

Issue

September 2019

The Foreword



The Newsletter of the
Unitarian Universalist Church of Amherst

6320 Main Street, Williamsville, NY 14221

634-3010 (x101 for office)

Summer Office Hours Tues.-Thurs. 9am to 2pm www.uuamherst.org

Amherst Little Free Pantry Questions: amherstlittlefreepantry@uuamherst.org

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

Our Staff:

Minister

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Minister Emerita

Rev. Maureen Q. Thitchener

SUNDAY SERVICES IN September AT 10:30am

9/1 *It Takes a Village* Rev. Michelle

9/8 *Homecoming 2019* Rev. Michelle

A homecoming is a celebration – a reunion of hearts and an opportunity for reconciliation. Whether you are here each week, or have felt estranged from this spiritual home, we invite you to come home and be received in loving kindness.

This is our annual Ingathering water celebration. Bring water from home or travels, or pour from the common source as we mingle our waters together and re-form the Beloved Community. During the second portion of the service, children, youth, and parents are invited to a Faith Development ‘open house’ to get acquainted and learn about plans for this church year.

9/15 *Global Climate Action* Rev. Michelle

On Friday, 9/20, people from around the globe are going to strike, in the hope that world leaders will respond to millions of people declaring their frustration over the looming climate catastrophe. Come and get information and inspiration to act on behalf of the Earth.

9/22 *What’s Your EQ?* Rev. Michelle
Equinox... Equanimity... Equality... What’s your EQ?

9/29 Social Justice: Prevention Focus

Cheryl Stevens, guest

There will be a share-the-plate offering to support the work of Prevention Focus. All undesignated cash as well as checks made out to UUCA with ‘share’ designated in the memo line will support this important ministry in the community.

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

What makes this church unique? Why should people come here on a Sunday morning rather than the church across the street, or just stay home and watch the News Hour, or read the paper? I think about these questions all the time.

Each Sunday we are reminded that *Unitarian Universalism is the religion that puts its faith in YOU – trusting each individual to engage in the spiritual journey and to reach our own conclusions about spiritual matters, and we do that in beloved community as we support one another in faith and friendship.*

If you're thinking, "Aha! I knew the answer was community," you are partially right. But if community is all we offer, then we are no more than a social club, a place to meet with friends and consider ideas. What makes us different, I believe, is that we offer a place to *belong*. Brené Brown writes, "Belonging is the innate human desire to be part of something larger than us... true belonging only happens when we present our authentic, imperfect selves to the world." When we belong, we can risk our hearts. When we belong, we can trust others to compassionately guide us to our best selves. When we belong, we can make mistakes and know that we are still loved.

At this church, it matters what you believe – but we don't all have to believe the same things. At this church, we offer you opportunities to grow your soul and live your values. At this church, we are learning how to be in relationship – which includes gaining skills in reconciliation and resilience.

You've heard the African adage that "it takes a village to raise a child." Here at UUCA, we strive to be the village where you know you belong and where you gain the skills you need to be a force for good in the world. We'll help you uncover your gifts and to have the courage to share those gifts for the benefit of all Life. It takes all of us to create a village that values and supports each one in our journey to wholeness. Welcome home.

See you in church,
Rev. Michelle

Dear UUCA members and friends,

I'm writing to you from this space for the first time, with the hope that I will have a positive impact on our community in the year ahead. If I do, it will be a credit to the outstanding Board members that I've had the privilege to serve with in the past two years. I wish in particular to acknowledge and thank Angela Warren, our immediate past Chair, for the excellent work she has done in leading the Board; hers will be a tough act to follow. Indeed, seeing her in action makes me very glad that she has agreed to serve as Acting Director of Faith Development for the coming year. This is a very important position in the church, possibly one where she'll have even more impact than she has had as Board Chair.

I am also grateful to Randy Kent and Doreen Park for their steadfast efforts which, coupled with their deep knowledge of our community (and a good sense of humor), added greatly to the effectiveness of the Board this past year. They are stepping down now, making room for new Trustees: Karen Kuhn Thompson, Don Tucker, and Katherine Czechowski; they, along with continuing trustees Scott Harrigan, Wendy Scott, and Jim Hartz (as well as yours truly) constitute the UUCA Board of Trustees for the 2019-20 year.

