

Issue

July 2016

The Foreword



**The Newsletter of the Unitarian
Universalist Church of Amherst**
6320 Main Street, Williamsville, NY 14221
Phone: 716-634-3010
www.uuamherst.org

SUNDAY SERVICES IN JULY AT 10:30AM

Led by the Preaching By Parishioners Group

3 *Thinking Outside the Box* with Yvonne Stocker.
Changing Perception-Changes Action

10 *Who's Afraid of Hieronymus Bosch?*
Speaker Jeanette Geckler. Art, Fear, and Spiritual Renewal

The Tyranny of Progress. Speaker Jerry Kent

17 From T. Rex to T. Rump progress has destroyed dinosaurs. And congregations.

24 *The Little Prince et al. (including me) vs. the Rhythms of Nature*
with Roger Keeney. Both the Little Prince and his author took on the rhythms of nature and it seems I joined in as well after I too, met the Little Prince for the first time.

31 *Albert Einstein's Untested Idea* with Joe Rautenstrauch. If "humans suffer from an optical delusion of separation" what are the implications of this idea and how can they be tested?

Preaching by Parishioners is a unique UUCA Program designed to fill the pulpit with interesting sermons given by trained congregants from either our church or other UU congregations. This program sprung from our cherished belief in the *freedom of the Pulpit & Pew*. Thank you for joining us for this incredible summer program.

MINISTER'S CORNER



We've done good work this year – and we've set ourselves on a good course for the coming church year. With a covenant in place, we are ready to begin the work of determining mission and vision – figuring out who we are and what we can do to make our community a more just and loving place.

The congregation sent a clear message to live into UUCA's legacy of social justice with the affirmative vote to add our voices to the Black Lives Matter movement. I know there are some

who fear reprisal for that decision – and the church may feel a little less like 'home.' And I know there are some who are passionate about racial justice – and with the decision to move forward, the church feels more like 'home'. Both of these realities can co-exist and, if we are living into our covenant, we will discover that our church and our faith are big enough to hold and nurture a diversity of thought and experience. We'll get there – together.

“Heaven knows where we are going, but we know within.
It will be hard, we know, and the road will be muddy and rough,
But we'll get there!” (Woyaya, teal hymnal #1020)

Faithfully, Rev. Michelle

UUCA Office News

- ◆ Rev. Michelle will enjoy some vacation time from June 27th thru August 7th. Pastoral care needs may be directed to the Caring for One Another Committee and our ministerial intern, Rev. Lisa Peterangelo.
- ◆ Volunteers will be covering in the office until July 25th, while our administrator is away.
- ◆ What's Up Wednesday will not be sent out while the administrator is on vacation. Refer to this edition of the *Foreward* and the UUCA Website for upcoming events.

www.uuamherst.org

UUCA Board of Trustees News

The UUCA annual meeting was held on June 12th. At the meeting congregation members voted in favor of;

- The nomination of Steven Kemp, Angela Warren and Gemma Lanthier for the Board of Trustees,
- The nomination of Jerry Kent for a 5 year term on the Endowment Trust,
- The proposed budget for the upcoming Church year,
- The creation of and placement of a Black Lives Matter Banner on the Church grounds,
- The proposed UUCA covenant:

The Board of Trustees also recognized the outstanding stewardship of David Stroud on behalf of the congregation.

After the annual meeting, the Board of Trustees met and elected Yvonne Stocker Chair, Hella Jacob Vice Chair, Angela Warren Recording Secretary and Lisa Mulder Corresponding Secretary.

For more information on vote counts during the annual meeting please refer to the minutes posted on the Board of Trustees bulletin board and recorded by Eveline Hartz with our deepest gratitude and respect.

~ Lisa Mulder, Corresponding Secretary for the UUCA Board of Trustees.

Our Leadership:

2016-2017 UUCA Board of Trustees

Developmental Minister
Rev. Michelle Buhite
(Office).....634-3010
minister@uuamherst.org

