



The Newsletter of the tarian Universalist Church of Amherst

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> Office Hours: 9:00am until 2:00pm, Tuesday to Friday Limited hours Dec.24-Jan.2nd

Christmas Eve

SUNDAY SERVICES IN DECEMBER AT 10:30AM

Spiritual Courage Rev. Lisa Peterangelo

Charles Dickens' 'A Christmas Carol' in a way you may not have thought of it before.

Citizens for Regional Transit (CRT) Longtime church member, Doug Funke, will discuss the work of this grass roots transit advocacy organization. Since 1965, CRT has fought for better public transportation for the Buffalo-Niagara region. A large proportion of our citizens depend primarily on public transportation and public transit is becoming ever more important for fighting climate change. This week's collection will go the CRT.

The Journey to Christmas Rev. Michelle Buhite & Friends A participatory intergenerational exploration of Luke 2.

A Peaceful Moment Rev. Michelle Buhite Come and catch your breath amid the holiday hoopla.

It's A Brand-New Year

Rev. Michelle Buhite Ready to start with a clean slate? Perhaps it would help to begin with intention.



5 pm - Christmas Eve Family Friendly Candlelight Service

CANDLELIGHT 10pm – Christmas Eve Vigil and Candlelight Service (choir to sing)

MINISTER'S CORNER



"Joyful, joyful, we adore thee!" "Joy to the world!"

Sometimes it feels like the period from Thanksgiving through New Year's is a mandated joyful zone – Thou shalt be joyful. Although there are a few other holidays that attempt to mandate an emotion (Thou shalt be patriotic), those have mostly evolved into picnics and department store linen sales. I find this mandated joyful season troubling. Of course, I want us to be joyful and generous and of good will – but those emotions and actions must come from within, and many of us find the well of joy to be nearly empty.

For those who have experienced a recent loss; I see you. For those who are reminded of traumatic events; I see you. For those who experience scarcity of resources and feel shame; I see you. For those who struggle with depression and other illnesses of body, mind, and spirit; I see you. Whoever you are, whatever your circumstances; I see you. Be good to yourselves. Stay connected. Know that you are seen and cared for.

May you find peace and joy, Rev. Michelle



A Time to Go In

As the days get shorter and the nights get longer we go in. We enter the deep winter of the year and wait for spring. But this December must be different. As we go into the silence of long nights we must think deep thoughts about who we are and how we need to be.

As desperate as I am to enjoy the holidays I cannot turn my eye to the events that have shocked us and the situation that faces us. We must go in and go in deeply. Into our minds, and hearts; exploring for ourselves the reason why we find ourselves in a surreal moment that scares and frightens us and wounds our dreams.

As Unitarian Universalists who stand for social justice this is the winter of our discontent. Our time for wrestling with our own feelings, taking ownership of the problem. and deciding how each of us must rise to make a better world.

As we listen to the carols, we must be aware of those who cannot sing. These are the true members of our church. We might not see them on Sundays but they are our church. Those who cannot sing their own songs, who are silenced by those in power. We must stand for them.

Let us offer the gift of justice to our unseen church. Let us be the church we claim to be.

~Rev. Lisa Peterangelo

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.

Faith Development



Karen LoBracco, Interim Director of Faith Development

Is It Still the Season of Hope?

Are you ready to rename this Thanksgiving to New Year's period the Season of Despair? I wallowed there for a while but had to leave. Despair implies lack of power, and I refuse to believe we as individuals, as Unitarian Universalists and as citizens are powerless. Sometimes power is political or positional – nothing wrong with that – but that pales in comparison to the personal relational power we each possess.

On November 13 I witnessed Marie Evans share the "Starfish Story" to children in our Spirit Play class, and listened to their responses to the Wondering Question – "What Can You Do to Make a Difference?" Middle and Senior High youth asked similar questions and processed fear as they moved toward action. We cannot abandon these young people by giving up or by retreating into our cocoons of privilege!

I want things to be different. I don't want to change. I imagine I am not the only one for whom that statement is too close to the truth to be comfortable. Yet openness to change is a hallmark of Unitarian Universalism – "Revelation is not sealed" and our minds are open to new information, our hearts to new understanding and our hands to new ways of doing. In community – in committee gatherings, Coffee Hour conversations, Board meetings – can we share our efforts?

Instead of gifting my niece another sweater I made a contribution to an organization that grants college scholarships to first generation students. And we talked about why.

I asked the librarian to help me find books with viewpoints and perspectives very different from my own so that I might understand better.

I sat through a court session in my local town/village/city to find out what the struggles are. I spoke with those around me.

I invited my family/friends to come with me to a festival/event in a part of town we don't usually visit.