Frankly, I took on this position with some trepidation, but I find assurance in knowing that I have such an outstanding group to work with, a group with many years of experience serving our beloved community. We've met formally only twice now, but I can tell already that we have a Board with the passion and skills to get some work done.

And we're gonna need it. The church is experiencing a "climate change" of its own, and like the homonymous problem that faces humanity, it is slowly evolving, relentless, and an existential threat. But if we act in time, we can mitigate the damage, and hopefully come out stronger and ready for the long term. The key issues we confront are (1) an aging congregation; (2) a decaying infrastructure; and (3) changing attitudes in society regarding obligations to "church" as it is usually understood. These problems won't be solved in just a year, but we can make progress toward them, perhaps by turning them into opportunities. In fact, we've already started. I hope you're aware of the efforts stemming from the Strategic Plan that was developed two Boards ago (under the leadership of Hella Jacob). Implementation of the plan has been underway for much of the past year, including the formation of Welcoming and Marketing Task Forces, and formal adoption of a policy-based governance model (which will make the church more nimble and effective in getting its work done). Much of the impact of these developments has yet to be felt, but they are moving along. If you want to help, it's never too late!

When I started attending the UUCA almost 20 years ago, I was mainly interested in programs to help my kids develop values and friendships; for my own sake, I liked the rational approach taken to values and religion that I found here (also the music!). Since then, I've come to appreciate much more the potential of the UUCA to impact the community, and (in my opinion) I think that this is the key to attracting energetic and like-minded new members---people want to feel they're contributing to something larger than themselves, something that's worth their time, talent and treasure. In this respect I'm particularly proud of the work of Maria Ceraulo (with others) in leading the development and operation of the Little Free Pantry. After service on Sept. 29, we will take the occasion to celebrate the one-year anniversary of the start of the Pantry. I hope you can be there.

Your Board is here to serve you. . Remember please, that any member is invited to attend and listen at any board meeting. If you wish to present an idea or raise an issue with the Board, please consult the Board Chair at least one day before the meeting. Board meetings are held regularly each month on the second Tuesday, starting at 7:00pm in the Emerson Room.

David Kofke

Faith Development

On Faith Development Sunday in June, participants were asked to share their hopes for the children of UUCA, and for our church community and the community of this Earth of which we are a part. Here is a list, in no particular order, of those wishes:

Gender justice. Racial justice. Climate justice. Equity and Equality. No poverty. Gathering place. Positive change. Passion for Love and Life. Vibrant. Healthy. Sustainable. Freedom. Personal growth and social connection. Action. Welcoming. Peace. Resilience. Hope. Love. Success. Smiling faces sharing love and peace in our community. Safety. Belonging. Happiness! Diversity. Accountability. United family. Respect. Love. Understanding. Acceptance. Giving. Action and change. UU Principles Lived Out Loud! No fear. Laughter. Unconventional! Tolerance. A vibrant dream-filled hopeful journey. Peace among all nations and religions and lifestyles. I dream of a community where imaginations are shared and developed. A place of surprises, trust, calm, and joy. Love all.



They may only be words, but as we all know, words are important. Especially in a political climate where divisive rhetoric has become the norm in our beloved country, it becomes our moral obligation at Unitarian Universalists to act on our words and wishes.

It is in this vein that we have decided to use a new curriculum developed by the UUA Ministry for the Earth called "Our Place in the Web of Life." ([Insert link](#)). To summarize, we will be exploring who we are in our world and what we can do to help it, especially within the realization of how truly fortunate we are.

Our Faith Development Team met on Sunday August 25. We have confirmed that we will have four class groups this church year. Two Spirit Play groups, and a Junior and Senior Youth group. The two Spirit Play groups will each need a doorkeeper every week in addition to the lead teacher. We will need additional volunteers to be leaders and assistants for the older children's groups. If you are interested please let us know. If you are approached please say YES!

Teachers, parents, and children will gather in the Faith Development wing after participating in our Water Communion on Sunday, September 8th. The next week will be the first Sunday of instruction.

