

Issue

October 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:

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Minister Emerita

Rev. Maureen Q. Thitchener

SUNDAY SERVICES IN OCTOBER AT 10:30am

The Soul Matters theme for this month is SANCTUARY, and we will spend some time digging into the question: *What does it mean to be people of sanctuary?* Seeking and providing sanctuary are two sides of a spinning coin; we are always flowing from one to the other. Whether we find resonance in the beauty of the Psalms, the Buddhist teachings of impermanence, the wonder and joy of Religious Naturalism, or the emerging secular church based in a Love Beyond Belief, all of us are welcome in this sanctuary of love and acceptance.

7

Seeking Sanctuary

Rev. Michelle Buhite

14

Providing Sanctuary

Rev. Michelle Buhite

21

Love Beyond Belief

Rev. Michelle Buhite

28

The Eve of Hallows

John T. Snodgrass, guest speaker

With Halloween approaching, we'll be looking at ancient traditions of staying in touch with deceased relatives and ancestors. Mexico's *Dia de Muertos* and Northern Europe's *Samhain* celebrations are both about bridging the gap between the living and the dead. And some elements of Pagan tradition are alive and well, when we dress our children for trick-or-treat.

Professor Snodgrass teaches Religious Studies at Buffalo State, and Native American Religions at Canisius college. He is the author of "Genesis and the Rise of Civilization," "Romancing the Minotaur: Sex and Sacrifice and some Greek Mythology," and other books. He has been a freelance Unitarian preacher for six years, and lives in Buffalo with his wife and their four children.

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



The big day is nearly here! At four o'clock in the afternoon of [Sunday, October 14th](#), we will ritually affirm our decision to journey together as church and minister. Unlike most Installation services, where the minister is brand-new and mostly unknown, we have three years of developmental ministry work under our belts. Starry-eyed hopefulness is tempered with a steady gaze into our future together.

This transition from contract ministry (with an expiration date) to settled ministry is an opportunity for us to expand our vision beyond the immediate and work purposefully toward becoming the people of faith that we aspire to be, and who the world needs us to be. In the words of our Puritan forebears: *Though our knowledge is incomplete, our truth partial and our love uneven, from our own experience and from the witness of our faith tradition, we believe that new light is ever waiting to break through individual hearts and minds to illumine the ways of humankind; that there is mutual strength in willing cooperation; and that the bonds of love keep open the gates of freedom. Therefore, we pledge to walk together in the ways of truth and affection, as best we know them now or may learn them in days to come, that we and our children may be fulfilled, and that we may speak to the world with words and actions of peace and goodwill.* (Alice Blair Wesley)

See you at church!
Rev. Michelle



Community Bonfire

Saturday, October 6th

5pm to 8pm

UUCA Nature Preserve

Connect with other area UUs and the larger community--both UUCA and UU Church of Buffalo congregations are invited as well as neighbors, family and friends. All are welcome!

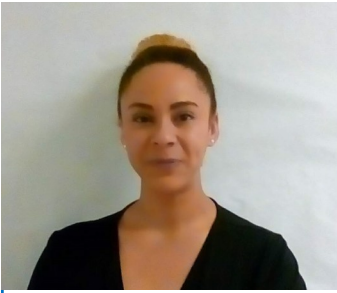
Smores and drumming will round out an evening of friendship.



Coming of Age Sleepover Event

Saturday, October 6th, 8pm to Sunday, October 7th

Participants in Coming of Age Program (grades 8-12) from both the UUCA and UUCB are invited. Permission slips available at UUCA in foyer or by contacting Faith



Faith Development News

"Does your home make you happy? This place, this sanctuary, that we call home should be a place that makes us feel joyful, safe, and at peace. Let your home be a place of beauty. Let it be that your home never makes you feel trapped, stressed, or drained. Having a place of sanctuary is very important for the mental well-being. No matter what happens in the outside world there needs to always be a place for you to balance out and recharge. Let your home be a sanctuary that gives you peace." - Avina Celeste

As we enter into the month of October, we begin to ask the question, "What does it mean to be a people of sanctuary?" Does your sanctuary involve the comfort of your own home, cuddled in a pile of blankets with the pages of a new book between your fingers? Or could your sanctuary be the laughter and conversation around the dinner table surrounded by family and friends? During this radiant month of October, in which we can open our eyes every morning and the landscape of our Mother Earth has gifted us with a shift into magnificent colors and crisp fragrances, I implore you to invoke your inner sense of sanctuary. Let us be grateful and at peace with one another in this place of worship that many of us call home. Let us instill hope, poetry, acknowledgement of differences, and the pursuit of justice into one another so we may carry our gratitude into the world. Let us help spread the sanctuary we have built to those who may not have that safe haven to which they can rely on. Let us transfer our sanctuary beyond these walls and help spread our message of love and light.

