

Issue

**November  
2016**

# The Foreword



## Our Leadership:

### Developmental Minister

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minister@uuamherst.org

### Ministerial Intern

Rev. Lisa Peterangelo  
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### Minister Emerita

Rev. Maureen Q. Thitchener

### Director of Faith Development

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**Office Hours:  
9:00am until 2:00pm,  
Tuesday through Friday**

## 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 NOVEMBER AT 10:30AM

# 6

*Feeding your Inner Atheist*  
Rev. Michelle Buhite

# 13

*In Service to Grace*  
Rev. Michelle Buhite.

# 20

*The Beauty of Native American Spirituality* Rev. Lisa Peterangelo.

For centuries, the Native American community has been seen as a secondary part to the Thanksgiving story. As we as a country evolve and come to a deeper understanding about our Native brothers and sisters, let's enjoy the spirituality of this beautiful people. Please join Rev. Lisa and her friend Thunder Silk as they offer examples of spirituality in the Native American tradition.

# 27

*Where Forgiveness Meets Justice*  
Rev. Michelle Buhite

### 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



This month we will consider the concept of Grace, with its active partner, Restoration. It's a shame that religious liberals don't spend more time talking about grace – it's a natural for we who reject the notion of divine punishment and rejection. Our lives are full of moments of grace, amazing and otherwise. I wonder how grace would change the way we feel about our day-to-day lives and how we communicate with one another. Grace, restoration, forgiveness, and justice are important theological ideas that have a direct impact on how we live our lives; don't miss a moment!

With grace and gratitude,  
Rev. Michelle

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## Faith Development

***Vasalisa and Her Quest for Fire – October 30.*** This is a multigenerational service suitable for all ages. The story helps us understand that death is not ugly and that we need to accept death if we are to utilize and honor the wisdom of our ancestors. The service will begin with a Halloween parade of children in costume. Anyone wishing to participate should assemble in the Emerson Room at 10:15. After a parade around the sanctuary children will be with their families who are strongly encouraged to sit near the front for maximum engagement.

### Movie Night –Friday, November 4

You are invited to join our Interim Director of Faith Development Karen LoBracco for an evening of pizza, snacks and laughs as we watch the movie ***Nanny McPhee***. The pranks and food fights appeal to kids of all ages, while the underlying message of taking responsibility for our actions is demonstrated but not preached.

6PM – Pizza and cider served in the Emerson Room. Free will offering to cover costs. Donations of side items welcomed but not required.

7PM – Movie begins. Popcorn provided.

To make sure we have enough food, an RSVP to [dfd@uuamherst.org](mailto:dfd@uuamherst.org) or signing up on the clipboard outside Emerson would be appreciated!



### Special Outdoor Program November 27

It's the Sunday after Thanksgiving, and all of feel like a change of pace. The Nursery will be open for our littlest ones, while children and youth Kindergarten – High School are invited participate in a special outdoor (weather permitting) program. We will all start in the chapel @ 10:30, then wearing coats and gloves proceed to the gazebo in the “back woods”. This program is a collaboration between the Green Sanctuary Team and Faith Development.

Please contact me ([dfd@uuamherst.org](mailto:dfd@uuamherst.org)) with questions or comments.  
~Karen LoBracco, Interim Director of Faith Development

# Adult Faith Development

Adult Faith Development has several programs to offer over the next month:

**Friday, Nov. 4** – Movie Night – Come at 6 PM for pizza & cider and at 7 PM enjoy popcorn and the movie, “Nannie McPhee”, all in the Emerson Room. This 2005, 97-minute long movie is a family comedy about a governess who uses magic to rein in the behavior of 7 unruly children. All ages are welcome. We hope to see you there!

**Sunday, Nov. 6** – Ted Talk, “Atheism 2.0” (19-20 min.), followed by discussion; 9:15 AM, Living Room. We will run Ted Talks on various topics on the first Sunday of each month. Join the discussion. All are welcome!

**Sunday, Nov. 13** – Poetry As Practice – Lauraine Marcus will present poems for discussion (theme Restoration and Grace); 1 PM (or after the Congregational Meeting), Reeb Room. Bring lunch for yourself. All are welcome!

