of course, this comment is appropriate for member to member as well.

“Please take my seat.” I actually heard that comment twice in a church where I was speaking in the Nashville area. The first comment came from a member to a young family of five who were trying to find a place to sit together.

“Here is my email address. Please let me know if I can help in any way.” Of course, this comment must be used with discretion, but it can be a hugely positive message to a guest.

“Can I show you where you need to go?” Even in smaller churches, guests will not know where to find the nursery, restrooms, and small group meeting areas. You can usually tell when a guest does not know where he or she is to go.

“Let me introduce you to _____.” The return rate of guests is always higher if they meet other people. A church member may have the opportunity to introduce the guest to the pastor, other church staff, and other members of the church.

“Would you join us for lunch?” I saved this question for last for two reasons. First, the situation must obviously be appropriate before you offer the invitation. Second, I have seen this approach have the highest guest return rate of any one factor. What if your church members sought to invite different guests 6 to 12 times a year? The burden would not be great; but the impact would be huge.”

Other things to do include asking if they want a tour of the church, insuring they have a newsletter, reminding them about activities beyond Sunday service, and looking for them the following Sunday.

Thank you for making our guests feel welcomed. ~Lauraine Marcus for the Membership Committee.

CELEBRATE



The November **offsite Amherst Little Free Pantry meeting is on 11/11 at 1 pm** at Eastern Pearl Restaurant, 938 Maple Rd, Amherst. (near N Forest Rd). Even if you are not part of the official Pantry Committee, all who are interested are welcome to attend and celebrate with us. We will discuss our experience so far and plan for the future. If possible, please RSVP to Maria Ceraulo, but not necessary. We will be in a private room which holds 18! We welcome your company.



**Rev. Michelle's
Installation** as
settled minister
of UUCA on
Oct. 14th.

Thank you to
photographers
Ron Palmere
and Barry Kent



6320 Main Street
Williamsville, NY 14221
634-3010
www.uuamherst.org