We look forward to hearing from our folks of all ages as we develop our sense of self and wholeness this year, and seek to share ourselves in service inside and outside our beloved UUCA community.

Sincerely in faith,
Angela Warren, Acting director of Faith Development

Caring for One Another in the Emerson Room

Monthly meeting on the third Tuesday at 1:30 in the Dining Room.

Caring for One Another is a volunteer group to help church members in need: sick visits, rides to church, sending cards, phone calls, etc.

Contact Ron Palmere at caring@uuamherst.org.



Be a Coffee Hero!

Sign up to help with coffee hour after services.

Put your name on the sheet by the coffee pot on Sundays or contact:

Margot Shoemaker.

IN THIS CONGREGATION, WE BELIEVE:

LOVE IS LOVE

BLACK LIVES MATTER

CLIMATE CHANGE IS REAL

NO HUMAN BEING IS ILLEGAL

ALL GENDERS ARE WHOLE, HOLY, & GOOD

WOMEN HAVE AGENCY OVER THEIR BODIES

 UUA.ORG/IMAGES

[Tired of Writing Checks](#) Use online 'egiving' instead. Go to www.uuamherst.org and click on the 'Giving' tab in the top right corner to get to our online giving page or go directly to www.uuamherst.org/gving-3-2/



There are resources and directions to get you started. You can make payments through a credit card or directly from your bank account. Call Camilla Lee in the office (634-3010 x103) if you have questions.



Just a reminder to save your Dash's receipts and put them in the collection box in the Donation Center (in lobby).

Proceeds from collecting these go to the Global African Village.

More at

<http://www.globalafricanvillage.org/index.html>

Once a month on the first Friday, from September through June, Unitarian Universalist adults age 21+ are invited to gather for cocktails and conversation at an area establishment. No agenda, just fellowship and fun. All welcome.

Contact C&C facilitator Ivy Yapelli with questions.

September's location is the Angry Buffalo at the Rose Garden
2753 Wehrle Dr., Williamsville, NY 14221



Celebration Picnic

Sunday Sept. 15th 11:30 –2:00 pm

Bring a salad or side dish or dessert to share

Meats, Veggie Burgers, Beverages Provided

Donations for Amherst Little Free Pantry

Encouraged

AMHERST LITTLE FREE PANTRY UPDATE



Many thanks to all who have donated to the Amherst Little Free Pantry especially at the annual picnic. Please keep those donations coming! Many thanks also to our volunteers to keep the Pantry going! We couldn't help those in need without our donors and volunteers!

You can help! Take a Sack from the Pantry display in the lobby next to the Welcome Desk for your convenience and Bring It Back with your donation, go shopping, and bring the full bag to church next week. While you are there, please read some of the heartwarming anonymous comments left by Pantry users.

The start of the school year is here for those in need of the Amherst Little Free Pantry and we could really use lunch box items like milk and juice drink boxes and pouches and healthy lunchbox snacks like granola bars, fruit and applesauce cups. We always need tuna, canned vegetables (no corn), deodorant and pasta and pasta sauce or whatever other non-perishable food items you'd like to donate. Please remember no glass.

Thank you for your support.

The Little Free Pantry Group meets the first Sunday of the month after services. All are welcome to come hear about latest pantry developments and share their ideas.

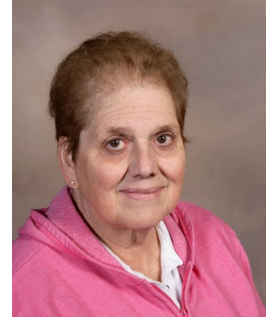
Thanks for you generosity and dedication! Please leave items directly in the outside pantry or in the Donation Center in the main lobby. Please remind those in need that the Pantry is available for all, 24 hours a day, 7 days a week, with no questions asked.

For questions or comments please contact:
Maria Ceraulo at amherstlittlefreepantry@uuamherst.org



UUCA GET COOKIN'!