**Thursday, Nov. 17** – Love Feast 6pm – Light Dinner 6:30pm – Family Friendly Vespers 7:00pm – Drumming (Children & Youth encouraged to participate in readings/music – contact Rev. Michelle)



**Friday, Nov. 18** – 7:30pm – The Humanist Reading Group meets in the Living Room. This group is starting a new book. All are invited to join— *The Good Book: A Humanist Bible* by A. C. Grayling (<http://www.barnesandnoble.com/w/good-book-a-c-grayling/1100550458?ean=9780802778376>)

**Sunday, Nov. 20** – Three 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. This month, the first 2 films, “Blitz”(9 min.) and “What He Left You” (10 min.), portray the powerful effect a father can have on his son, and the third film, “Chance” (6 min.), is about a young girl who teaches us about giving up control and having a generous heart. Join the discussion. All are welcome!

**Sunday, Dec. 4** – Ted Talk, followed by discussion; 9:15 AM, Living Room. Topic to follow.

**Sunday, Dec. 11** – Poetry As Practice – Jackie Senders will present poems for discussion (theme to follow); Noon, Reeb Room. All are welcome!

If you have any questions about Adult FD, contact Diane Bofinger



## Christmas Eve

Plan ahead! Mark your calendars!

5:00 pm – Christmas Eve Family Friendly Candlelight Service

(contact Rev. Michelle if you wish to have a child dedication; not limited to infants)

10:00 pm – Christmas Eve Vigil and Candlelight Service (choir to sing)

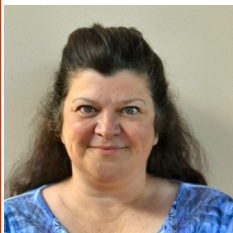
## Choir Notes

The UUCA choir will sing on Sunday, Nov 20; rehearsals 11/13 & 11/20 at 9:30am. We'd like everyone who has a little time and inclination to come and sing. The ability to carry a tune and willingness to come to rehearsals before church are the only requirements.



## Covenant Groups Forming

Do you yearn for more meaningful connection? Are you interested in creating deeper relationships and talking about 'big' topics? You may enjoy a Covenant Group! Groups are forming now! Indicate your interest by signing up at the Welcome Desk or contacting Rev. Michelle ([minister@uuamherst.org](mailto:minister@uuamherst.org) or leave a note in her mailbox near the Living Room).



## LETTER FROM LISA

November is one of the months that contains so many emotions. Anticipation, excitement, and a bit of anxiety as the stores remind us that the holidays are right around the corner. When I feel the pressure of planning, buying, and making things “perfect”, I remind myself that November itself has many wonderful things to offer us besides being the gateway month to Christmas.

November offers us several lessons; each having to do with reflecting about our lives. Lessons of gratitude are abundant. Observing our lives with a sense of blessings instead of comparison. Emphasizing relationships instead of shopping, and watching the children more than the news.

The upcoming holidays come with a choice: Will we “just get through it?”, or will we journey through it with mindfulness, and take in the beauty of the lessons?

Happy journeying.

Lisa

## Nine Ways to Make a Terrible First Impression

A recent episode on the Thom S. Rainer blog on “Growing Healthy Churches, Together” was titled *Nine Ways to Make a Terrible First Impression*.

(Podcast #236). It provides some useful observations and suggestions to improve our encounters with newcomers:

Church members are often friendly...to the people they already know.

Don't wait for a guest to ask a question. If you see they need help, help them.

People want to know you are interested in them when they visit your church.

Relationships are the #1 thing that brings people to a church, keeps them, and gets them involved.

When you meet a new guest at church, it is a time to listen to them, not debate with them.

Not everyone is a hugger.

The nine ways church members can make a terrible first impression are:

**Wait for visitor to approach you.**

**Make your handshake as weak as possible (or as strong as possible).**

**Avoid eye contact. (Instead, look at their eyes.)**

**Don't use the other person's name.**

**Talk about your successes a lot.**

**Act bored when they talk.**

**Whenever possible, vehemently disagree with them.**

**Don't crack a smile.**

**Don't say goodbye.”**

We are all part of the welcome team. Thank you for making our visitors feel valued.

