

Issue

September 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

Director of Faith Development

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

Music Director

Fran Landis.....

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 SEPTEMBER AT 10:30am

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

2 *Honesty is the Best Policy: The Ethics of Virtue*
Marlana Rice

9 *Becoming People of Vision*
Rev. Michelle Buhite

This is our annual Ingathering, where we bring water from our summer journeys to mingle together as we begin the new church year. Whether your journeys took you to physical locations or were journeys of the heart, we will re-form this beloved community, together. (A pitcher of water to represent all of our journeys will be available!)

16 *Do You See What I See?*
Rev. Michelle Buhite

Have you ever wondered about the view from the pulpit? Ever notice how we can look at the same things and see something completely different? Today we'll take off the blinders and gain some perspective.

23 *Focus on the Future*
Rev. Michelle Buhite

With a sparkly new strategic plan to guide our steps, we'll shift our gaze from the glories of the past to the promise of our future together.

30 *From Grass Roots to Fungal Networks*
Rev. Renee Ruchotze

Using what she learned on her sabbatical about Permaculture, our UUA Primary Contact will share her insights about how lessons from nature can inform how we can live out our vision of Beloved Community.

MINISTER'S CORNER



I love September with its softly angling sun, cooler evenings, and the store aisles filled with school supplies and other back-to-school stuff! The church year echoes the academic year, so this is also our time for new energy, new programs, and reuniting with old friends and welcoming new ones. You'll want to read every word of this newsletter to catch up on all the news and start filling your calendar with church activities.

We are so glad to welcome our new Director of Faith Development, Zoë Bell-Schwede! We are grateful to our interim director, Karen LoBracco, for preparing us to begin this new chapter. I want you to practice saying "YES" each morning as you awake, so you'll be ready when Zoë invites you to be part of new initiatives in Faith Development!

We are also welcoming a new ministerial intern, Kristina Church. Kristina is a student at Meadville Lombard Theological School and will be with us for two years, during which time she will gain experience in the various areas of ministry in a parish setting. Be sure to introduce yourself to her and make her feel at home. Both Zoë and Kristina come to us from the downtown UU church, where they've been very active!

Finally, this year we will be participating in thematic ministry known as Soul Matters. Many UU congregations (including our cousins in Rochester) follow Soul Matters, which offers thematic support for worship, faith development, and small group ministry. You can read more about all of those areas throughout this newsletter.

See you at church! Bring a friend!
Rev. Michelle

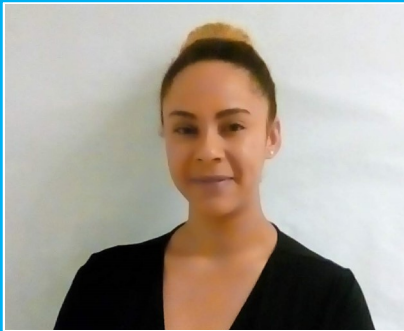


Welcome Back Picnic

Sunday September 16th

11:30 - 2:00 pm

Bring a salad or side dish or dessert to share
Meats, Veggie Burgers and Beverages Provided



Faith Development News

Zoë Bell-Schwede, Director of Faith Development

Hi! Thank you to everyone (especially Karen LoBracco, Jeanine Moyer, Karen Kuhn, and the Faith Development Committee) for the wonderful welcome you gave me in August at the Faith Development Director Celebration.

I am so happy and excited to be starting this new year in Faith Development with you. I am originally from right here in Buffalo, NY. I come to you from the downtown church (UU Church of Buffalo) where I have been active in their Faith Development Program (7-9th grade and Coming of Age groups) for the past three years. I have also been a Day Care worker, a preschool teacher, and most recently a Mental Healthcare worker at BryLin. I am currently taking nursing classes at Trocaire College. Stop by my office (watch out for wizards!), call, or email me (dfd@uuamherst.org). I look forward to getting to know everyone in my new church home.

The **Soul Matters program** we will be using in September for Middle and High School age youth explores a new faith each month. The following faiths to be explored: Unitarian Universalism, Christianity, Judaism, Catholicism, Black Church Traditions, Quakers, Islam, Hinduism. **Spirit Play** will also be returning in the Fall. This is a Montessori based program for our Children in Elementary school and will also be investigating world religions this year. **Nurse care** will continue in the daycare area with Beverly Prible. There are still volunteer opportunities available—talk to me about how you can help!