In the act of spreading sanctuary into our Faith Development program, this month we move towards permeating the message to our children, youth, and young adults, that here in this space we embolden them to embark on their own methods of molding the Unitarian Universalist Church of Amherst to their reflection of their individualistic place of sanctuary.

When I was three years old, my parents went on a journey to discover a community that would be accepting and open to different paths of life. At the time, we were considered an extremely non traditional family. My brother and I are both adopted and bi-racial, and my parents are two older white lesbian women. My Mama Kate is a "recovering Catholic", while my Mama Marilyn maintained a spiritual connection with the pagan faith, so where in the world could they even embark on a journey to find their own sanctuary for our mixed family? Luckily, they stumbled upon a strange church in the Elmwood Village called the Unitarian Universalist Church of Buffalo. A place where people of all creeds, races, ethnicities, sexual orientations, and gender identities could gather under a banner of seven principles that did not require a belief in a God, but a belief in the inherent worth and dignity of every person?! Their frank response was, "So what's the catch?" Well my friends, the catch was carry these principles outside of this sanctuary and apply it to the world around you. And that my parents did. And it is how I continue to honor the label of being a lifelong Unitarian Universalist.

In the month of September, the Crossing Paths class commenced their exploration of religious practices with Unitarian Universalism. My heart was filled with joy to watch this group of young Unitarian Universalists enter the space that I will always call my personal sanctuary. To behold the growth and independence through the eyes of the future generation of Unitarian Universalists is a wonderment that we, as their congregation and spiritual home should promote and invigorate. So this month let us accept the challenge to help build friendship, encourage independence, and promote laughter for our youth, so in a decade they will look fondly upon this space that they can call their home and sanctuary.

With peace, love, and light:

Zoe Bell-Schwede, Director of Faith Development



The Installation of Rev. Michelle M. Buhite

**Save the date: October 14, 2018 at 4:00 PM
in the Chapel of the Unitarian Universalist Church of Amherst**

Many hands will be needed. If you would like to play a role in creating this memorable event, please contact: Karen Kuhn or Barbara Kent

We will need:

- * For the day of the event: ushers, greeters, ministerial greeters, kitchen help, clean-up crew, videographer and event photographer.
- * On Friday, **October 12th @ 3:00:** some cooking and food preparation
- * On Saturday **October 13th @ 4:30:** continue food prep
- * On Sunday, **October 14th @ 1:00:** people to help move furniture, set up chapel (signs for reserved seating etc.)
- * We will need members to bring sweet or savory treats for the event. To make this go as designed, we need to know ahead of time what you be bringing and the recipe. The recipe for food safety and to share. Please let us know as above by 10/7/18
- * We need two people to collect donations for all Sundays through October 14th for the congregations' gift to Rev. Michelle to welcome her as our settled minister.
- * ***Some members have been asked to participate in the service.

Everyone is welcome to contribute their time, talent and care in creating this wonderful event. Please let us know how you would enjoy being involved.

Thank You

Thanks to all in the Tuesday woman's group who brought school supplies for the Buffalo "teachers closet" and Jericho Road. North Presbyterian, who headed the effort, was very happy with our additions to their collections.
~Ellen Doyno



VOICE Buffalo Pecan sale: . \$11/bag. Order through Pat Burke or Margot Shoemaker by Oct. 7th.

VOICE Buffalo Meeting: Oct 25, at the Elim Christian Fellowship, 7PM. The UUCA Social Justice Committee is planning a light supper at church and carpool to the meeting. Please call Pat Burke or Margot Shoemaker for more details.



IT'S THAT TIME AGAIN! THE FALL AUCTION!



[This Photo](#) by Unknown

SUNDAY, November 4, 2018 at 12 noon

EVERYONE IS INVITED!!

\$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

OFFERS NEEDED: Offers of special dinners, theme parties, holiday parties, workshops, presentations, cooking classes, services, travelogues, computer help, movie and gift certificates, outdoor activities, board games, gift baskets, and more. Gatherings can be elaborate as a party in the Emerson Room or as simple as wine, hors d'oeuvres & conversation in your living room. Think about using businesses that already have classes or service groups and events already in place such as theatres, concert tickets, wine tours or sports events. Department store or mall gift certificates are a good idea. If you have a talent or skill, please share it with us. Many events can be held at the church property or in our nature conservancy "backyard"

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

Please start thinking about ways you can participate.