~Lauraine Marcus for the Membership Committee

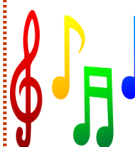


Coffee, Tea and Candy Bars still available!

There are bags left of whole bean and ground Decaf coffee, \$7.00. Green and Chai tea at \$2.75 a box. We have some milk chocolate, orange, mint and sea salt crunch bars at \$2.75.

If you would like to purchase any of these, please call or email me

~Doreen Park



## Music Notes with Wendy Scott

Our Music Director, Fran Landis, is still recovering and dealing with back pain. We don't know whether she'll be back for Thanksgiving or even Christmas. The Music Committee will give updates as they receive them. Please keep her in your good thoughts.

The Music Committee along with Rev. Michelle and all the staff would like to thank our substitute musicians for their help and friendly manner during Fran's absence. *Michael Mason and Dan Schroeder* have been pianists recently for services and will continue to fill in as needed. Please say hello to these gentlemen and extend your thanks and support the next time you come to church.



## AUTUMN AUCTION SUCCESS!

Our auction coordinators, Carol Joyce and Marge Marcille, wish to thank everyone for participating in the fun of the fall auction and to especially thank all the hard working volunteers who helped make the event a great success. We raised over \$4700 for the church!

There are still several offers with open spots—check out the sign up sheet at the welcome desk or call the office (634-3010) for details and to reserve your spot. (Please make checks out to UUCA with 'Auction' in memo line).

**Professional Writing Coaching Session with Wendy Scott & Associates;** Price: \$25.00



**SOUTHTOWNS MEDI SPA GIFT CERTIFICATE** Good for Laser Treatments. Expires April 2017. Value: \$200 Price: \$80; Contact Marge Marcille (716-634-3669) if interested.

**Divine Dining** with Mickey Tannehill & Yvonne Stocker; *ONLY ONE SPOT LEFT!*

All vegetarian & all healthy and all tasty. Date: November 5th, 2016 at Mickey's House at 6pm; Price: \$40



**Buffalo Bills Tailgate Party and Game Viewing at UUCA**

Donated by Karen Kuhn and Barbara and Barry Kent ; Date/Time: Sunday, Nov. 20th at noon; Price: \$15

**Simple Souper Supper** Donated by The Kitchen Crew:

Date: Friday, Dec. 2nd in the Emerson Room from 5pm –8pm ; Adult: \$10; Children (under 12): \$6

**Kid's Night Out at UUCA sponsored by Senior Youth Group**

Date/Time: Friday, December 9<sup>th</sup> from 5pm 'til 9pm Price: \$ 10 per child, \$15 per family



**Board Games with the Board!**

Date: January 14th, 2017 at 7:00 PM in the Emerson Room Price: \$6 a person, \$10 a family

**The ABCs of Music with Phil Blommendahl**

Date: January 15, 2017 at noon in the chapel; Price: \$10.00



**HIGH TIME FOR HIGH TEA** with the Kents and Cuskers. *ONLY ONE SPOT LEFT !*

Date: Sun., Jan. 22<sup>nd</sup>, 2017, 5:50 to 7:30pm Place: The Tea Room at Woodgate Price: \$40 per person.

**Card Playing Afternoon with** Pat Burke, Carol Wells, Peg O'Shaughnessy, and Carol Joyce

Date: Thursday, January 26, 2017 at 12 noon; Price: \$10.00 per person, \$30.00 max for families.



*Vegetarian Indian Dinner at Marlana's House*

Date: Saturday, February 4, 2017 at 6:30pm; Price \$35



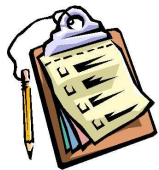
**NOT A SNOWBIRD? THIS OFFER IS FOR YOU!**

Good food and good conversation in the Living Room; Sat., Feb. 25, 2017 at 6pm; Price: \$18 person

Offered by: Judy and Dennis Bihl, Pat Burke, Eileen McCallister, Peg O'Shaughnessy, Margot Shoemaker, Bob and Kathy Wack.