Wish List An unused item around your home could REALLY help the Faith Development Program prepare for the new *Crossing Paths* program. If you have any of these items – to give or to lend – please bring to the Faith Development or Church office:

- Binoculars – 1 or 2 pairs
- Carabiners
- Chimes or Singing Bowl
- Clothesline or Jumping rope – 15-20 feet long
- Thick Tug of War rope
- Objects from world religions – ex. Prayer beads, statues, figurines, worship objects, etc.
- Rubber ear (yes, really!)
- Bluetooth speakers
- New TV for *Crossing Paths*—talk to me for specific requirements.

Important upcoming FD Dates:

- Saturday, Sept. 8th, 10am-12om, FD Parent Orientation in Emerson
- Sunday Sept. 9th, 1pm-3pm, FD Parent Orientation make up day in Emerson
- Sunday, Sept.16th—Family Picnic after services
- Sunday, Sept 23rd, 12:30– Coming of Age Program starts in Bulfinch
- Friday, Sept 28, 5pm: FD Start up Dinner and Meeting in Emerson
- Sunday, Sept 30—all church Social Justice Sunday



A New Beginning

As we welcome our new Director of Faith Development, Zoë Bell-Schwede, we want to set the stage for a fruitful ministry, steeped in our UU traditions while looking toward a hopeful future. We are planning a “start-up workshop” on Friday evening, September 28 for the Faith Development Committee, Board members, parents and other interested leaders. Here is the arc of the evening:

5:00 – 6:00 pm – dinner (**RSVP required**, \$10 free will donation appreciated)

6:00 – 7:00 pm – opening and hopes for the future of faith development at UUCA (all participate)

7:00 – 7:30 pm – challenges in tension with our hopes (all participate)

7:30 – 8:45 pm – covenant and goals (DFD, FDC, Minister participating, others observing “fish bowl style” or departing)

8:45 – 9:00 pm – closing with signing of covenant and goals

9:00 pm – Safe Travels!

RSVP to minister@uamherst.org



Hello! I'm Kristina Church, your new ministerial intern here at UUCA. I come to you from the downtown church, UU Church of Buffalo, where my family have been members for many years. Working with the wonderful people of UUCB inspired me to pursue my dream of becoming a UU minister.

I am currently a student at Meadville Lombard Theological School. I am looking forward to working with Rev. Michelle and the UUCA congregation as I complete my two years of parish ministry. Please say hi and introduce yourself to me on Sundays or by calling my office phone at 634-3010 x105.

A little about me: I am originally from Anchorage, Alaska, but absolutely love being a Buffalonian now. I enjoy outdoor activities, music, and spending time with my husband and young son.

Water Communion



Sunday, September 9th

Ingathering Service at 10:30am in the Chapel. Family and friends welcome! The water ceremony will take place early in the service, as Faith Development classes for children and youth begin this Sunday.



Equal Exchange Chocolate, Coffee & Tea - September 9 @ 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, biodiversity and it just tastes so much better and is healthier for you too!

Starting in September, Equal Exchange products will be on sale the second Sunday of each month.



Social Justice for All Ages – Little Free Pantry

Working for justice is the heart-beat of Unitarian Universalism. Beginning this month, we will engage in a church-wide justice project on 5th Sundays, beginning at 9:15am. Work side-by-side with all generations as we affirm our UU values in working for others and the planet.

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

Mark your calendar now and plan to participate!

If you have an idea for a special 5th Sunday project, contact Rev. Michelle at least a month in advance (minister@uuamherst.org).



Home-Bound or Away for the Winter?

Diane Bofinger & Ron Palmere would like to start a [covenant group](#) for those who can't meet in person for the whole church year. This would require internet connection, preferably through a computer. A link would be sent out to get you connected.

A covenant group is a small group of people who meet monthly to share their lives in a safe and respectful setting that fosters trust and openness. Meetings are carefully structured, typically last for about 90 minutes, and are led by a trained facilitator. Diane is a trained facilitator and can lead this group. Meetings open with a chalice lighting and check-in. Discussion is prompted by readings and questions that are prepared each month around a specific theme or topic. The same lesson is used by all covenant groups in the church to increase a sense of connection between the groups. This remote group would help us to stay connected with the church, even though we won't be physically present. Covenant group members commit for Sept-June, attend meetings except when prevented by necessity, engage in discussion, listen actively, and abide by a group covenant, which is developed by members. They also agree to participate in a group service project each year.

Are you interested? Contact Diane or Ron. We look forward to participating with you!

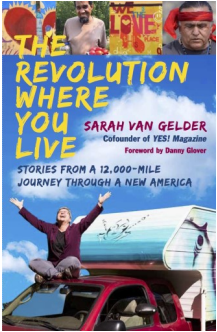
Want to learn more about covenant groups in general? Come to the [Covenant Group drop in day](#) at church on Friday, September 7th at 7pm in the Living Room.