I hate the computer and the fact that no one writes letters to me anymore. So I signed up to exchange letters with a prisoner through the Church of the Larger Fellowship.

I asked the schools that my children/grandchildren/neighbors attend what structures they have in place to support LGBTQ students and families, and how I could help.

When planning a church event, I asked "Does this still serve the Mission of UUCA? How can it be more intentionally welcoming and build new relationships, even if it might be a bit less comfortable for me? What action could you take to make to open your mind to new information, your heart to new understanding or your hands to new ways of doing? YES, you can make a difference!

Family Worship and Childcare

Separate faith development programs for children and youth will be held on December 4 and 11, and then take a break until January 8. The Nursery will accommodate primary grade children during the December 18 Intergenerational Pageant if that would work better for your child. The Nursery will be CLOSED December 24, 25 and January 1.

MLK Day x 3 at UUCA

January 8, 15 and 22, 2017 all the faith development groups will focus on how to live out Rev. Dr. Martin Luther King Jr.'s dream of racial equality and understanding. Interim Director of Faith Development Karen LoBracco will be leading a team of volunteers in implementing a K-12th program *Black People Matter* developed at the First Unitarian Society of Milwaukee, Wisconsin. **Volunteers are needed!** Requirements include an interest in learning WITH children and teens, willingness to attend a training and orientation session in early January, and a commitment to participate in at least 2 of the 3 Sunday morning sessions. If you are willing to expand your horizons and want more information contact Karen LoBracco (dfd@uuamherst.org) or sign up on the Faith Development bulletin board in the lobby.

Faith Development - Looking Toward January Renewal and Rejuvenation Events

January is the perfect time to take stock of where we have been and make plans for the future. It is also the time when we **welcome new faces** into the teams that volunteer in each Faith Development group: Spirit Play – a Montessori based approach for children in K-6th grade; Junior Youth (6th-8th grades) and Senior Youth (9th-12th grades). Each group has a fabulous core of experienced leaders, so you will never be alone! During December the Faith Development Committee will be planning gatherings for each group in January. If you want to learn more contact Karen LoBracco, Interim Director of Faith Development (dfd@uuamherst.org) or leave a note on the Faith Development bulletin board in the lobby. Already on the calendar is a January 8 field trip to observe the Spirit Play classrooms at the UU Church of Buffalo. Don't be left behind!

Babies Need You to Play with Them!

More volunteers are needed to assist our Childcare Provider Beverly Prible. In exchange for playing with the cutest babies around once or twice a month, you will be rewarded with hugs and kisses! Ask Karen LoBracco how you can be part of this 10:15am-11:45am ministry.

JUCA Office News

- Winter weather is approaching. Church closings will be announced via Channel 2 and Channel 4; As always, please use your good judgement in poor weather conditions.
- * A new Faith Development Parents List Serve has been created. Please contact the office (634-3010) if you need on this list. Just a reminder that all-church list serve announcements are posted daily until Friday at 2pm and 'best efforts' are made on weekends. Contact the office with any list serve concerns.
- * UUCA Special Collections:

 Paul McQuillen, New Yorkers

 Against Gun Violence on Oct.

 2nd: \$500 was raised, which was donated to the Little Portion

 Friary in downtown Buffalo as requested by Mr. McQuillen.

 Hearts and Hands on Nov. 13th:

 \$628 was collected.

PLEDGE PAYMENTS TO BE RECORDED FOR 2016 MUST BE RECEIVED NO LATER THAN DECEMBER 26, 2016.

Pledge and Donation Statements 2016

In Early January, Donna (our bookkeeper) and Dave (our treasurer) will send statements of pledge payments received in 2016. There will be two statements, one for January thru June and the other for July thru December. The two statements are because we changed accounting software in July. A few people have a January thru June statement showing a credit, it just means your payments were more than your pledge; the credit does not carry over to July, which is the start of a new fiscal year.

If you made a donation for the roof and/or the driveway and parking lot improvement, you were sent a donation statement at the time of the donation.

Your July thru December statement will also show the amount of your current pledge you have paid to date to be finalized in June.

Decorating for the Holidays



Membership Committee needs your help to decorate the church.

Saturday, Dec 3rd, 9:30 am -12 pm Any amount of time appreciated!! Refreshments provided.



Pathway to UUCA: Sunday,
December 11th at 9:15 am in the
Living room. Come Find out more
about UUCA and how you can get
connected!

Music Notes with Wendy Scott

Christmas choir: All are welcome to sing in the choir at the Christmas Eve 10 PM service; the only requirements are to attend the rehearsals and be able to carry a tune. Rehearsal times are Sunday mornings at 9:30 AM on Dec. 4th, 11th, and 18th, and Christmas Eve at 9 PM in the choir room. Please join us; it's lots of fun and adds so much depth to the spirit of the season.