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



Classic Barbecue Sauce
from Becky Krystal, Washington Post

2 cups ketchup
2 Tbsp Worcestershire sauce
1/2 cup distilled white vinegar
1 Tbsp molasses
1/2 cup water
Tbsp light brown sugar
1 Tbsp chili powder
1 Tbsp powdered mustard
1/2 tsp freshly ground black pepper
2 tsp salt
1/2 tsp cayenne pepper
4 Tbsp (1/2 stick) unsalted butter
1/4 medium onion, diced
2 medium cloves garlic, minced

Combine brown sugar, chili powder, powdered mustard, black pepper, salt and cayenne pepper in a small bowl.

Combine ketchup, Worcestershire sauce, vinegar, molasses and water in a large bowl.

Melt butter in a medium saucepan over low heat. Add onion and cook for about 4 minutes, stirring occasionally, until barely softened. Add garlic and cook for about 2 minutes, until soft.

Add the brown sugar mixture and stir to incorporate; cook for 30 seconds to 1 minute until fragrant, then add the ketchup mixture and mix well. Increase the heat to medium high and bring to a boil, then reduce heat to low and cook uncovered for 20 to 40 minutes, stirring occasionally until mixture becomes a thickened sauce. If you prefer a smooth sauce, strain through a strainer. Pour into a container with a tight fitting lid. Refrigerate the sauce remainder.

This sauce is not too sweet, vinegary or hot.



Covenant Groups Re-Forming

With the beginning of a new church year, covenant groups are resuming and reforming. 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. Adults who are members or friends of UUCA may participate in a covenant group. Those who wish to join a covenant group are usually assigned on the basis of available space within a group and convenient meeting times.

Meetings are carefully structured and typically last for about 90 minutes. Each group is led by a trained facilitator, and meetings open with a chalice lighting and check-in. Readings and questions around a theme or topic or prepared each month. The same conversation-prompt is used for all groups to increase a sense of connection among groups. The commitment is for a Sept-June church year, with attendees making the group a priority and attending monthly sessions, except when prevented by necessity. Each group creates a covenant of expectations to guide the conversation and create the space for courageous exploration of ideas and sharing of personal stories.

If you are interested in learning more, sign up in the lobby or contact Rev. Michelle.



Loss & Change Supportive Conversations

The newly expanded Loss & Change Supportive Conversations includes not only those grieving the loss of a loved one, but also strives to be a place of mutual friendship and support for those who are experiencing difficult changes in their lives: moving to a new home, loss of ease of movement or abilities, loneliness, divorce, empty nest, etc. The group currently meets on the third Thursday of each month at 3:00pm. An evening group is possible if there is interest. Email Rev. Michelle (minister@uuamherst.org).

Grief and Loss Support Group

The name and focus will change to Support for Loss & Change in August to be more broadly inclusive on life's difficult experiences. You are not alone.



Sunday Young Adult Meet up (18-35 year old's):

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.

Hello, UU women!

Here is our agenda for the next month:

Women's Afternoon Study Group:

September 3rd - 1:30 p.m. - We will be talking about Mindfulness - what it is, how to practice it, what benefits it has for us. Meet in the Living Room.

September 24th and October 1st - 1:30 p.m. - We will read the articles in the Fall Issue of the UU World. Meet in the Living Room.

Current Events Discussion and Lunch:

September 10th - 12:30 p.m. - Meet in the Emerson Room to discuss current events. Bring your lunch from home or your favorite purveyor.



Women's Lunch:

September 17th - 12:30 p.m. - Bring your lunch to the Emerson Room to enjoy a lively chat with your church friends. No agenda, just chatting and laughing.