GREEN SANCTUARY CORNER

Do you read the Buffalo NEWS? Is it delivered to your home? If so, here is a tip that can save your carrier time and money, and help the environment. Your carrier can reuse those orange bags over and over again each time you return them. I collect them and then lay them out flat with the open ends together, then carefully fold them into a larger bag. The first time I did this, I received a two-page thank you letter from my carrier. ~Carol Wells



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.

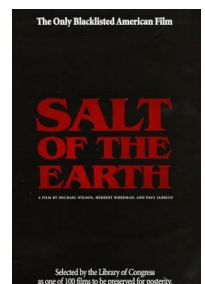


Friday & Saturday October 5 & 6 -World on Your Plate Food & Sustainable Living Conference; Daemen College, Wick Student Center.

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.





Adult Faith Development

Women’s Afternoon Study Group-September 4th & Sept. 25th at 1:30 in the Living Room. Hopefully, you can find your copy of the UU World Summer Edition with the title “Women Cultivate Power in Nicaragua” and a photo of a woman peering through thick, green forest vegetation.

Thursday Night Book Club: Thursday, September 6– 7pm in the Living Room. We will be picking a new book to read at this meeting—come join us!

Sunday Young Adult Meet up: Starting Sunday Sept. 9th, Diane Bofinger will have a table in Emerson for 18-35 year old's to meet and chat during coffee hour

Poetry as Practice: Sunday Sept. 9th at noon in Reeb Room. Jackie Senders will present poems of ‘Vision’. Copies of poems are handed out and people in the group take turns reading the selected poem out loud. Then, everyone discusses the poems one by one. Come Join us!

Current Events Discussion and Lunch: September 11th - 12:30 p.m. - We will meet for lunch and discussion in the Emerson Room. Bring your lunch from home or your favorite establishment!

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

This *Great Courses* video series starts in September 2018, and will be the launching place for understanding and discussing world religions. 1st thru 4th Sundays at 9:15am, beginning 9/16. Tweens and Teens are welcome. If there is enough interest, activities for children can be made available during this before-church program.



September 16th – Religion: It’s Meaning & Importance

September 23rd – Facets of Religion: Divinity & Devotion

*This course is offered by Professor Mark Berkson of Hamline Univ., St. Paul, MN

Drop-In Grief Support will resume on 4th Wednesdays, beginning **September 26** (thru May 22), **7:00-8:15pm in the Reeb Room** or Living Room.





Restorative Justice for Faith Communities: September 29th 10 am – 5 pm

Central East Region Event: Here at UUCA! Restorative practices provide an opportunity to identify and address harms, restore relationships and mend community. Registration fee is \$30 per participant, includes lunch. Waivers available. Youth are welcome to attend this event. A youth must attend with their parent or guardian or attend with a completed permission form and a sponsor. Register Online Today at www.uuamherst.org or Contact Rev. Michelle Buhite