Lancaster Opera House news: There will be a family Christmas show, *The Night before Christmas*, in mid-December. **Dates**: Fri., Dec. 16th @ 7:30 PM; Sat. Dec. 17th @ 11:00 AM; 2:30 PM, & 7:30 PM, and Sun. Dec. 18 @ 11 AM & 2:30 PM. Tickets are \$16 Adult/senior and \$13 for Children. Box office phone 716-683-1776 and order online at www.LancOpera.org.

Luckily, the fun doesn't end with the holidays: In January, *Dial M for Murder* will be given on weekends from Fri. Jan. 20th to Sat. Feb. 4, 2017. Wendy Scott will pick a date, arrange for tickets and a dinner beforehand for those who want. More details in January.

Adult Faith Development



Adult Faith Development has several programs to offer over the next month. All are welcome!

<u>Sunday</u>, <u>Dec. 4</u> – Carolyn McDade & Her Inspiration for The Spirit of Life Hymn (20 min. video), followed by discussion on her belief of the importance of creativity & the reason for churches;

9:15 AM, Living Room.

Sunday, Dec. 11 – Poetry as Practice – Jackie Senders will present poems for discussion with the theme of Joy; Noon, Reeb Room.

Friday, Dec. 16 – Humanist Reading Group meets in the Living Room at 7:30pm. All are Welcome!

Sunday, Dec. 18 - Two Spiritual Cinema Short Films, followed by discussion; 9:15 AM, Living Room. We will show Spiritual Cinema Short Films on the third Sunday of each month. Don't let the word spiritual scare you. These are short thought-provoking films about life and societal issues. This month, we will show the holiday-related films, "Dotty" (11 min.) about caring for a loved one and "Milk & Cookies" (7 min.) about facing the holidays as a single parent. Join the discussion!

Friday, Jan. 6 – Movie Night – Come at 6 PM for a pot luck dinner (bring a dish to pass) and at 7 PM enjoy popcorn and the movie, "Kindness is Contagious", all in the Emerson Room. This Spiritual Cinema full-feature movie (documentary style) "beautifully illuminates that being committed, compassionate, and tender are great strengths". Maybe we need this reassurance during this crazy time in our country. We hope to see you there!

Sunday, Jan. 8 – Poetry As Practice – Diane Bofinger will present poems for discussion with the theme of Resilence; Noon, Reeb Room.

If you have any questions, contact Diane Bofinger.

Women's Afternoon Study Group

Tuesday, November 29th - 12:30 p.m. - This is a change from our normal meeting time and program. We need to pay attention to the kitchen. Let's meet at 12:30 p.m. for lunch and then spend some time in the kitchen straightening drawers and cupboards and cleaning the refrigerators. There will be no need for heavy cleaning which is done once a month but bring supplies for light cleaning.

Tuesday, December 6th - 1:30 p.m. - Back to our regular schedule but in the Emerson Room. Our theme this month is JOY. We will see parts of the Sunday service from this summer's General Assembly. We will watch it on the Wright system via Yvonne's computer.

Tuesday, December 27th - no meeting ~ Marge Marcille, facilitator

Holiday Potluck and Christmas



Saturday Dec. 10th at 5 pm Together, let us celebrate the spirit of the season

Menu: Hot Appetizers, Pizza, Fun
Cost: \$5/adult, Children Free
Bring an appetizer or
dessert to share.
Join us after 6 for caroling.
Sign up in the lobby on Sundays or contact
Lauraine Marcus
or church office (634-3010).
Sponsored by Membership Committee.



BOARD NOTES:

Hi again, from your Board of Trustees.

The effort to discover our *UUCA Vision and Mission* is continuing, the 'scribes' are

working to smooth out the product of the September 17 workshop. We have left posted, in the Emerson Room, your words from the survey that tell us what UUCA is all about. Please speak to us about your ideas, whether you attended the workshop or not we want you all to be a knowledgeable elector and prepare yourself fully.

Black Lives Matter – the sign is up – it looks beautiful and is attracting attention. The task force group is working on web pages to inform us all members, friends, passers-by and anyone else who would like to be better informed about how we treat each other in this country today. We have had a few negative comments, most were polite and disappointed but not angry, a few were angry but these did not lead to violence – we must always remember each person is entitled to their opinion, even when we disagree and they must be heard. On the positive we have heard from many people usually in person that we are brave to do the right thing – imagine they are elevating us to sainthood and all we did was put up a piece of plywood with our conviction on it!!! Image if we were to do something really powerful!