DEADLINE FOR OFFERS IS SUNDAY, OCTOBER 21ST

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 end 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: _____

Describe your Offer:

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

**Please give completed form to Marge Marcille or Carol Joyce or place it in the Auction mailbox (#50)
Questions or suggestions, Contact Marge Marcille or Carol Joyce**

Offers also accepted online <http://www.uuamherst.org/auction-offers-and-volunteers/>

GREEN SANCTUARY CORNER

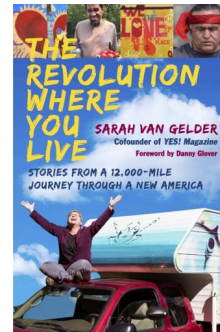
Green Sanctuary Upcoming Events: Everyone & friends are invited!

Monday, October 1 @ 7:00 p.m. Book review & discussion (with dessert & coffee!)

The “*Revolution where you live*” by Sarah Van Gelder

The following is excerpted from <https://edgeofchangeroadtrip.wordpress.com/about-sarahvangelder/>

“*The Revolution Where You Lives* tells the story of Sarah’s solo road trip around the United States, seeking out the people who are making change happen — change that is deep enough to transform the crises of our time into opportunities for new ways of life that are more sustainable and just.



The book traces her journey in an old pickup truck and tiny camper though 12,000 miles and 18 states. From the ranches of Montana to the Native reservations of North Dakota, from the urban cores of Chicago and Detroit to the coalfields of Kentucky, she met and interviewed people who are ordinary and extraordinary—people who stopped a giant coal mine, brought urban farming into the heart of Chicago, worked to move Greensboro’s beyond its legacy of racism, and are bringing about a cooperative renaissance.

Her conclusion: The connection to one another and to the natural world is where we find our power — and our best hopes for change.”

“Sarah van Gelder is a founder of a new nonprofit start-up, PeoplesHub, which offers live, online training to local groups around the country who want to make change where they live. Sarah is YES! Magazine Co-Founder and Columnist, public speaker, and author. Her latest book, “The Revolution Where You Live: Stories from a 12,000 Mile Journey Through a New America” uncovers the “real” revolution across America. Sarah documents local, under the mass media’s radar, solutions & creative efforts to the challenges of climate change, social injustice, racist violence and economic insecurity.”

We hope you will read the book and join us in the discussion! The book is available from Amazon. (Remember—shop at smile.amazon.com and put UUCA Endowment trust as your selected charity!)

Sarah will be in Buffalo - at Daemen College October 5 & 6 - see below.

Wednesday, October 3 - No meeting today. See you Dec. 5th

Friday & Saturday October 5 & 6 -World on Your Plate Food & Sustainable Living Conference; Daemen College, Wick Student Center.

Featured speakers: Sarah Van Gelder (see above) and Jacqui Patterson, director of the NAACP Environmental and Climate Justice Program. For more information see www.worldonyourplate.org.



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



Adult Faith Development

Women's Afternoon Study Group-Tuesday, October 2nd at 1:30 in the Living Room. School having just begun for the year, we will talk about influences on the education system in the United States, particularly the effect of Betsy DeVos and the Koch brothers. There will also be a rebuttal from a teacher's union publication as to the importance of public education.

Thursday Night Book Club: Thursday, October 4th– 7pm in the Living Room. We are still deciding on a new book— all are welcome to bring a book to discuss. Contact Chris Barry with questions.

Poetry as Practice: Sunday October 7th at noon in Reeb Room. Virginia Snider will be sharing poems by Williams Woodsworth. Come Join us!

Current Events Discussion and Lunch: Tuesday, October 9th - 12:30 p.m. - In addition to our regular current events discussion, we will be visited by Karen McMahon, a candidate for State Assembly representing Amherst, Williamsville and Pendleton. Many of us would be her constituents. She will talk about her reasons for running and answer whatever questions you may have.

Women's Afternoon Study Group-Tuesday, October 23rd at 1:30 in the Living Room. Marie Evans will be with us to comment on the article about price work from the Christian Science Monitor weekly entitled : "Why a tough job is getting tougher." The Monitor spent six months interviewing nine police officers about a job under intense scrutiny.