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

SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Preaching by Parishioners 10:30am - Church Service 12pm - Little Free Pantry (LR) 7:30pm - AA (LR)	Labor Day 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Belles (LR) (Em)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch Study Group in LR at 1:30pm 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb) 7pm - Havurah Congregation Meeting (Em)	12:15pm - AA (LR, FD) 1:30pm - Green Sanctuary (LR) 6:30pm - John Newman (FD Wing) 7pm - Ministry Council (LR) 7pm - Santosha Holistic Center (Chapel)	12pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15pm - AA (LR, FD) 7pm - Thursday Night Book (LR)	7pm - Cocktails and Conversation (Offsite) 7pm - Covenant Group (LR)	Kitchen Cleaning 9am - Website Crew (LR&DR) 10am - FD Parent Orientation (Em) 6pm - Buffalo Belles (LR)
9	10	11	12	13	14	15
Water Communion 9am - website task force (DR/Em) 10:30am - Church Service 12pm - Equal Exchange (Em) 12pm - Poetry as Practice (Reeb) 12pm - Young Adult Meet- (Em) 1pm - FD Orientation Day (Em) 1:30pm.Voice Lessons (choir) 7:30pm-AA (LR)	6pm - AA (LR) 7:15pm - Finance/Facilities (Em) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events (Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb) 7pm - Board of Trustees (Em)	Annual Congregation Havurah Food Drive to Benefit WNY Food Bank 12:15pm - AA (LR, FD) 6pm - AA Planning (LR&DR) 6:30pm - John Newman (FD Wing) 7pm - Membership Meeting (Em)	Annual Congregation Havurah Food Drive to Benefit WNY Food Bank 12:15pm - AA (LR, FD)	9am - Gluten Free Support (Em) 9:30pm - Buffalo Belles (LR)	9am - Save a Life-free CPR Training (offsite-Zion United Church of Christ)
16	17	18	19	20	21	22
Annual Congregation Havurah Food Drive to Benefit WNY Food Bank Deadline for Newsletter 9:15am - World Religions (Em) 10:30am - Church Service 11:30am - Church Picnic (choir) 1:30pm - Voice Lessons (choir) 3pm - Lanthier Memorial (Chapel) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 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) 5pm - Havurah Kof Nidre (Chapel & Em) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	9am - Havurah Yom Kippur (Chapel & Em) 10:30am - Yom Kippur (Chapel & Em) 12:15pm - AA (LR, FD) 6:30pm - John Newman (FD Wing) 7pm - Social Justice (DR) 7pm - Yom Kippur Service (Chapel & Em)	12:15pm - AA (LR, FD)	10am - Save a Life-free CPR Training (offsite-Zion United Church of Christ)	10am - Save a Life-free CPR Training (offsite-Zion United Church of Christ)
23	24	25	26	27	28	29
9:15am - World Religions (Em) 10:30am - Church Service 12pm - UUUA Book Club (DR) 12:30pm - Coming of Age (Em/outside) 1:30pm - Voice Lessons (choir) 7:30pm - AA (LR)	6pm - AA (LR) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's Afternoon Study Group (LR) 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, FD) 6pm - AA Planning (LR&DR) 6:30pm - John Newman (FD Wing) 7pm - Snowbirds (Em) 7pm: Grief Support (Reeb/Chapel)	12:15pm - AA (LR, FD) 6pm - AA District Meeting (LR)	9am - Gateway Longview (Em) 5pm - DFD Start up Night (Em)	9am - Restorative Justice Training (Em)
30	1	2	3	4	5	6
Social Justice Sunday 9am - Social Justice Sunday (Em) 10:30am - Church Service 12pm - Little Free Pantry (Em/outside) 1:30pm - Voice Lessons (choir) 7pm - Divine Grace (Chapel) 7:30pm - AA (LR)	WELCOME BACK!!	WELCOME BACK!!			9am - Gateway Longview (Em) 5pm - DFD Start up Night (Em)	AA = Alcoholic Anonymous AE= Auction Event ACOA = Adult Children of Alcoholics Bul = Thomas Bullfinch Ch= Chapel DR= Dining Room Em = Emerson Room LR = Living Room Reeb = Reeb Room *=tentative

Important Upcoming Sundays—mark your calendars now!

September 30— Little Free Pantry Start up Celebration

October 14—Rev. Michelle's Installation Ceremony at UUCA, 4pm.

November 4 — Fall Back in Time with the **Fall Auction!** Our Annual Fall Fundraiser starts at noon. Get ready to volunteer for the event and to make an offer! Contact Marge Marcille for more information and stay tuned for details.

Retired Old Men Eating Out (ROMEos): Men's lunch

All men (age and retirement not a restriction!) are invited to meet at Buffalo Brew pub for lunch and conversation on **Thursday, September 6th at noon**. Come relax with friends, good food, and good conversation. No agenda—all topics considered!



Women's Lunch

September 18th - 12:30 p.m. - We will again be in the Emerson Room for lunch together - no agenda, just laughing and chatting! If you are new to the church, this would be a good time to meet women from the congregation. We hope you will join us.



UUCA Book Club Join us **Sunday, September 23**, at noon in the church dining room! For September, our discussion will be on the topic Biography of a Political Figure. Read any book you'd like, then share your choice, a summary and reaction with our group.

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

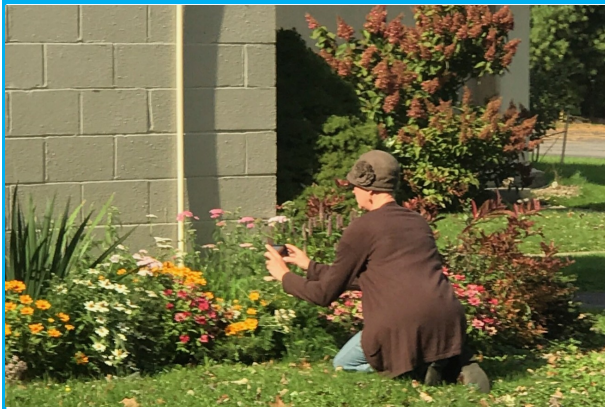
Jewish Repertory Theatre's season begins October 4. The first production of the season is **THE STRUDEL LADY**, written by Shirl Solomon, directed by Saul Elkin - a musical starring some well-known local actors: Lisa Ludwig, Tom Makar, David Marciniak, and Mary Kate O'Connell!