The Network of Religious Communities (NRC) will be holding the Annual Meeting in early February at the Jaffarya Muslim Center, 10300 Transit Road, East Amherst, NY 14051 — come and join the celebration when Maria Ceraulo will officially hear that her grant to support the Little Free Pantry is granted. This meeting is short and also includes a dinner and interesting guest speaker. Also the NRC invites all to an Annual Holiday Open House at the NRC Building, 1272 Delaware Avenue, Buffalo between 1pm and 4 pm Monday December 5, Please come one and all to meet those in our community in Erie & Niagara counties who work for the betterment of all and celebrate together.

Once again — I extend to all members and friends — and those not yet officially in our community the invitation to *speak to board members about any issue, concern or idea*. 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 a least the day before the meeting. Board meetings are held regularly each month on the second Wednesday starting at 7:00pm in the Emerson Room.

If I can help in any way – ask me –

Yvonne Stocker

NOMINATIONS FOR THE UUCA BOARD OF TRUSTEES

Every year, 3 members of our Board of Trustees cycle off the Board and three new members are elected for three year terms.

The Nominating Committee will be finding talented members to fill the 3 spots on the 2017-2018 Board. We will be offering a way for us to know about you via an application followed by participation in a group discussion.

What are the responsibilities of the Board of Trustees of UUCA and what is it like to serve on the BOT?

The BOT is responsible for the Governance of our church; we oversee and work with the councils and committees focusing on policies not micromanaging. We work with our Minister on a variety of issues including the future of our church. We have a responsibility to the Congregation to see that the church and its programs keep running and that we remain financially solvent. We have monthly meetings where we receive reports from BOT members who act as liaisons with the councils and committees and deal with any challenges or issues that may have arisen. We strive to uphold and promote the Principles and Sources of UUA.

Serving on the BOT is a great opportunity to get to better know people. One learns to appreciate different views about our church. It's also an opportunity to influence the future of our church.

Board Members are just like the people that serve on our various committees, teach in Faith Development, and/or run the various events we have, all are volunteers trying to make the UUCA a better place.

Please consider requesting an application or passing one along to someone you think might make a good candidate. The application is online at http://www.uuamherst.org/nominations-board-of-trustees/ and paper copies will be available after December 1st. The new Board term will begin on July 1, 2017.

To speak to a member of the Nominating Committee, please contact Tom Dibble, Marge Marcille, Taylor Parrack or Margot Shoemaker.

Endowment Trust



~Submitted by Endowment Treasurer Doug Funke for Endowment Trustees Dennis Bihl, Nan Cosbey, Jerry Kent, and Lauraine Marcus

This year has been a good year for the Endowment Trust (ET). The markets have done well and we have received numerous donations. We also have received notices of two pending bequests.

Since January 1st, we have received 26 donations in memory of members and friends who have died and 1 gift that did not designate a person. These donations total \$1,870. The pending bequests are expected to provide about \$10,000 when received. This is how the ET grows so consider adding the UUCA Endowment Trust to your will, and in the meantime make memorial donations. Church members and friends who have added the UUCA ET to their wills are recognized every year in the annual report, as are those who gave donations during the previous year. All bequests and individual gifts totaling over \$500 (cumulative) are also recognized on the ET giving tree in the Solarium when received.

As of the end of the 3rd quarter of 2016 the ET has total assets of \$785,181, up from \$741,921 at the beginning of the 2016. The Income account (earnings from interest and dividends and therefore available for church expenses) stands at \$52,154, having earned \$11,782 so far during 2016.

We have been made aware of a UU church in Portland, Maine that has an Endowment of about \$2.4M that is able to cover all their building repair and maintenance costs as well as the salary of their Custodian. This is an old 19th century building that is maintained to immaculate standards using just the interest and dividends earned from their endowment principal. This would be a great goal for our ET. We started at \$0 in 1995, so this is an achievable goal, since we now have a base to build from.



Worship Arts Conference

On April 8 worship artist <u>Marcia McFee</u> will be offering a day-long "**Transform Sunday Morning**" workshop in **Pittsburgh**, **PA**. She has been working with UU religious professionals for years, but this is the first local opportunity – and we want our lay worship leaders to have access to her ideas. We have a great discount for early registration and a bonus book for worship arts teams of 4 or more. This is a

once-in-a-decade opportunity! More information can be found here: http://www.uua.org/central-east/events/region/worship-arts-conference?month=2017-04.

<u>Description:</u> Bring your team (program staff, worship associates, artists, musicians and other interested people) to discover ways to enliven and deepen your congregation's worship services. Based on presenter Marcia McFee's book *Think Like a Fibrancker*, this conference will help you layer visual, auditory and experiential elements into a transformative worship experience. Marcia McFee has been teaching, preaching, performing, and leading worship in a professional capacity for over twenty years. She is a nationally-renowned teacher in worship arts for many different faiths, and has led several workshops for UU professionals, including ministers, music directors and religious educators. We are thrilled to be able offer this opportunity to our congregations!