Ministerial Intern
Rev. Lisa Peterangelo
(Office).....634-3010

Minister Emerita
Rev. Maureen Q. Thitchener
585-657-7526

Caretaker
Chris Barry.....479-4239

**Director of Faith
Development**
dre@uuamherst.org

Music Director
Fran Landis.....694-1106

Financial Clerk
Donna Sentz.....634-3010

**Office Administrator/
Newsletter Editor**
Jaime Sheridan.....634-3010
administrator@uuamherst.org

**Normal office hours:
9:00am until 2:00pm,
Tuesday through
Friday**

<u>NAME</u>	<u>TERM EXPIRES</u>
<i>Yvonne Stocker</i> <i>Chairperson</i>	2017
<i>Hella Jacob</i> <i>Vice Chairperson</i>	2018
<i>Lisa Mulder</i> <i>Corresponding Secretary</i>	2018
<i>Angela Warren</i> <i>Recording Secretary</i>	2019
<i>Marlana Rice</i>	2018
<i>Steve Kemp</i>	2019
<i>Gemma Lanthier</i>	2019
<i>Joe Rautenstrauch</i>	2017
<i>Rosalind Sulaiman</i>	2017
<i>David Stroud</i> <i>Treasurer</i>	

New 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



During the summer many of our 'regular' folks take a little break... you know, coffee, ushers, greeters, worship weavers...

UUCA needs you! Perhaps you can help in one or more of these areas!

Worship Weavers help to make the Sunday morning experience run smoothly... making sure the chapel is ready for worship, hymnals are distributed, etc.

Coffee Makers are the glue that bring our community together! Instructions are clear and easily reproducible! Put out cups... make coffee... watch folks connect!

Greeters and Ushers make it look easy! Be friendly! Pass the baskets! Help newcomers feel welcome!

There will be a signup at the Welcome Desk in the main lobby - please take on one of these areas of ministry for the summer. Even one week will make a difference! Instructions are available for all areas of Sunday morning ministry!

Thank you for your dedication to our church!



Making our Visitors Feel Welcome over the Summer

During summer services it is important that everyone is more attentive to the unfamiliar person/family who visits us. Please make an effort to go up to visitor after a service and strike up a conversation about what brought them to church that day. What are they looking for? Introduce them to others and encourage them to return to meet our minister in August.

Remember: there are information packets on the welcome desk that include the current newsletter. If they would like to receive information or to be contacted by the minister, yellow cards are available in the chapel and on the welcome desk—completed cards can go in the membership mailbox. If you know of a social event or a meeting that might be of interest, extend an invitation.

Thank you for being part of the Welcome Team.
~Lauraine Marcus for the Membership Committee



Back by Popular Demand: **Round Robin Potluck**

You will have a chance to sit at different tables during the course of the evening to get to know more people.

Saturday, August 20th, 5:30 pm, Emerson Room

Sponsored by the Membership committee



GREEN TIPS:

With summer coming, you want to engage in some fun outdoor activities, right? Check out the Green Sanctuary bulletin board. Every month, sheets are posted that list environmental events in Western New York. There are many outdoor adventures for individuals, families and children - trail walks, birding, kayak trips and more: all in our area. Especially on weekends, there are many to choose from. Pack a lunch and visit some location new to you!

~Carol Wells for the Green Sanctuary Committee



Music Notes by Wendy Scott,

Upcoming Events:

Lancaster Opera House: J. Michael Landis, who adds his voice to our occasional choir and is a classical musician and independent filmmaker, is Lancaster Opera House production manager. He recently wrote the screenplay for *Tiny* from the book *Eternal Troubadour: The Improbable Life of Tiny Tim* by Justin with Alanna Wray. A block of tickets will be purchased for UU members to attend this show on Saturday, July 2nd at 7:30pm. Contact Wendy Scott (874-9072 / scottw@buffalostate.edu) if interested.

Indoor concert of Broadway favorites: will be put together by Fran and colleagues in July (date to be announced) followed by an afternoon patio party. The concert will feature our friend David Bondrow and other singers. Watch out for more details soon!

Adult and Teen Volunteers Needed

Our church is pleased to partner with Hearts and Hands, an interfaith not-for-profit, neighbor-helping-neighbor organization. Volunteers are needed to provide transportation and support for older and physically-challenged adults. Volunteers assist care receivers so they can get to important doctor appointments, get their groceries, and do essential errands. This means that these neighbors can remain independent and in the homes and communities they love. Volunteers not only help care receivers, but also support their families and our community. Volunteers can choose to do the activities that they feel comfortable doing. No one person is asked to do it all. Also, you can choose where to volunteer. Hearts and Hands serves many communities throughout Western NY.

If you are looking for a way to have a positive impact in your neighborhood, Hearts and Hands needs you as a volunteer. If you are interested or have any questions, 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. Hearts & Hands is a program under the Social Justice Committee.



Do You Need Help?

Do you need help with transportation for medical appointments, shopping, a hair appointment..., or help with light housework, respite services, minor home repair...? Hearts and Hands: Faith In Action may be able to help you at no charge, regardless of age, income, race or religion.