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 Veffer 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

As our community begins its active church year starting with our Water Communion on Sunday, Sept. 9th and our Faith Development Orientation that afternoon, we will begin to implement a new council system and some different ways of communicating and calendaring. These efforts were begun during Rev. Michelle's Developmental Ministry and have continued to emerge through her communication with the Board of Trustees and other church leaders.

The flowchart on the next page has developed organically over the past few years, and its successful implementation will rely on the engagement of our current membership. We are beginning to explore more cohesive ways of communicating within our community, so that as we reach out, we do so within our mission as a whole church.

This will be critical as we decide to move forward with our Strategic Plan. Stay tuned!

~Angela Warren, chair, for the Board of Trustees: David Kofke, Wendy Scott, Randy Kent, Scott Harrigan, Jim Hartz, and Doreen Park.

Guest Services Council:

Promoting radical hospitality, and meeting people where they are with what we have to offer.

Faith & Justice Council: Offering meaningful opportunities for worship, faith development, and service.

Resources Council: Committed to responsible management of that which is entrusted to our care.

Meaningful membership includes a relationship in all three areas: Connection / Soul Growth / Stewardship

FULL COUNCIL (all committee chairs): Meets in August, January, and April for project prioritization, calendar, and communication

Three individual Councils meet bi-monthly (Sept, Nov, Jan, March, May), or as needed
Committees meet on as-needed basis to fulfill their missions

Board Liaisons provide reports and perspective to BOT *prior* to monthly Board meetings



What hat do you want to wear at church?

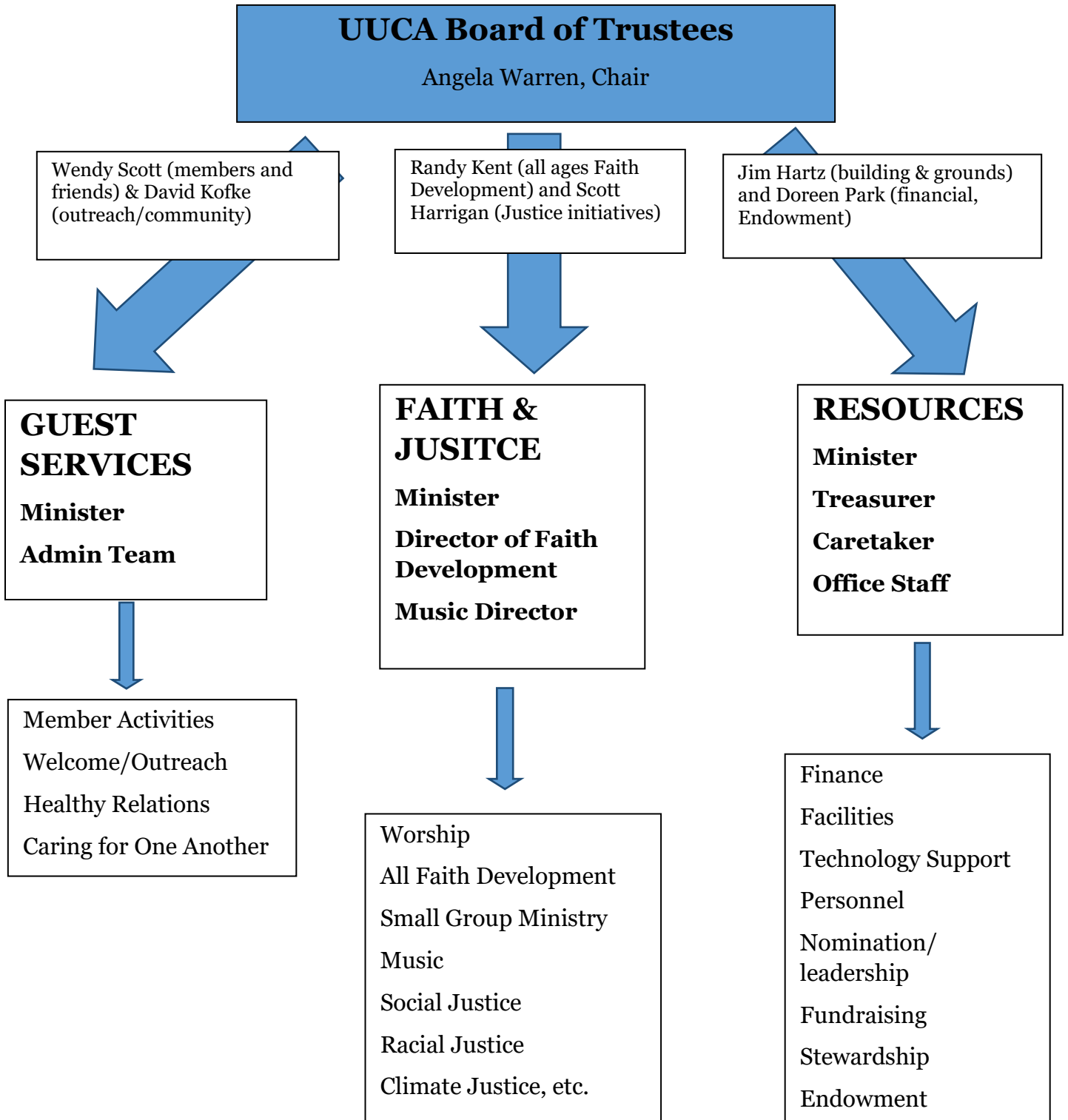
Contact a Board Member or Rev. Michelle if you are interested in volunteer opportunities at UUCA. Our strength comes from everyone sharing their time, talent, and treasure as we build a beloved community.