Women's Afternoon Study Group-Tuesday, October 30th at 1:30 in the Living Room. On a light-hearted note, we will read the very short article from the Atlantic March 2018 entitled "Funny How? An Anatomy of Cracking up." There may also be insights from Dacher Keltner's book "Born to Be Good." (yes, it's true! and a very UU viewpoint!)

Sunday Young Adult Meet up: Sundays at 11:45 AM - meet in the Emerson Room for snacks & fellowship (look for the sign, "Young Adult Meet-Up"). 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, at youngadults@uuamherst.org



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!

- | | |
|-------|---|
| 10/7 | Hinduism: Foundational Texts & Teachings |
| 10/14 | Hindu Gods and Devotional Practices |
| 10/21 | Gita to Gandhi: Yogis & Modern Hinduism |
| 10/28 | Discussion: Hinduism (no video this week) |



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

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Evacuation Drill Youth Overnight (FD wing) 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Equal Exchange coffee 1pm - set up for installation 1:30pm - Voice Lessons(Choir (Em)) 4pm - Rev. Michelle Installation (Chapel& Em) 7:30pm - AA (LR)	1 6pm - AA (LR) 7pm - Green Sanctuary Book (Em) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Chapel) Columbus Day (regional holiday) 6pm - AA (LR) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR) 1pm - Penelope's Place (Nature Preserve) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	2 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb) 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events Lunch (Em) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb) 7pm - Board of Trustees Meeting (Em)	3 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - AA Planning Meeting* (LR) 7pm - Santosha Holistic Center (Chapel) 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - Havurah In. with Guest (Chapel&Em) 7pm - Membership Meeting (Reeb/LR)	4 12pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15pm - AA (LR, FD Wing) 7pm - Thursday Night Book Club (LR)	5 5pm - World on Your Plate (Daemon College) 7pm - Cocktails and Conversation (offsite) 9am - Meeting for Meditation (Bul) 6pm - Fall Bonfire (FD) 8pm - Youth Overnight (FD wing)	6 Kitchen Cleaning 8:30am - World on Your Plate (Daemon College) 9am - Meeting for Meditation (Bul) 6pm - Fall Bonfire (FD) 8pm - Youth Overnight (FD wing)
7 Evacuation Drill Youth Overnight (FD wing) 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Equal Exchange coffee 1pm - set up for installation 1:30pm - Voice Lessons(Choir (Em)) 4pm - Rev. Michelle Installation (Chapel& Em) 7:30pm - AA (LR)	8 Columbus Day (regional holiday) 6pm - AA (LR) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR) 1pm - Penelope's Place (Nature Preserve) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	9 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events Lunch (Em) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb) 7pm - Board of Trustees Meeting (Em)	10 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - AA Planning Meeting* (LR) 7pm - Santosha Holistic Center (Chapel) 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - Havurah In. with Guest (Chapel&Em) 7pm - Membership Meeting (Reeb/LR)	11 12:15pm - AA (LR, FD Wing)	12 9am - Kitchen and Emerson -set 4pm - Wedding rehearsal	13 9am - Meeting for Meditation (Bul) 10:30am - Nominating Committee (Reeb) 1pm - Collins Wedding (Chapel) 4pm - Set up for Installation 6pm - Buffalo Belles (LR)
14 Rev. Michelle Installation 8:30am - FD Facilitator Meeting 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Equal Exchange coffee 1pm - set up for installation 1:30pm - Voice Lessons(Choir (Em)) 4pm - Rev. Michelle Installation (Chapel& Em) 7:30pm - AA (LR)	15 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder (Em)	16 Deadline for Newsletter 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch (Em) 1:30pm - Caring for One Another (Em) 5:30pm - Endowment Trust (Bul) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb)	17 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - Social Justice (DR)	18 12:15pm - AA (LR, FD Wing) 6pm - set up for panel discussion 7pm - Intolerance and Hate Panel Discussion (Em & chapel)	19 2pm - set up for natural walking	20 9am - Meeting for Meditation (Bul) 9am - Memorial Service (Chapel&Em) 9am - Natural Walking (Channing)
21 8:30am - FD Committee (Bul) 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - Disaster Preparedness (Chapel) 2pm: Fall Festival and Pumpkin Carving (Em) 2pm - UUCA Theatre Lovers (offsite) 7:30pm - AA (LR)	22 6pm - AA (LR) 7:30pm - ACOA (LR)	23 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb)	24 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD) 7pm - Grief Support Group (Reeb) 7pm - Snowbirds (Em)	25 12:15pm - AA (LR, FD Wing) 4:30pm - Social Justice (Em) 6pm - AA District Meeting (LR) 6pm - VOICE Buffalo Meeting @	26 9am - Meeting for Meditation (Bul) 10am - Hearts and Hands (Em) 3pm - Coming of Age Event (FD) Halloween Dance at UUCC Carpool from UUCA at 3pm	27 9am - Meeting for Meditation (Bul) 10am - Hearts and Hands (Em) 3pm - Coming of Age Event (FD) Halloween Dance at UUCC Carpool from UUCA at 3pm
28 9:15am - World Religions (Em) 10:30am - Church Service 11:45am - Young Adult Meet-Up (Em/Whitney/Young) 12pm - UUCA Book Club (DR) 1:30pm - Voice Lessons(Choir (Chapel)) 7pm - Divine Grace (Chapel) 7:30pm - AA (LR)	29 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	30 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn. Potluck (LR) 7pm - Blue Mtn. (Reeb)	31 Halloween 12:15pm - AA (LR, FD Wing) 6:30pm - John Newman Mission* (FD)	1	AA = Alcoholic Anonymous AE= Auction Event ACOA = Adult Children of Alcoholics Bul = Thomas Buffinch Room Ch= Chapel DR = Dining Room Em = Emerson Room FD = Faith Development Wing LR = Living Room Reeb = Reeb room * =tentative	3