**BRIDGE PARTY** with Marcia Scott, Lou Bacon, JoAnn Shafer, and Ellen Doyno

Date: Sunday, April 9, 1:30pm; Price: \$10.00



## BOARD NOTES:

Hi again, from your Board of Trustees.

The effort to discover our UUCA Vision and Mission is continuing, the 'scribes' are trying to get together 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. We will have another Congregational Meeting and Vote. So please be a knowledgeable elector and prepare yourself fully.

We are making improvements and history – we conducted the first ever evacuation drill this month and successfully evacuated the building in 3 minutes! Thanks to all who participated and cooperated. This test and a previous one with the Main Street Children's Academy have uncovered some unforeseen limitations which are being addressed. The Board is considering making the drill an annual event (the Day Care does a drill monthly – by law!)

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



The **SPECIAL CONGREGATION MEETING** to approve the Budget will take place on **Sunday, Nov. 13th** after services. Please stay for this important vote!

## UUCA Theater Lovers



### Jewish Repertory

**Theatre's "A Season of Amy Herzog" begins October 27, with 4000 MILES.**

After suffering a major loss on a cross-country bike trip, 21 year old Leo seeks solace from his feisty 91 year old grandmother, Vera, in her West Village apartment. While Leo seeks support, Vera finds companionship in another person for the first time since the loss of her husband, Joe. A finalist for the 2013 Pulitzer Prize in Drama, 4000 MILES is a compassionate, intimate, and frequently funny play that examines the love of the family we can choose, the family we can't, and the healing power of trust. Winner of the 2012 Obie Award for Best New Play, 2012 NY Times Outstanding Playwright Award, and Time Magazine #1 Play or Musical of 2012. Directed by Saul Elkin.

**Discount ticket order forms** are available in the church lobby, in the plastic stand on the table to the right of the Welcome Desk. Selected Saturday and Sunday performance tickets may be purchased for \$25 each (regular box office price is \$38 per ticket). *Checks must be received eight (8) days prior to performance you wish to attend.* Contact Sophia Veffler at 631-3228 with ticket questions. Plays are presented at the Maxine and Robert Seller Theatre, inside the Jewish Community Center, 2640 N. Forest Road, Getzville.

I am organizing a **group dinner after the 2 pm performance on Sunday, November 6.** We will share a table and split the check at Lebro's, 330 Campbell Blvd. Please RSVP to me by noon on Saturday, Nov. 5, so I can make the reservation.

~Marie Evans

## Faith Community Nurse Column

Eveline Hartz, RN BSN FCN

Every month of the year is designated a cancer awareness month. October was breast cancer awareness month, November is lung cancer awareness month, and so on. The statistics are not pretty, but then again none of us is immortal. It wasn't long ago that it was thought that DNA was the blueprint of life. Now it's known, that if it even is the blueprint of life, it is a very fluid one. Genes & bits of genes have been discovered that increase one's susceptibility to cancer. But that by no means indicates 100% vulnerability. Our lifestyles, exposure to certain elements, or lack of them, our psyche, etc. all influence our susceptibility to cancer and all disease. Excellent information can be found on the National Cancer Institute's (NCI) website: [www.cancer.gov](http://www.cancer.gov) (not to be confused with [www.cancer.com](http://www.cancer.com) which is a completely different site) The NCI website is updated as new material comes in. It has information written in both layman and health professional language. The health professional version has a great deal more significant information. Another website to check out is Environmental Working Group at <http://www.ewg.org>. There are a plethora of websites and books available for adding more veggies to your diet.