Thank you!



UUCA Flow Chart

Adopted by Board of Trustees, 8/2018





Nikki Hitchcock

Strategic Planning

The Strategic Planning Taskforce has spent August analyzing and reviewing all the information collected over the past 6 months. At the August 14th Board of Trustees meeting, we submitted an action plan to the Board to review. Some recommendations may be unexpected but are nonetheless necessary to strengthen UUCA and make it resilient.

UUCA must engage in a focused strategic effort to market itself, to welcome new members, and to welcome the committed to meaningful volunteer opportunities. Now is the time for investment—*investment in signage, in marketing, in needs-based programming, and in welcome*. Only when we have given two years to meaningfully serving our neighbors, will we know if now is the time to liquidate assets or right-size our leadership.

I look forward to working with you as we move forward into the bright future UUCA has to offer ourselves and our community.

~Nikki Hitchcock



A Goodbye and A Welcome!



Thank you all for two good years of working (and sometimes struggling) together. I was so thrilled August 12 when we could formally welcome and install Zoë Bell-Schwede as Director of Faith Development. You will be in good hands!

Immediately after arriving home August 12 I hung up the wonderful chalice canvas with signatures and messages from so many of you. Several times I have taken it down to rotate to take it all in. I also appreciate your donation of \$420 to the Liberal Religious Educators Association’s Endowment Fund. LREDA is an organization close to my heart – colleagues have supported me in my 20+ years in this profession, and most recently I served 3½ years as Treasurer. The Endowment funds innovative projects in faith development and provides scholarship aid for the annual Fall Conference. Victoria Crago was a recipient in the past and Zoë is applying this year. Indeed, your donation is an investment in professional excellence!

At the fabulous party with yummy food and recipes on August 12 (thank you Karen Kuhn and many helpers), some of you were concerned that I might be bored. Do not worry! I continue to serve our faith on the UUA’s Ministerial Fellowship Committee and the Central East Region’s Chalice Lighter Grant Committee. I remain a mentor in the Religious Education Credentialing Program and serve as Treasurer of the Guild of Interim Religious Educators. What will expand is my availability to host homeless teens through Rochester’s Center for Youth, and I am considering taking on leadership of the town Democratic Committee. Plus working with an athletic trainer, a granddaughter in Atlanta who turns 5 in September, and that very long list of projects inside and outside the house. Next time we meet ask me how far I’ve gotten!

With appreciation,
Karen LoBracco, former Interim Director of Faith Development

Our Board Chair, Angela Warren, saying Goodbye to Karen at the FD celebration on August 12th.





Congregation Havurah Annual Food Drive to Benefit Food Bank of WNY. Please bring food items to church (no glass) between September 13th and September 20th to donate to this worthy cause.



Three Cheers for UUCA!

Help us Grow

Electronic Giving is a convenient, consistent way to help our church grow.

Consider scheduling a recurring electronic contribution today. You won't need to write checks and prepare envelopes every week. And even when you can't attend services, your electronic contributions will arrive without delay.

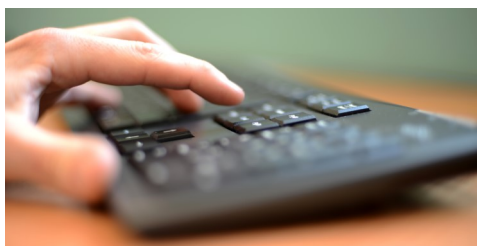
Visit our website at www.uuamherst.org and click on the "Giving" tab on the top right corner.