Stewardship Conference

On May 6 we are bringing in Stewardship Consultant Barry Finkelstein to join me in talking about "Money, Membership and Shared Ministry" in Akron, OH. More information can be found here: http://www.uua.org/central-east/events/region/stewardship-conference?month=2017-05. (This will be similar to the conference offered in Syracuse, NY last Spring.)

<u>Description</u>: As the world is changing and the role of faith communities is in transition, how do we make sure that our UU communities are ready--not just to respond--but to thrive? Using examples from congregations that are growing while others are declining, we'll help your leaders (including staff, board, clergy, stewardship, membership, faith development, strategic planning) imagine new ways of growing and deepening your church.



UUCA Little Free Food Pantry Volunteers Needed

~Submitted by Maria Ceraulo

I will receive funding from the Riefler Enablement Fund to initiate an Amherst Little Free Food Pantry in the front of the UUCA grounds in spring, 2017. Modeled after the highly successful little free library concept, this is a grass roots effort to reduce hunger and food insecurity in our community. Basically, the pantry is a wooden box (sizes vary but about 3 feet by 3 feet) on a post filled with non-perishable and canned items. The box would be outdoors at the front of the property near the UUCA sign. It would be accessible to those in need 24/7, 365 days a year with no questions asked, no residency requirements and no forms to fill out. Users can be low income families with children, the working poor, the unemployed, disabled residents, seniors, low income individuals with a chronic illness, teens at risk, college students, the mentally ill and the homeless.

Don't think there is hunger in Williamsville? Think again. According to an article in The Buffalo News: "Buffalo may be one of the poorest cities in America, but a majority of the region's poor now live in suburbia. Of the 159,000 people in the region

living below the poverty line, more than half -- 52 percent --reside in the suburbs of Erie and Niagara counties, according to an analysis of 2010 census data by a Washington, D.C.-based think tank. Ten years ago, it was 44 percent."

Of course, anyone whether from the suburbs or the city who can get to UUCA can access the food in the pantry.

Anyone may also donate food to the pantry and we hope to engage the community to support our project.

First Universalist Church of Rochester, in downtown Rochester, recently began a little free pantry which has proven successful. Many other churches and groups in the country are creating a little free pantry in their communities.

The creator of the first little free pantry said it has been so successful because it is a tangible and relatively easy thing that can be done with immediate results to reduce what often feels like a hopeless problem.

You can help.

The pantry will start up in April, 2017, after the winter weather breaks but we need to plan now to meet that deadline. We need help in conceiving of the box and building it, engaging community support and involvement, securing donated or wholesale food supplies, publicity and marketing, food storage and a developing a plan for checking and stocking the pantry.

The project will come under the umbrella of the Social Justice Committee. The pantry is on the agenda for the Social Justice Committee meeting on **Wednesday**, **December 21 at 7 pm**. Please plan to attend to contribute your ideas, talent and skills. Many hands make light work.

Congregation Havurah which shares UUCA space will be working with us and we look forward to their participation, input and support of this project.

For more information or to express interest, please contact Maria Ceraulo.

Everything we do is faith development.
All we teach is Unitarian Universalism.
The congregation is the curriculum.
By Connie Goodbread

HEARTS AND HANDS: NEIGHBOR HELPING NEIGHBOR PROGRAM

Thank you to everyone who came out for volunteer training in November. Ron Palmere and Eveline Hartz with Caring for One Another committee are the liaison volunteers connecting our church with Hearts and Hands. Please call Hearts and Hands: Faith In Action at (716) 406-8311 or visit their website at https:// hnhcares.org to volunteer or if you are in need of assistance.

Faith Community Nurse Column

Eveline Hartz, RN BSN FCN

The holidays are here! ~ along with joyful feasting, snacks, feasting, drinking...

Food is a beautiful thing. It has the power to impact us on a level deeper than just our physical well-being. The food we eat, especially on this holiday season, reconnects us to precious memories, like childhood playtimes, first dates, holidays, our grandmother's cooking or our country of ancestry. Our bodies remember foods from the past on an emotional and cellular level. Eating this food connects us to our roots and has youthening and nurturing effects that go far beyond the food's biochemical make-up.

Some stats: 29.1 million people have diabetes, 27% of which are undiagnosed. 86 million people have Pain have pre-diabetes: 1 in 3 American adults. Diabetes causes blindness, kidney failure heart disease stroke loss of toes, feet, and legs. This may be good for the economy - healthcare now accounts for 17.5% of the Gross Domestic Product - but this is not good for individuals.

Diabetes is prevented or managed by three key factors: lose weight, eat healthy, be more active. This can make holiday cheer challenging.