Fall Festival and Pumpkin Carving

Sunday, October 21st at 2pm,
(after Disaster Preparedness Workshop)
Sponsored by Faith Development
Contact Angela Warren or Zoë Bell-Schwede with questions.



Retired Old Men Eating Out (ROMEOs):

Thursday, October 4th at noon at Buffalo Brew Pub.

Women's Lunch

Tuesday, October 16th - 12:30 p.m. in Emerson. No agenda—just laughing and chatting. Bring a lunch from home.



Equal Exchange Chocolate, Coffee & Tea - October 14 @ 11:30 in the Emerson Room

By purchasing these products, in place of their conventional counterparts, you will be supporting environmental sustainability, fair wages, local communities & workers, investments in local community building, biodiversity and it just tastes so much better and is healthier for you too!

Equal Exchange products will be on sale the second Sunday of each month.



UUCA Book Club

We've chosen a common read for October - **LINCOLN IN THE BARDO** by George Saunders. We'll meet at noon on **Sunday, October 28**, in the church Dining Room for discussion.

~Marie Evans and Grace Little

UUCA Theater Lovers

Jewish Repertory Theatre's season begins October 4. The first production of the season is **THE STRUDEL LADY**, written by Shirl Solomon, directed by Saul Elkin - a musical starring some well-known local actors: Lisa Ludwig, Tom Makar, David Marciniak, and Mary Kate O'Connell!



The Strudel Lady is a humorous tale of a Jewish woman who takes control of her life when she's rejected by her husband and children. The musical comedy-drama tells the story of Chava, a dutiful wife whose journey to self-discovery redefines her long-held ideas about love, marriage, Jewish traditions and the power of a good strudel.

Discount ticket order forms are available at the bottom left corner of the Church Life bulletin board, in the foyer outside the Emerson Room. They're available for any weekend performance (Oct 4-28), not just one our group attends - \$25 each; box office price is \$38. Payment for tickets must be received by Sophia Veffler at least 8 days prior to the performance.

Our group outing will be Sunday, October 21. We'll meet at the JCC to attend the performance at 2 pm (general admission seating), then go to Lebro's Restaurant for dinner together afterward. Order your tickets by mail from Sophia (*payment due before October 6*), and *let me know by noon on Friday, October 19*, if you'd like to be included in the dinner reservation. JRT performs at the Jewish Community Center, Benderson Building, 2640 North Forest Road, Getzville 14068. Lebro's is at 330 Campbell Blvd, between Dodge Road and I 990 overpass, next to Getzville Fire Company.

~ Marie Evans



BOARD NOTES

Dear members and friends,

We spent September in a welcoming visionary mode, signing up for programming in Faith Development, forming Covenant Groups, rebooting our Council System, and learning how our newly adopted Strategic Plan will guide us and help us grow.

As we continue the harvest season and welcome Autumn's colorful splendor, it seems a perfect time to consider the Soul Matters theme of Sanctuary. As the days get shorter and cooler, we settle in to our new routines. We allow ourselves time to connect and belong with other beloved community members in our new endeavors to go deeper. To trust and respect more. To pay better attention. To "sanctify" our relationships with each other.