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

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

Ron Palmere and Eveline Hartz are the liaison volunteers connecting our church with Hearts and Hands. Contact them with questions at caring@uuamherst.org. Hearts & Hands is a program under the Caring for One Another committee.



Visited our website lately?

Watch sermons, view calendars and events, and check out the **TAKE ACTION page** with ways to make a difference in the world.

Check it out!



UUCA GET COOKIN'!

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

TWICE BAKED POTATOES BY LOREN LOU



- 4 medium baking potatoes
 - 1/2 cup sour cream
 - 1/4 cup milk
 - 1/4 cup butter
 - 1/2 cup shredded sharp cheddar cheese
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 4 slices bacon, crisp and crumbled or 1/2 cup sausage or chopped ham
 - Snipped chives or green onion
- Any of these ingredients can be increased according to your taste.



Bake potatoes in oven at 400 degrees for 1 hr. until done. Allow to cool a bit.

Slice about a 1" piece off the top of each potato. Carefully scoop out the pulp of each potato, leaving the shells intact. Place pulp in a large bowl.

Mash the pulp with the butter. Add milk, cheese, salt and pepper, combining well. Spoon this mixture back into the potato shells, piling high. Add the crumbled bacon, sausage or ham on top. Bake at 400 for 15 minutes. Garnish with chives or green onion and serve.

This dish may be served alongside a meat and/or salad or, if large baking potatoes are used, be a meal in itself.

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

No wheat here, gluten free folk can eat it as is. The vegetarian crowd is good as well - just leave out the bacon or substitute vegan meat alternative. But vegan? oh my! Here is a vegan comfort food from <http://veganyumminess.com/creamy-vegan-mac-and-cheese/print/4748/> or just serve plain potatoes - they taste great all by themselves.

Creamy Vegan Mac and Cheese

- 10 ounces dried macaroni (or about 2 2/3 cups)
- 1 cup peeled/diced yellow potatoes (or russets)
- 1/4 cup peeled/diced carrots
- 1/3 cup chopped onion
- 3/4 cup water or liquid from boiled veggies)
- 1/2 cup raw cashews (soak 1h)
- 1/4 cup coconut or nut milk
- 2 tablespoons nutritional yeast flakes
- 1 tablespoon lemon juice
- 3/4 to 1 teaspoon salt (or more to taste)
- 1/4 teaspoon garlic powder
- 1 pinch cayenne pepper (optional)
- 1 pinch paprika



Cook macaroni al dente, according to package instructions (usually requires boiling for 6-8 minutes in salted water), drain, and set aside.

Bring several cups of water to boil in a small pot. Place chopped potatoes, carrots, and onion in the boiling water, and cook for about 10 minutes, or until vegetables are tender and soft enough to blend. Cooking time will vary slightly, based on how small you have chopped your veggies.

When veggies are soft enough to blend, use a slotted spoon to remove them from cooking water, and place them in your blender. Add 3/4 cup of that cooking water to your blender, along with your remaining ingredients (including cashews).

Blend until smooth.

Pour sauce over your cooked macaroni noodles in a dish of your choice, taste for salt, and serve immediately.

Or, place macaroni mixture in a baking dish, sprinkle with bread crumbs, and bake at 350 degrees Fahrenheit for 15 minutes, or until crumbs are turning golden brown.

Faith Community Nurse Column

Eveline Hartz, RN



I was going to take the month off but Jaime reminded me it was fruits & veggie month. That just begs chiming in. For the past 15 years I have been actively involved with the **World on Your Plate Food and Sustainable Living Conference (worldonyourplate.org)** to be held this year on **October 5 & 6 at Daemen College**. It's a rather awesome event, good food, fun, inspiring and educational, but don't take my word for it, go check it out.

Fruit & Veggie month. Eating more plants, mostly plants, preferable all plants, perhaps occasionally something additional, is an excellent endeavor. Better yet, get the veggies & fruits directly from your garden or local farm. Whole foods are best, whatever processing done, you do it. At home. These are the foods that nourish your body & mind. They provide you with the raw materials needed to build enzymes, hormones, all the building blocks for the cellular activities of your body. These foods help you be strong, keep your mind focused & your emotions stable. They provide nourishment for the microorganism living inside us, which play an additional vital role in our health.



Contrary to popular media, you don't need meat or dairy. Do elephants look weak to you? They don't eat meat or dairy. Do your jaws and teeth resemble those of a tiger, or an eagle? They do eat meat. They kill their prey without use of weapons or machines. In times of famine, people have found ways to sustain themselves, including consumption of insects, dairy and meat. Note - when plant food is scarce or not available. One must also consider the quality of animal products today. Eating meat hunted in the wild is not the same as putting highly domesticated, ill treated, offal fed meat products on your plate. This practice may be lucrative for big agribusiness but it is not healthy for you. Healthcare corporations profit from ill-health and now account for 17.8% of our gross domestic product.