Here are some thoughts:

Enjoy what you eat. Instead of swallowing it whole, savor every bite. Reflect on your memories. Be aware of the flavors, of the texture, fully enjoy the nourishment it gives you.

Put your fork down between bites.

Michael Pollen advised that any food cooked from scratch is ok. Prepared/processed foods contain preservatives, flavor enhancers, dyes, sweeteners, and more. These wreak havoc on our bodies. By making it yourself, you control what goes in a food and can eliminate these damaging components.

Use substitutions - when baking replace half (or more) of the butter with applesauce. Use honey or maple syrup in place of sugar, or simply leave out some of the sugar called for. Saute with water rather than fat.

Incorporate more veggies & greens. Taste the goodies, but fill up on the carrots.

Drink a glass of water in between any other drink you may have. Alcoholic beverages are loaded with calories.

This is wonderful weather to take a 30 minute walk/stroll every day. You'll feel better!

Happy feasting! Peace and Joy to all!

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." Albert Schweitzer

Did you know about this?

In this season of giving, please don't forget to continue placing your receipts for Dash's Markets in the marked box in the first cloak room. Dash's gives \$2.50 for every \$100 in register receipts. We then donate this to the Global African Village: http://www.globalafricanvillage.org/ to help in their fight against poverty in Africa.

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Also, don't forget about the Buffalo Mission Bins. Items can be left in the marked baskets/bins behind the screens in the Foyer. When the bins are near full, the Buffalo Mission will collect them.

~ some friendly reminders from Pat Burke with the Social Justice Committee



Black Lives Matter Responses

People are talking! We have received several letters, calls, emails, and even a FB message concerning the Black Lives Matter sign. While a significant portion of the responses have been

positive in nature a few negative comments have been received, usually anonymous and suggesting that the sign should read 'All lives Matter'. That is the most common negative response (suggesting 'all lives matter') and it is further evidence of the need to educate the community on the meaning behind Black Lives Matter. One very positive note was addressed to the Social Justice co-chairs and was from Pastor Milo Wilson of the Randall Baptist Church, our neighbor church across the street. In his letter, Pastor Wilson thanked us for keeping his congregation informed about our sign and he writes "it's a good thing you are doing".

~ just sharing from the Social Justice Committee. The Black Lives Matter taskforce can be contacted at blm@uuamherst.org.

A Right Relations workshop will be held here at UUCA on January 14, 2017.

Saturday, January 14, 2017

9:30 am - 3:30 pm

Fee: \$10 payable at the door (includes snacks and

lunch)

Facilitator: Rev. Lori Staubitz

Registration Deadline: January 8, 2017

Register Online at: http://www.uuamherst.org/

right-relations-workshop/

Join neighbor congregations for an interactive, fun, and informative day of discovery as we learn how to limit destructive drama, handle difficult situations, and think outside the box.



It's time again for the Gateway-Longview Adopt-an-Angel program. We will be collecting gifts for specific children, along with Visa gift cards to assist a family in purchasing needed beds and dressers for their five children. All gifts and gift cards are due at the church by Wednesday, December 7.

Remember that all gifts must be new and unwrapped. Please attach your angel to your gift. And please contact Jeanine Moyer with your name and the name of the child you are shopping for, if you have not done so already.

GREEN TIPS:



<u>LocalHarvest</u> Here is an interesting site. With explosive growth of pesticides and genetically modified organisms, those who are looking for food grown local, ethically, safely are often unsure where they can go to find farmers markets, family farms, with grass fed red meats, CSA with organic produce and other sources of good in your area.



<u>Freecycle</u> Think you might have something of value for someone else freecycle.org or need something but short on cash? Check out FREECYCLE.org-type in Buffalo, NY and look for people who are giving and getting stuff completely free.

END OF LIFE SERIES



On October 30th, Thaddeus Bieniek, President Greater Buffalo Memorial Society, presented funeral options. As promised, he encouraged people to plan arrangements that are in keeping with their personal wishes and budget, and then share that information with their survivors. He discussed a variety of alternatives to the standard funeral and memorial service.

November 5th's topic was *Let's Fill out the Forms* and so we did: Living Will, Healthcare Proxy, DNR/Molst, and file of life. For those of you who were interested but unable to attend, handouts from these sessions are available.

Upcoming:

Sunday, December 4th at 12:00 p.m. *Elder law* with Dawn M Myszka, Esq. and "My Way", "What Matters to me" by Brainstormers.

Dawn M. Myszka is experienced in estate and Medicaid planning, guardianship matters and probate and estate administration. Her practice focuses on representation of individuals in elder law and estate planning matters.