Our UUCA mission is "To challenge ourselves and the community to foster more compassion and justice in the world," and this challenge begins with compassion for one another. Since becoming board chair I have been interrupted more often when in conversation at coffee hour. The times it has happened recently involved urgency to meet a new person. While I understand the importance of welcoming others, I also want to remind us that we need to hold onto and respect the members who already belong.

Justice in continuing relationships means understanding one another as whole people. Considering both our talents and shortcomings. Respecting boundaries. Keeping anonymity. Not talking over. Listening instead of formulating when another is speaking. Restorative Justice in our churches and in the larger community will continue to teach these practices, and I hope many of you will choose to learn about it, even if missed the Central East Event at UUCA on September 29th.

Creating Sanctuary is also about physical space, and I would like to thank all those who participated in our Grounds "Work Party" on Sept. 22nd. Thanks to Betty and Jack Howell, Bob Wack, Diane, Don, and Andy Tucker, Dave, Jonathon, and Julia LoTempio, and Ron Palmere. What a great turnout!

Thanks as well to all those who planned and helped out with our welcome back picnic.

Some of our long term volunteers are moving on to other things. Thank you to Eveline Hartz for serving as our Parish nurse and co-chair of the Caring for One Another Committee. Thank you to Marge Marcille and Pam Kent for working so diligently on our archives. Thanks to Dave Stroud for his work as Treasurer over the past four years. Bless you all in your other endeavors.

Hella Jacob will be our new Treasurer starting October 1st. Thank you Hella.

Peace to all. Let Autumn inspire us to create Sanctuary for all of our beloved community.
~Angela

Angela Warren, Chair of the Board of Trustees
David Kofke, Wendy Scott, Randy Kent, Scott Harrigan, Jim Hartz, and Doreen Park



Where do we go from here?

When we started the process of strategic planning, we had some pretty urgent questions in mind. Questions about our building and grounds, our future serving young families and about helping all members and the community.

Questions like these can cause some really strong feelings. Maybe you've experienced things like anxiety, anger, hopelessness, or sadness, as you've considered the future of our church. But the amazing thing about strategic planning is that it can help us find something remarkable: HOPE.

As an organizational development consultant, my job is to help assess the problem and recommend solutions. As a planner, I do a lot of listening and learning. I review budgets and attendance numbers, I survey as broadly as possible, and I talk to you. I also take a deep look at our community.

A community in decline can expect it's church to decline as well. But Amherst welcomes 47.22 residents a month. And those residents share our values-- they are largely people with similar backgrounds to all of us, and they tend to espouse liberal values, based on Census data and voting registration numbers.

So what exactly is causing us to shrink while Amherst booms? And how do we change it? Our plan has a few big ideas:

- We should be designing programs that respond to our community's needs, this starts with intensive listening.
- We should be communicating who we are and what we offer broadly, not just to our base.
- We may need to do a bit of work to become friendly to seekers and newbies.
- We need a leadership structure that shares responsibility and prevents burnout.

Without this infusion of resources and fresh perspective, we will continue with over tapped resources: exhausted volunteers and barely balanced budgets.

But more importantly, in this political and social environment, how dare we do less than invite our whole community into a safe space for growth and healing?

~Nikki Hitchcock for the Strategic Planning Committee



In larger UU community news, we can have up to six delegates (members in good standing) attend the **New York State Convention of Universalists meeting** and conference on **October 19 and 20** at the First Unitarian Universalist Society of Syracuse.

The keynote speaker will be Dr. Gretchen Sorin, whose research is the subject of the Ric Burns documentary "Driving While Black."

Please let Angela Warren know if you would like to represent UUCA.



Little Free Pantry

On **Sunday, September 30** we will put the finishing touches on the Little Free Pantry and make it ready for distribution of non-perishable food (no glass containers) and other goods. This is the culmination of over a year of planning to help combat hunger in the Amherst area, and the beginning of an exciting, interactive ministry of UUCA and partner groups.

9:15am: Pantry Stocking as part of 5th Sunday social justice hour

10:30am: Sunday Service with special guest from UUA Central Region, Rev. Renee Ruchotze

11:30am: Grand Opening of the Pantry followed by cake in Emerson Room

All are invited! Bring your family and Friends!

Thanks go to our committee leader Maria Ceraulo, Congregation Havurah and the Network of Religious Communities (NRC) for making this project come alive.