Our church is officially part of this wonderful program. Our Caring For One Another committee does a terrific job of helping members within our congregation. But sometimes a person needs help with more than just a visitation or ride to a church activity. For these other needs, Hearts and Hands may be able to help.

If you are in need of help, or have any questions, call Hearts and Hands at 406-8311 or visit their website at <https://hnhcares.org>. Ron Palmere and Eveline Hartz from social justice committee are the liaison volunteers connecting our church with Hearts and Hands.



Dining for Dollars:

Swim & Picnic at the Parks

20 lucky people are welcome to join us at our house in Akron for swimming and a picnic dinner to follow. Bring a towel and chair. Swimming starts at 4pm with a picnic dinner approx. at 6pm. If weather permits, we will have a bonfire in the backyard.

Sign up at the Welcome Desk and send payments to the office to be counted as a guest. (Please write 'Dining for Dollars' on the check memo line.)

MAX 20 people

Date: Sat. July 30th

Time: 4pm

Price: \$20 per person



BOARD NOTES:

Hello to you all. I am Yvonne Stocker and the Board Chair for our new church year 2016-2017. The Board liaisons to the councils will be decided at the July Board meeting. We had formed a task force to study improvements to our worship space – they are beginning work this year.

We have a vigorous group on the Board this year and I anticipate that we will continue in the spirit of thinking, deliberating and carefully considering as we started last year. This was a considerable influence of Rev Michelle as she helped us stay focused on issues and trust the details to the committees. We are making our operations smoother and simpler – for example Finance and Facilities – meets together – one less meeting! – we have posted forms on our website – so that your needs may be addressed without having to chase the wrong people!

At the annual meeting we adopted our Congregational Covenant. This was an All Church effort and the process we used provided input from anyone who had a thought to share, then the Scribes took these thoughts and created our covenant – it is beautiful and resonates well not only in sound but also in spirit each Sunday as we recite it in unison. I expect that as we work on the UUCA Vision & Mission this year we will use a similar process.

Also at the annual meeting we accepted out community social action – Black Live Matter. Our task force is working to design, create and install our banner. Let this be just the start of our leadership in our community – and make social justice real in WNY.

Of course – 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. Board meetings will be 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 yvonnestocker@gmail.com 716 278-0176.



Need some ideas for Summer Reading? Green Sanctuary and Social Justice Committees will have a library for books which can be borrowed. They will be in the bookcase in the Living Room. Please remember to sign them out and in the green notebook Thank You.

SUMMER INSTITUTE

July 17-23, 2016, Oberlin, OH

There is still time to join your fellow UUCA members at Summer Institute. Check out their website at : omdsi.org



Young Adults: We know you can find getting a whole week off a bit of a challenge. Summer Institute has a special Young Adult 'con' (aka Conference) with bare bones accommodations for just \$75 (Th-Sat). Here's the link: <http://omdsi.org/young-adults/weekend-deal/>

Be a part of this fabulous adventure: act NOW!



Humanists may be interested in the "Non-Conference," an annual conference for non-believers organized by Niagara Secular Humanists friend Spencer Lucas. This year it's in Niagara Falls, ON, on August 13. For more details, please go to the conference website at <http://www.thenon-conference.com/>

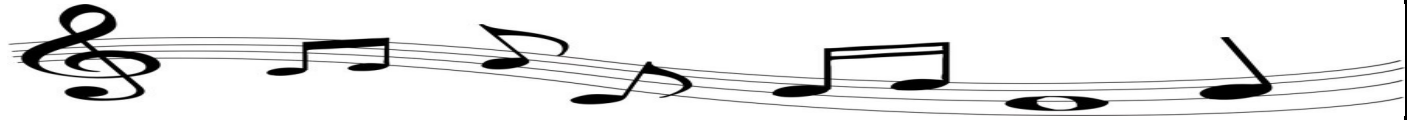


Become a Foster Parent Today!

In Erie County alone, nearly 1,000 children are in need of safe, nurturing foster homes. *You can help!*

call: Gateway Longview at 716-783-2909 or visit gateway-longview.org

“All good things must come to an end” and my time is now. As some of you may have heard, I am stepping down from Caring For One Another both as Chair and as a member. Lisa Mulder will be the new Chair effective at our July 7th, 2016 meeting. It has been an honor to serve our church community through this committee and watch this dream grow. The success is due to many of you both faithful volunteers, outlying volunteers, and so many who have called and emailed or mentioned at church someone in need. You have all been wonderful “roots” for this committee and I know you will continue to do so and help Lisa and Scott to continue Caring For One Another’s growth. On that note, I would like my Health Awareness for this month to be a little fun!