Ms. Myszka is a frequent community speaker on elder law issues. She is also a member of the New York State Bar Association (Elder Law Committee, Trusts and Estates Committee and Health Law Committee) and the Erie County Bar Association (Elder Law Committee) and is a former co-chair of the Women Physicians and Attorneys Task Force Committee of the Erie County Medical Society.

Ms. Myszka received her B.S. degree from the State University of New York College at Buffalo and her J.D. from the Thomas M. Cooley Law School in Lansing, Michigan.

Be sure to have your questions ready as legalities are explored!

Brainstormers will perform one 10 minute skit "My Way" prior to the presentation and one skit "What Matters to me" afterwards (time permitting):

"my way"- The husband is ill and needs a feeding tube. His wife needs to decide what to do. This skit deals with legal issues. The wife knows that her husband wouldn't want to persist but she does not have authority. She discusses this with the lawyer.

"What matters to me" - the wife is talking to her deceased husband's ghost. He did not want a DNR, but now that he is dead has some reconsiderations.

Sunday, January 8th at 12:00 p.m. Nursing Homes and Assisted Living with Kimberly Kent and Darlene Harris.

Brainstormers will perform one skit: "Welcome home", which is about 2 sisters deciding to put Dad in a nursing home/assisted living. Dad doesn't want to go.

Kimberly Kent is a social worker with extensive experience in geriatrics within hospitals, long term care and assisted living facilities. She is passionate about helping people maneuver through the increasingly, complex healthcare system. She will address a multitude of criteria, what your rights are, what questions to ask and so forth. Darlene Harris is an ombudsman, also with extensive experience and will add to these issues. Both women are UUCA Caring for Each Other Committee members.

Sunday, February 5th at 12:00 p.m. One of the topics that has been suggested for this session is physician assisted suicide. This is a controversial but very important topic.

Brainstormers will perform: "Exit" - This about a father who does not want to live. His children discuss whether or not do this —over a period of 3 years. There is no resolution. Discussion to follow.

This will be the last of our series.

What's Happening at UUCA?

BRIDGE CLUB

We play almost every Sunday after church in the Emerson Room. Want to join us as a



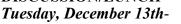
table or as a sub? Give me a call--Joann Shafer

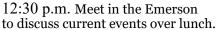
TED

TED TALK & SPIRITUAL CINEMAS

All are invited at 9:15 every other Sunday to hear a Ted Talk on 'ideas worth spreading' or to view and discuss short spiritual films.

CURRENT EVENTS DISCUSSION/LUNCH







Room

WOMEN'S LUNCH

Tuesday, December 20th- 12:30 p.m. - Meet in the Emerson room to chat and laugh over lunch.

ROMEOS

(RETIRED OLD MEN EATING

OUT) On the first Thursday of every month, all men are invited to get together for lunch at Buffalo Brewpub, 6861 Main Street (at

Transit Road). We have great conversations over lunch. There is no agenda, but we are never at a loss for words. Come join in our sharing of ideas; neither retirement nor old age is a strict requirement for participation!

CARING FOR ONE ANOTHER

Our committee accepts requests to provide assistance for our church community. We have a group of dedicated volunteers who are willing, ready, and able to serve their church community by:

- Visiting hospitals, nursing homes, and individual homes; or doing phone check-ins.
- Sending cards.
- Providing rides to Sunday church services.
- Providing Caring Health Awareness information by our Faith Community Nurse
- Transportation to Special Events at Church
- Pet Therapy.

You may call us or ask on behalf of another member. If you are interested in joining our committee, let us know!

We can be reached at caring@uuamherst.org or catch us in person before/after church.

Eveline Hartz & Ron Palmere

COCKTAILS & CONVERSATION

December 2nd C&C will be at Buffalo Brew Pub located at 6861 Main St. Williamsville, NY 14221



All those over 21 welcome for a night out! -Ivy Yapelli

Love Feast Thursdays

Third Thursday of each month! This month: Dec 15th

6pm – Light Dinner 6:30pm – Family Friendly Vespers 7:00pm – Drumming

(Children & Youth encouraged to participate in readings/music – contact Rev. Michelle)

Please Note: There will be no Nursery care and no Faith Development Classes on Saturday, Dec. 24th, Sunday, Dec. 25th and Sunday, Jan. 1st.

Check out our website and events calendar at www.uuamherst.org



It's that time of year again! The holidays are upon us and we are contemplating gifts for family, friends, charities, etc.

Keep TOPS gift cards in mind. Available Sundays after Services in the Emerson Room. A portion of the proceeds goes towards the church. Talk to Barb Kent if you need a par-

ticular denomination. Also, remember you can exchange your TOPS gift card for many other gift cards at your Friendly TOPS Market!



Kid's Night Out!