Many Thanks also to everyone who has volunteered their time or made donations to the pantry. Volunteers to check items and restock pantry are still welcome—contact Maria Ceraulo.

All donations can be left in the cabinets in the first coat room.

Like us on Facebook: Amherst little free pantry

Questions? Email amherstlittlefreepantry@uuamherst.org



Thanks to all who have taken the time to make me feel so very welcome here at the Unitarian Universalist Church of Amherst! I am settling into my office in the Clara Barton room, and getting acclimated to the rhythm of congregational life here. Please feel free to stop in and say hello whenever you are in the building!

Despite my name, I grew up as an “unchurched” person, so it's a growing skill for me to find and nurture spirituality in my daily life. I've been thinking about spiritual practices that we can engage with throughout the busy week, allowing us to bring the soul of our Unitarian Universalist faith into our daily lives, beyond the few hours a week we spend at church.

Betwixt raising my seven-year-old son, working at my internship, and managing my seminary courses, there isn't much time left over! Maybe some of you are squeezed in the same way, while others may be looking to find more meaning and structure for the daily routine. All of us can benefit from finding those rituals that we are already practicing, and learning to be more intentional and awake as we engage in them.

I have found that saying or thinking to myself, “*This is the day that I have been given: let me rejoice in it and be glad*”, as I take that first sip of morning coffee, anchors me to a feeling of gratitude for my life, and gets the day off to a good start. It doesn't take any extra time, and it doesn't require any particular theological orientation, but it gives me a big benefit of joy and awareness each morning.

I plan to explore the world of simple, reality-based spiritual practices as I continue my seminary journey with all of you. I'm interested to hear your ideas as well. What are your favorite ways to feel more alive and more awake as you move through your day? I'll be sharing some of my ideas, and some written resources as well, but I'll also hope to learn more from you as our time together unfolds!

~Kristina Church

Sunday Lecture Series: Upcoming Events

Sunday, October 21st at noon Disaster Preparedness Workshop

Guest Speaker: amos acre from Parish Nurses

Amos is an ordained minister as well as a Registered Nurse. He will be discussing ways to prepare for both natural and man-caused disasters.

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.

Sunday, December 16 at noon Healthcare for the Gay Community and Transgender Nuances.

Guest Speaker: Rachel Parrino, Pride Center of Western New York



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Become a Hearts and Hands Volunteer

From the Hearts and Hands brochure:

"We do volunteering differently!

Set your own schedule. Accept only the assignments which fit your schedule and interests.

Whether you have five minutes a week...an hour a day...an hour a month.. even if you're only available part of the year...you can help!"

Our church aspires to be a Faith In Action community. Please consider being a volunteer with Hearts and Hands. If you complete the training to become a volunteer, you will only volunteer when you want. It can be very rewarding.

There will be **training on Saturday, Oct. 27th, at 10:00am in the Emerson room**. The training lasts one and a half hours.

If you are interested and/or have any questions please contact Ron Palmere .



UUCA GET COOKIN'!

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

CURIED YELLOW SQUASH AND ZUCCHINI SOUP

By Hurd Orchards



- 1 cup chopped onion
- 1 medium yellow or orange pepper, minced
- 2 Tbsp chopped ginger
- 1 Tbsp chopped garlic
- 2 tsp curry powder
- 10 cups chopped yellow squash
- 3 cups chicken stock
- 4 diced zucchini, sautéed
- 1-14 oz can coconut milk
- Juice from 1 lime



In medium kettle sauté onion, garlic, pepper and ginger in oil with curry powder. Season with salt and pepper. Add squash and continue to stir. Add stock, reduce heat and simmer for 12-15 minutes. Stir in coconut milk and purée with immersion blender. Add sautéed zucchini and lime juice. Add more curry powder if needed. Serve hot, tepid or cold with a dollop of sour cream if desired.

This is yummy, has no dairy products so it stores well and can be cut in half easily.

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

No wheat here, gluten free folk can eat it as is. Exchange chicken stock with vegetable stock and the vegetarian/vegan crowd is good as well! Enjoy :)

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 palmere1@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.

Faith Community Nurse Column

Eveline Hartz, RN



Our daughter was having the family over for dinner and I was allocated to make dessert. It was a sweet dessert with lots of fruit to be embellished with whipped cream. You may have noticed that the heavy cream today simply does not create the same whipped cream of yesteryears. Once upon a time we owned part of a Jersey cow (which part exactly? my young daughters wanted know) which produced one gallon of fresh whole raw milk expressly for us each week. It was delicious! The cream skimmed off the top whipped up beautifully. The only concern was whipping it a bit too long, in which case we then had butter - excellent in the cake, but not so much on top of the cake. We no longer drink as much milk or cream and sold our share back to the farmer.