### Cancer prevention:

Get regular exercise - 30 min/day

Eat a healthy diet (whole, unprocessed foods, without preservatives, colors, flavor enhancers etc.)  
increase your vegetable intake  
decrease your meat intake

Reduce your exposure to known carcinogens  
Filter your tap water (No bottled water), use glass or stainless steel containers  
avoid dry cleaning

Avoid smoking & other tobacco products, including second hand smoke

Avoid excessive alcohol

Give your immune system an additional boost:

Laugh out loud  
Do what you love  
Connect with people/animals  
Take a hike outdoors

### Cancer Screening:

Screening is checking for cancer in people who have no symptoms. It's early detection. This is not prevention. Early detection may (not always) make that cancer easier & more effectively to treat. Screening does come with risks as well as benefits.

*Don't compromise yourself. You are all you've got.*  
~Janis Joplin



## Endowment Trust



~Submitted by Lauraine Marcus on behalf of the Endowment Trust Board: Dennis Bihl, Nan Cosby, Doug Funke and Jerry Kent

The Endowment Trust is an important funding source for the church. It is a resource to help with major facility projects that go beyond the scope of our operational budget, such as the chapel roof and parking lot repaving. This money came from accumulated interest from investments managed by Angelucci Wealth Management. It manages special accounts such as the Music Fund (that is partially paying the Music Director's salary).

It is important to keep the Endowment Trust growing so we can continue to be a financial resource for the church, when needed. We should all *consider adding the church in our wills*. But in the meantime, *smaller, periodic gifts* can be a great benefit to the ET and the church, as well as being the perfect *gift in memory of friends or loved ones who have died*. Even if you are not thinking about a formal commitment, you can support the Endowment if you use Amazon.com. Sign up for [smile.amazon.com](http://smile.amazon.com), designate Unitarian Universalist Church of Amherst Endowment Trust and a percentage of all of your purchases will go to the Trust.

If you want to learn more about the Endowment, you can talk to the trustees: Dennis Bihl, Nan Cosby, Doug Funke, Jerry Kent and Lauraine Marcus. An Endowment Trust brochure can be found on the pamphlet carousel in the lobby. It provides useful information about legacy giving, as well as about specific details about our Trust.

The Endowment Trust continues to meet quarterly, usually the 3<sup>rd</sup> Tuesday at the church. At the meeting, Mr. Angelucci of Angelucci Wealth Management reviews the status of our investments and explains the nuances of risk analysis and prudent investment strategies to assist the trustees in making informed and careful financial decisions on behalf of the Trust.

### The Dilemma

I want things to be different.  
I don't want to change.



### GREEN TIPS:

Do you have an old cell phone? Please donate it to Haven House. Phones may be placed in the labeled basket in the first coatroom. Haven House is a shelter for battered women in Buffalo. The money they collect from the sale of these phones, is used to help transition their clients from the shelter into their own living space. Such a nice, easy way to work in our community and for the environment. Thank you!

~Bunny Malone for the Green Sanctuary Committee



"For one day or afternoon or even one hour a week, don't buy anything, don't use any machines, don't switch on anything electric, don't cook, don't answer your phone, and, in general, don't use any resources. Read a book, clean out that closet, take a walk. In other words, for this regular period, give yourself and the planet a break. Every hour per week that you live no impact cuts your carbon emissions by 0.6 percent annually. Commit to four hours per week, that's 2.4 percent; see if you can do it for a whole day each week to cut your impact by 14.4 percent a year. We are all interconnected. Every step toward living a conscious life provides support to everyone else who is trying to do the same thing."

~Anne Gayley for Green Sanctuary Committee

### 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](mailto:wnyhomeless@gmail.com)

### HEARTS AND HANDS:

#### **NEIGHBOR HELPING NEIGHBOR PROGRAM and VOLUNTEER TRAINING**



Hearts and Hands will be at UUCA on November 13th at 10am prior to the service and also directly after service to answer any questions. *A special training session for volunteers* will be held here at UUCA on Friday, November 18th in the Living Room at 10am.

Ron Palmere and Eveline Hartz are the liaison volunteers connecting our church with Hearts and Hands. Contact them with questions about the events at UUCA. Hearts & Hands is a program under the Social Justice Committee.

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.