We are not supposed to be political. Who likes politics? Not I. And yet.... food is very political. The moment anything becomes a business and someone stands to make a profit, it becomes political. There is a loud cry from Monsanto (now merged/owned by Bayer) "we have to produce more food in order to feed the world!!! People are starving! The only way is with GMOs". So, how is it that the US produces twice as much food as we need, 4,000 calories per day for every single adult and child living in the US today - yet 19% of all US children live in a food insecure household? Companies want to produce more and more because they want to make money. They lobby heavily to continue to do so with as few restrictions as possible. Foods are genetically engineered, not to add nutrition but to sell more chemicals for indiscriminate spraying on food crops. GE foods have patents - ownership translates to increased profit. Nothing to do with your well-being. In fact it's detrimental to your well-being. The highly publicized glyphosate that's been found in all the cereals? - it's the main ingredient in RoundUp sprayed on GMO crops and what people spray on lawns & gardens. It's not just the glyphosate - its the entire toxic soup found in RoundUp, including the supposed inert ingredients. Good for Bayer - they can then sell you the drugs needed to feel a little better.

Organics, the spirit of organics is to put health & welfare of people, animals & the environment first - to grow food that is nutritious & tasty, that builds up the soil infrastructure, sequestering carbon back into the soil, works with nature, and is respectful of all living beings. In true organics there is no room for concentrated animal feeding operations (CAFO) where animals are treated like a commodity, fed only cheapest materials that make it grow faster and bigger without regard for welfare, fresh air, space to move, or health. The past few years agribusiness has lobbied to make hydroponics & CAFO's eligible for the organics label. The USDA now finds it acceptable to grow plants in chemicalized water and call it organic. They also have no issue with CAFO's. Pressure from big-Ag has made the GMO labeling bill the most non-labeling bill imaginable.

The growing of food, access to food is highly political. Health is political, racism is political, climate change is political, clean water, clean air, clean energy, etc.. Each one of these affects all the others. Each one of these is political. We have our passions. We can't fight or do everything. True. But until the political mindset changes none of these issues will change substantially. Like it or not, real change is going to take serious political action on everyone's part.

Meanwhile - know your farmer, eat your veggies, exercise, breathe - deeply, and love your dandelions.

Notes from the Social Justice Committee

- On July 26, many of us from VOICE-Buffalo, participated in the 3 mile Disability walk from the West Seneca Southgate plaza to the disability office on East West Road. Disabled folks are protesting the cuts to transportation to the W. Seneca office because the bus route to the facility was discontinued. After the walk, it was announced that a satellite office would be set up in Buffalo with a more permanent solution to the problem.
- VOICE-Buffalo is continuing to work on its projects of Restorative Justice Practices once a month at the *Healin' Center* the first Thursday of the month. All interested people are invited.
- We are continuing to support Family Promise at the UU Church of Buffalo, our last date was August 14th.
- Information was obtained if an asylum seeker, or refugee needed help and was found at our church looking for assistance:
 - ⇒ If they were seeking asylum they should call Vive at 892-4354, 50 Wyoming Ave., Buffalo. It is open 24 hrs./ day.
 - ⇒ A refugee needs to all Journey's End, suite 530, 2495 Main St, Buffalo, 14214. They are open 9-4 Mon through Thurs and Friday 9-1.
 - ⇒ There is also a drop in center called Hope Refugee Drop in Center, 248 W Ferry St, Buffalo, Tel 881-0539.
- Some of us toured the Foundry. It is a 501c3, where they have equipment for metal working, 3d printers and carpentry. It is a facility on Northampton St. that first started to teach woman how to do plumbing and repairs in the homes. Such an amazing place!!
- The Erie County Restorative Justice Coalition, ECRJC, is offering a Two Day Certificate Training Oct. 11 and 12th at the Lincoln Memorial United Methodist Church. Cost is \$100 and VOICE will help with the cost if you are serious about the training. A flyer will be on the SJ bulletin board.
- VOICE- Buffalo is having a public meeting on Oct, 25 at 6pm. Social Justice will offer a light supper prior in the Emerson Room and car pooling from church for anyone interested in going to the Public Meeting .

~The UUCA Social Justice Committee welcomes questions and encourages all church members and friends to volunteer. *Don't forget Social Justice Sunday on Sept 30th when we officially open the UUCA Little Free Pantry!* ~ Pat Burke or Margot Shoemaker with any questions.

On your mark,

Get set,

Go...

To UUCA!

—see you on Sunday!