The cream (& milk) bought in the store today is not just pasteurized but ultra-pasteurized. Not only is it ultra-pasteurized but manufacturers find a need to add up to 5 or more additional ingredients. These include any of the following: Carrageenan, Mono-Di glycerides, milk (to the cream), Disodium phosphate, Sodium Citrate, magnesium Oxide, Polysorbate 80, Gellan Gum, sodium alginate, and Disodium citrate. No wonder it doesn't whip up like it used to.

These ingredients are all about shelf life and stability. None are of any benefit to you, at best they cause no harm and at worst..., the corporate world will never tell. As long as there is no (documentable) acute severe untoward effect there is no reason for them to tell. It remains all about the bottom line. If you have concerns about your health or the health of your family - read the labels and purchase accordingly! Luckily there was still one brand that was just pasteurized and contained no added ingredients. It wasn't an organic brand but it will do for the few times we use cream.

On another note, this page is saying adieu for now. I have resigned from the Health Ministry and Caring Committee (not UUCA). It has been a joy to work with you these past years and I look forward to our continued friendship, however, it will not be as your Faith Community Nurse.

In peace and friendship,

Eveline

“Like a comet pulled from orbit,
As it passes a sun.
Like a stream that meets a boulder,
Halfway through the wood.
Who can say if I've been changed for the better?
But because I knew you,
I have been changed for good

It well may be,
That we will never meet again,
In this lifetime.
So let me say before we part,
So much of me,
Is made of what I learned from you.
You'll be with me,
Like a handprint on my heart.
And now whatever way our stories end,
I know you have re-written mine,
By being my friend...

Like a ship blown from its mooring,
By a wind off the sea.
Like a seed dropped by a sky bird,
In a distant wood.
Who can say if I've been changed for the better?
But because I knew you,
Because I knew you,
I have been changed for good.”

Stephen Schwartz, Wicked: The Complete Book and Lyrics of the Broadway Musical



U.U.-U.N. NEWS

2018 UNITED NATION'S DAY MESSAGE
October 24 is United Nations Day; that is because the U.N. Charter was adopted on that day in 1945 in San Francisco, California.

United Nations Headquarters in New York City was not finished until 1952. 2018 is the seventy-third anniversary of the U.N. U.S. President Frank Delano Roosevelt, America's 32nd President, is considered to be "the father of the United Nations". Every year, U.N. Day is celebrated at U.N. Headquarters in New York City and throughout the world. The United States of America should also participate in the celebration by dismantling its global empire and global military machine and by thoroughly making the United Nations the focal point of its foreign policies.

What are the purposes of the United Nations? The main purposes are to save succeeding generations from the scourge of war, to reaffirm faith in fundamental human rights, to recognize the dignity and worth of the human person, to acknowledge the equal rights of men and women and nations large and small, to encourage respect for international law, to promote better standards of life in larger freedom and to maintain international peace and security.

The United Nations is a noble, humanitarian experiment. Despite all the criticism of the organization, the U.N has been a relative success. It has prevented another world war, promoted social progress, and is in the process of realizing its purposes, principles and reforming itself.

Why is the actual United Nations so different for the U.N. Charter itself? This is a difficult question to answer. Almost all 193 U.N. Member states do not want to subordinate their sovereignty to the U.N. Consequently, the five permanent member of the U.N. Security Council do not want to elect a first-rate U.N. Secretary-General committed to realizing and strengthening the U.N. Charter. Also, the U.N. is a complex bureaucracy and its international civil service and peacekeepers have many inadequacies. There are also many other problems and dilemmas hampering the United Nations.

All this must change. To realize the U.N. Charter, the United Nations must possess the power to eliminate the scourge of war and promote human rights. To accomplish this, the U.N. must create its own effective system of collective security and a better means for promoting human rights. At the present time, universal and complete disarmament and world peace under U.N auspices are unfulfilled dreams.

Nevertheless, on United Nations Day (24 October), all 193 U.N. Member states and all people should resolve to translate the U.N. Charter into reality in our own troubled, interdependent world. The future of humanity depends on an effective United Nations and its ability to maintain international peace and security. The time to make this happen is now; otherwise, the future of humanity is bleak, indeed.

~David Slive, UN Envoy



UUCA

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we are a welcoming community

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