HEALTH AWARENESS FOR JULY: THE HEALING POWER OF MUSIC

Have you ever played a quiet song to help you relax? Or worked out while listening to high energy music? Or hummed a happy tune and realized your bad mood had disappeared? Then you’ve experienced the healing power of music. In fact, music is used as therapy for some health concerns.

There are neuroscientists who are working to discover exactly why music has healing powers. After all, it's pretty amazing that it can stimulate certain areas of the brain, speed healing, and decrease anxiety and increase optimism. There are different components to music that can have an effect. Pitch, harmony, frequency, melody, and rhythm all effect the brain in different ways. We know that some of the brain locations are involved in helping to heal and soothe the body as well. The brain can be taught and stimulated to perform better -- and it seems that music is the perfect vehicle to do that.

Musical Therapy - There are around 5,000 registered musical therapists in the United States. Their services are used to soothe people, stimulate recovery, and more. As we now know from scientific evidence, music has an actual physical effect on the body as well. Music can be beneficial in just about every circumstance. However, scientists are looking into some specific uses where it has been found to be particularly effective.

Music can lower heart rate and blood pressure in those with chronic disease and pain. It can also ease stress, a major risk factor for heart disease and diabetes. Autism – music may help to improve focus, as well as relieve anxiety and frustration. Those who have had strokes often have trouble with their speech. It's thought that the act of singing or chanting can increase their fluency! It also has a strong effect on optimism and a positive outcome in recovery overall. The same effect has been seen with those who stutter. Music and singing can completely take the stutter away for a time. This is a great relief and a definite boost for someone who is tired of stuttering.

Parkinson's disease affects movement. The rhythm of music, including drumming, dance, and movement groups, can improve the side effects of Parkinson’s Disease because it can stimulate the brain to allow more movement, helping a person to move smoothly and vibrantly!

Memory is one of the biggest areas of study for music's healing power. Research in the area of Alzheimer's disease has been particularly promising. While it doesn't take away or lessen the disease, it can help to stimulate memories for the patient. It's apparent that music has a special place in both our hearts and our minds, since even those who have nearly completely lost touch with reality can recognize and sing songs they have loved throughout their life.

Depression and mental health - music can lighten a mood. It can also help people more easily talk about their feelings or make positive life changes. There is science behind the healing power of music and Dr. Mike Miller of the University of Maryland Medical Center in Baltimore, has set out to study this.

~Suzanne Christ, Faith Community Nurse, Caring For One Another, UUCA

CARING FOR ONE ANOTHER

Suzanne sadly says good-bye and thank you to all the supporters of Caring For One Another over the past five years.

We welcome Lisa Mulder as the new Chair.

This change is effective July 7th at our monthly meeting

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 by contacting **Lisa Mulder, Chair:** phone 716-777-2505 or **Co-Chair, Scott Mulder:** phone 716-696-2915 or email either at

caring@uuamherst.org

Our next meeting is on Thursday, July 7, 2016 at 11am in the Emerson Room for all members and any newly interested persons.



DOMINOES

We will continue to meet this summer! Bring something edible to share, chat and just have fun! This is a very relaxing time, although we do discuss issues (we're Unitarians!). You may join us at any time on Mondays at 1:30pm in the Emerson Room.



COCKTAILS & CONVERSATION

July 1's evening of fun and fellowship is The Jolly Jug located at 797 Niagara Falls Blvd, Buffalo, NY 14226

All those over 21 welcome for a night out!

-Ivy Yapelli (questions? txt/call) [254-338-8248](tel:254-338-8248)

Women's Afternoon Study Group

Tuesday, July 5th - 1:30 p.m. - We will finish the articles in the Summer UU World in the Living Room.

From Tuesday, July 12th to Tuesday, August 30th, this group will suspend its programming but continue to meet for lunch every Tuesday at 12:30 p.m. in the Emerson Room.