On **Friday Dec. 9, 5-9 PM**, drop your kids off at the UUCA for an evening of fun and dinner with the senior youth group and their advisors. The Senior Youth Group will provide dinner, child care, and activities for your children while you have an evening to yourself. This is an Autumn Auction event: \$10/ child or \$15/family with a maximum of 30 children.

Call (634-3010) or E-mail (<u>administrator@uuamherst.org</u>) Jaime in the church office to sign up. You will be glad that you did! ~Diane Bofinger, Senior Youth Advisor



Don't forget the church when you do your holiday shopping!

The church recently earned \$194 from users shopping at Goodshop.com. You too can help raise additional money for the church while shopping or searching for products online.

Goodsearch is a Yahoo powered search engine that provides one cent to a selected charity for every qualified search you perform with it.

Goodshop provides a percentage of the sale price to your selected charity.

To sign up, simply go to www.goodsearch.com. When asked to identify a charity be sure to type: unitarian universalist church of Amherst

November 27th, the Sunday after Black Friday, is once again **Goodshop Sunday**: a special day this year when select stores (like Nike, Macy's, Victoria's Secret, Crate & Barrel and more) will give up to DOUBLE the donations to your cause every time you shop! Plus, they'll share exclusive deals and coupons to help your supporters save on all their shopping. It's a gift so nice that it gives back twice.

Another way to help the church, just for buying the stuff you would anyway is to

Sign up for smile.amazon.com and chose

Unitarian Universalist Church of Amherst Endowment Trust

Location: Williamsville, NY as your charity

Make purchases as normal and cause a donation to the UUCA Endowment Trust @ 0.50% This is a new program for us but we have already received \$21.15 from Amazon Smile for the Endowment Trust.



U.U.-U.N. NEWS

December 10 is Human Rights Day; that is because the United Nations' Universal Declaration of Human Rights was adopted by the United Nations' General Assembly on 10 December 1948.

The Commission on Human Rights began its work in January 1947 under the chairpersonship of Eleanor Roosevelt. In thirty Articles, the Declaration sets forth basic human rights and fundamental freedoms, to which all human beings are entitled to everywhere in the world without any discrimination. 2016 is the sixty-eighth anniversary of the Declaration's adoption.

The United Nations' General Assembly has proclaimed the Universal Declaration as a "common standard of achievement for all peoples and nations." No U.N. Member State has a perfect human rights record, but all 193 U.N. Member States should aspire to realize the Declarations' thirty Articles.

The U.N. has also adopted two Covenants to formally implement the Universal Declaration: the Covenant on Civil and Political Rights and the Covenant on Economic, Social and Cultural Rights. No U. N. Member State has currently formally adopted and implement both of these Covenants. That remains to be achieved in the future, but it is imperative that the adoption and implementation of both these two

Covenants by all 193 U. N. Member States occur as quickly as possible.

Both the United Nations' Charter and Universal Declaration of Human Rights categorically state that the realization of human rights is essential for the promotion and maintenance of world peace. Therefore, on Human Rights Day (10 December), every U.N. Member State and person should resolve to implement the Universal Declarations thirty Articles. This will begin the process of leading our troubled, interdependent world in a much more constructive direction. In too many parts of the world, there are flagrant human rights violations and these must be eliminated if world peace is to prevail in the future.

Implementing the U.N.'s Universal Declaration of Human Rights throughout our interdependent world may be a daunting task, but it is not an insurmountable one and should evoke humanity's foremost efforts. At the present moment in human history, there is nothing more important than the human family achieving and maintaining world peace. The United Nations' Universal Declaration of Human Rights and its thirty Articles should, therefore be implemented throughout our interdependent world in order to promote world peace and human betterment. The international clock of doom is ticking. There is no time to lose if the extinction of the human family is to be averted.

~David Slive, U.N. Envoy

LOOKING FOR A VOLUNTEER OPPORTUNITY?

~ Christine Slocum from the Western New York Coalition for the Homeless

We need people to help with Code Blue. Code Blue is a low-demand emergency shelter process for shelter-reluctant homeless community members to find refuge from extreme cold. These shelters open when the temperature dips below 15 degrees. Two volunteers are needed to assist overnight. In the past, Code Blue was operated by the Buffalo City Mission.

When the weather is bad females will be housed at the Lt. Col Matt Urban Hope House and males will be sheltered at Lt. Col Matt Urban Hope Center at 385 Paderewski Dr. or Restoration Society, Inc's Harbor House at 241 Genesee St. Buffalo. Volunteers are needed to assist with setting up/taking down cots and small tasks including the distribution of linens, direction of people, and to be a friendly face. Volunteers should be able to commit to one night per week.

All interested people can contact wnyhomeless@gmail.com



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716-634-3010
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