Marge Marcille



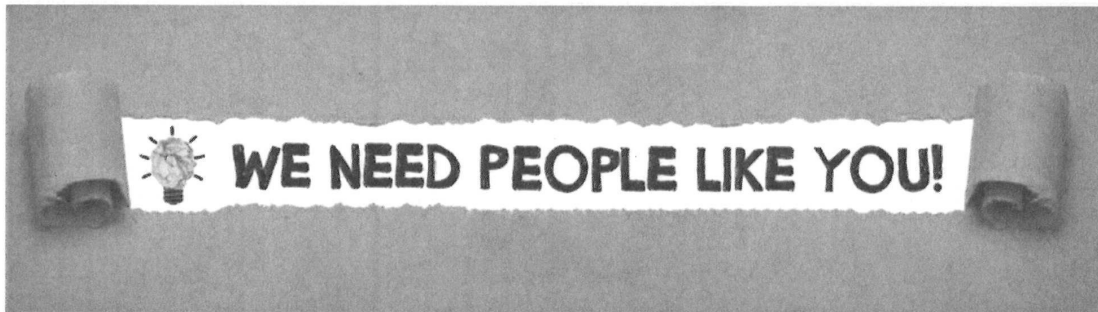
UUCA Book Club—

The UUCA BOOK CLUB will not be meeting until the last Sunday in September, Sept 29th. We will be meeting at noon in the Dining Room. At that meeting, we will be discussing "Educated."

Info UUUA, Holidays in United States

Sep 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am - Church Service 11:45am - Young Adult 12pm - Little Free Pantry 12:15pm - Mandatory 7th- 1:30pm - Voice Lessons 7:30pm - AA (LR)	2 Church Office Closed Labor Day 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder	3 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Women's Lunch 1:30pm - Womens 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	4 12:15pm - AA (LR, FD) 7pm - Santosha Holistic	5 12pm - ROMEO's Lunch @ 12:15pm - AA (LR, FD) 5:30pm - Havorah Board	6 7pm - Cocktails and	7 Kitchen Cleaning 5pm - September evening
8 Water In-Gathering 10:30am - Church Service 11am - Multi-Generational 11:45am - Young Adult 12pm - Equal Exchange 12pm - Poetry as Practice 1:30pm - Voice Lessons 7:30pm - AA (LR)	9 Church Office Closed 6pm - AA (LR) 7:30pm - ACOA (LR)	10 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Current Events 12:30pm - Current Events 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb) 7pm - Board of Trustees	11 12:15pm - AA (LR, FD) 6pm - Womens Spiritual 7pm - John Newman	12 12:15pm - AA (LR, FD) 7pm - Learn to Drum (Em)	13	14 9am - Gluten Free Support 6pm - Buffalo Belles (LR)
15 10:30am - Church Service 11am - Worship Service 11:45am - Young Adult 1pm - Celebration Sunday! 1:30pm - Voice Lessons 7:30pm - AA (LR)	16 Church Office Closed Deadline for Newsletter 6pm - AA (LR) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recorder	17 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 12:30pm - Womens Lunch 1:30pm - Caring for One 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	18 12:15pm - AA (LR, FD) 1:30pm - Social Justice 7pm - John Newman	19 12:15pm - AA (LR, FD) 3pm - Support for Loss &	20	21 4pm - Penelope Place Fall 5pm - Penelope Place Fall 7pm - Equinox Circle
22 Penelope Place Fall 10:30am - Church Service 11am - Multi-Generational 11:45am - Young Adult 12pm - Movie - Temple 1:30pm - Voice Lessons 7:30pm - AA (LR)	23 Church Office Closed 6pm - AA (LR) 7:30pm - ACOA (LR)	24 10am - ACOA(LR) 12:15pm - AA (LR, FD wing) 1:30pm - Women's 6pm - Blue Mtn.Potluck 7pm - Blue Mtn.(Reeb)	25 12:15pm - AA (LR, FD) 6pm - Womens Spiritual 7pm - John Newman 7pm - Snowbirds (Em)	26 12:15pm - AA (LR, FD) 6pm - AA District Meeting	27 young adult open mic night	28 young adult open mic night
29 Little Free Pantry 1 year 10:30am - Church Service 11am - Worship Service 11:45am - Young Adult 12pm - Little Free Pantry 12pm - UUUA Book Club 1:30pm - Voice Lessons 7pm - Divine Grace 7:30pm - AA (LR)	30 Church Office Closed 6pm - AA (LR) 7:30pm - ACOA (LR)	1	2	3	4	5



Save the Date: October 26th

Road Rally Scavenger Hunt (Family Friendly)

I am putting together a team to create this event.