~Marge Marcille, facilitator



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July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 10:30am Church Service 7:30pm AA (Liv. Rm.)	4 Independence Day 1:30 Dominoes (Em) 6:00pm AA (LR) 7:30pm ACOA (LR)	5 10am ACOA (LR) 12:15 AA (LR) 1:30 Women's Study Group 7:00 Blue Mountain (Reeb)	6 12:15 AA (LR) 1pm Green Sanctuary	7 12pm ROMEO's 12:15pm AA (LR)	8 7:30pm SOS (Reeb)	9 6pm Buffalo Belles (Emerson & Patio)
10 10:30am Church Service 7:30pm AA (Liv. Rm.)	11 1:30 Dominoes (Em) 6:00pm AA (LR) 7pm: Mankind Project (Reeb) 7:30pm ACOA (LR)	12 10am ACOA (LR) 12:15 AA (LR) 12:30 Women's Lunch (Em) 7:00 Blue Mountain (Reeb) 7pm Membership	13 12:15 AA (LR) 6pm BOT 'Brown bag' (Em) 7pm Board of Trustees Meeting (Em)	14 12:15pm AA (LR)	15 7:30pm SOS (Reeb)	16 9:30 Website Crew (Emerson)
17 10:30am Church Service 12pm Worship Committee (Reeb) 7pm Broadway Hits (Chapel) 7:30pm AA (Liv. Rm.)	18 1:30 Dominoes (Em) 6:00pm AA (LR) 7:30pm ACOA (LR)	19 Deadline for Newsletter 10am ACOA (LR) 12:15 AA (LR) 12:30 Women's Lunch (Em) 7:00 Blue Mountain (Reeb)	20 12:15 AA (LR) 7pm Social Justice	21 12:15pm AA (LR)	22 7:30pm SOS (Reeb)	23
24 10:30am Church Service 7:30pm AA (Liv. Rm.)	25 1:30 Dominoes (Em) 6:00pm AA (LR) 7pm: Green Cuisine (Em) 7pm: Mankind Project (Reeb) 7:30pm ACOA (LR)	26 10am ACOA (LR) 12:15 AA (LR) 12:30 Women's Lunch (Em) 7:00 Blue Mountain (Reeb)	27 12:15 AA (LR)	28 12:15pm AA (LR)	29 7:30pm SOS (Reeb)	30 4pm Picnic at the Parks (Dining for Dollars Event: Must Sign up!—See page 5)
31 10:30am Church Service 7:30pm AA (Liv. Rm.)					KEY: AA—Alcoholic Anon. AE—Auction Event ACOA—Adult Children of Alcoholics Bul = Bulfinch Room DR = Dining Room Em = Emerson Room LR = Living Room SOS = Non-religious sobriety group	

U.U.-U.N. NEWS

There is an excellent article in a recent issue of the *UN Chronicle*. It is entitled "The Role of the U.N. In Promoting The Rule of Law", written by Jan Eliasson, Deputy Secretary-General of the U.N. The rule of international law is the foundation of the U.N. On the international stage, it is fundamental to international peace and security. All 193 U.N. Member States have an obligation to abide by the U.N. Charter and the wider body of international law. All 193 U.N. Member States are expected to abide by these laws, and work to ensure this basic principle is the essence of the U.N.'s work to promote the rule of law at the international level. On 24 September 2012, the U.N. General Assembly adopted a Declaration emphasizing the importance of the rule of international law. The U.N. provides rule of law assistance to over 150 U.N. Member States. The U.N. has also developed a large body of universally agreed upon norms and standards.

The Declaration builds upon the fundamental formula of the September 2005 U.N. World Summit. There is no peace without development; there is no development without peace; and there is no lasting peace and sustainable development without respect for human rights. The U.N.'s challenge now is to implement the Declaration. Promoting the rule of law

is, therefore a key task for the U.N. Coordinating this process is a difficult task, given the large number of U.N. Member States and their usual intransigence. U.N. Secretary-General Ban Ki-moon is attempting to promote this process of coordination.

The challenge for the U.N., therefore, will be to present all 193 U.N. Member States with a post-2016 development agenda that includes the rule of law and encourages all 193 U.N. Member States to abide by it. At the present time, most U.N. Member States abide by the rule of international law and the U.N. Charter, only when it is compatible with their foreign policy objectives. That is why the U.N. is unfortunately of less importance than it ought to be.

This is an exciting time to shape a bold yet practical agenda that will help the human family. The international community must give the rule of law the central role it deserves in world affairs. The international community must develop new approaches to implement the rule of international law. The U.N. should help all 193 U.N. Member States to strengthen the rule of international law, and ensure that abiding by the rule of international law promotes world peace, international security and human rights: the primary purpose of the U.N. and its Charter. This is not by any means an easy task, but it needs to be accomplished if the human family is to endure, and have worthwhile future.

~ David Slive,



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