Needed:

- People to map out the course and choose the stops for photo opportunities (If you do this part you can't compete in the Road Rally)
- Food and kitchen help
- Starting line people
- Entry fee collectors and liability waiver collection
- Prize and drink shoppers
- Technology person to set up the Wright System with a way to import photos for a rolling display
- If you have ideas to add or would like to volunteer, please contact me

**Karen Kuhn Thompson: 716-628-4384 or
kkuhn745@gmail.com**



Endowment Trust

At the August 20th meeting of the Endowment, Dennis Bihl stepped down from his position as chair of the trust and left the trustees having served two full terms. Elaine Cusker is joining the Endowment Trust for a five year term. Officers were selected: Marie Evans, Chair; Jerry Kent, Treasurer; Joe Rautenstrauch, Recording Secretary; Lauraine Marcus, Corresponding Secretary. Michael Angelucci and Level Wealth Management continue as our financial advisor. Don Tucker presented a request from Board of Trusted for money to cover the unexpected expense to replace the air conditioner compressor for the Emerson Room. The Endowment approved up to \$5000 for the repairs.

The Endowment Trust meets quarterly and anyone can attend. The meetings for the remaining church year are October 15, January 14, April 14, and July 14 at 5:30 pm.

P.S. Support the Endowment -- Sign up for smile.amazon.com, designate Unitarian Universalist Church of Amherst Endowment Trust and a percentage of all of your purchases will go to the Trust.



Greetings from Grounds! As we move into through shorter days and into taller shadows, the outside of our UUCA campus continues to need many hands to keep up. In some areas, we need to start over and begin again. Our “regular” grounds helpers had planned to work together on Saturday August 17th, and we were rained out. This was unfortunate timing. There were fifteen volunteers ready to work that day! I am going to put Saturday, September 14th on the calendar as the next workday, with hope that the response is great and that the weather cooperates this time! From 10 to 2 as usual. Lunch will be provided (vegan and mostly GF), but contributions are welcome, or you can bring your own. We try not to do dishes, so plan to bring your own place settings. In the meantime, if you have “adopted” a section of the grounds for maintenance, continue to do your work. Thanks to Pat Burke, Margot Shoemaker, Ron Palmere, Diane Bofinger, Roger Keeney, Katherine Czechowski, Dave and Tammy Kofke, Marcia Scott, Dian and Don Tucker, and Doug Funke for all you have done so far! Also thank you to Pam and Jerry Kent who have been working with a helper to redesign and simplify the Memorial Garden. Thanks to Joe Rautenstrauch and Dennis Kazmierczak for working and dreaming about the possibilities for communing in the Debbie Waterhouse nature preserve. Thank you to Les Buhite for taking the initiative to install our labyrinth near the pavillion within that space. As the two of us placed wood chips in the paths last Sunday afternoon, we agreed that the best way for it to be maintained is for folks to use it. So let’s!!! Thanks again! - Angela Warren agardenmom@gmail.com



Equinox Circle, Saturday, September 21, 7-8:30pm

Turn the Wheel of the Year with us as we honor the autumnal equinox (Mabon) with a campfire, labyrinth walk, drumming, and sharing. Fun for all ages. To be held at the pavilion in the Nature Preserve at the back of the parking lot. The path is wide and clearly defined, but it is not paved.

Faith Development:

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Our Faith Development Team met on Sunday August 25. We have confirmed that we will have four class groups this church year. Two Spiritplay groups, and a Junior and Senior Youth group. The two Spiritplay groups will each need a doorkeeper every week in addition to the lead teacher.

Learn to Drum, Thursday, September 12, 7-8:15pm

Learn basic rhythms for hand drumming (djembe, conga, dumbek) with Les Buhite. This is a learning session for beginners and intermediate players. Participants should bring their own drums; a couple of djembes are available to use for the session. Stay tuned for drumming opportunities at church!



Farewell

We're sad to be saying goodbye to our office administrator, Jaime Geracci, who is moving to the Olean area at the end of September.

We wish her the very best and say THANK YOU!

Have an Announcement?

OFFICE

Email: administrator@uuamherst.org

For Newsletter: by 10am on the 16th

For Order of Service: by 10am Wed prior

For Website: two weeks prior to event

For all church list serve: daily during the week.

For What's Up Wednesday: Tuesdays by 11am.



Office Hours: Tuesday through Friday—9am to 2pm



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