## END OF LIFE SERIES



The series is off to a great start with Reverend Michelle's delivery of a compassionate & moving sermon on the end of life on Sunday, September 18th. Lynn Riker, Director of Clinical Outreach Hospice Buffalo, provided an informative introduction to the realities of growing old and how to prepare. She covered a variety of forms, legal considerations, services available through Hospice including their home connections as well as bereavement services.

### **Sunday, October 30th at 12:00 p.m. *Preparing for a Funeral & Memorial Service***

Thaddeus Bieniek, President Greater Buffalo Memorial Society, will present on the various options that are available for funerals, what to look for and what to avoid.

About the Greater Buffalo Memorial Society: it is a 501 (c)(3) education and advocacy organization run by an all volunteer board. They are not affiliated with the funeral industry or any religious groups. They educate the public on their rights and options when planning for or purchasing funeral goods and services. They encourage people to plan arrangements that are in keeping with their personal wishes and budget, and then share that information with their survivors.

Thaddeus will have some brochures and booklets on hand. He is also a fellow UU member of the Buffalo congregation where he is head usher.

### **Sunday, November 5th at 12:00 p.m. *Let's Fill out the forms***

We will have a variety of forms on hand that we will fill out together. This is for practice only. It will give you a better understanding of what is involved in each of the forms, what exactly each form does or does not do. Some forms we will have on hand include: Living Will, Healthcare Proxy, DNR/Molst, and file of life.

### **Sunday, December 3rd at 12:00 p.m. *Elder law* with Dawn M Myszka, Esq.**

In addition, Brainstormers will perform two short 10 minute skits:

*Exit* - is 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; encourages discussion.

*My way*- A husband is ill and needs a feeding tube. His wife needs to decide what to do. This skit deals with legal issues.

### **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. *What matters to me***, skit by Brainstormers with discussion to follow. One of the topics that has been suggested for this session is physician assisted suicide. This is a controversial but very important topic. Stay tuned. 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



## CREATIVE INTERCHANGE

All are welcome to this unstructured current events discussion group held every other Sunday at 9:30am before services.

## TED TALK & SPIRITUAL CINEMA

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



*Tuesday, November 8th-*

12:30 p.m. - Let's meet in the Emerson Room for lunch and a discussion of events in the news.

## WOMEN'S LUNCH

*Tuesday, November 15th-* 12:30 p.m. -

Let's meet in the Emerson Room for lunch with like-minded women. No agenda - just chatting and laughing!

## 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!



## Women's Afternoon Study Group

*Tuesday, October 25th - 1:30 p.m.* - We will meet in the Living Room. We will read a brief biographical article about Edward Everett Hale. He was a UU minister who is described as a "Man of Letters, Preacher of the Gospel, Prophet of Peace, Patriot." His life fits our monthly theme of Vision.

*Tuesday, November 1st - 1:30 p.m.* - We will watch a short segment from PBS' DVD "God in America" which tells the role played by the evangelist Billy Graham in the political life of his time. Very relevant, given this is election season.

*Tuesday, November 22nd - 1:30 p.m.* - Marie E. has provided us with a short article which fits this month's theme of Restoration. It is the story of how Carolyn McDade came to write our beautiful hymn "Spirit of Life." This could lead to yet another discussion of "What is Spirituality!"

## COCKTAILS & CONVERSATION

November 4th will be at Blue Fire Bar & Grill, located inside the Marriott Hotel at 1340 Millersport Hwy. Buffalo, NY 14221

All those over 21 welcome for a night out!  
-Ivy Yapelli (questions? txt/call)

## 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](mailto:caring@uuamherst.org) or catch us in person before/after church.

Eveline Hartz & Ron Palmere



**Unitarian Universalist Church of Amherst**  
 CHECK OUT [www.uuamherst.org/calendar-2/](http://www.uuamherst.org/calendar-2/) FOR UP TO THE MINUTE  
 CALENDAR ADDITIONS AND CHANGES

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31		2	3	4	5
		10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 1:30pm - Women's Afternoon 3pm - Caring for One Another 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 1:30pm - Green Sanctuary (LR) 6:30pm - John Newman Mission 7:30pm - Chinmaya Study Group	9am - Gateway Longview 12pm - ROMEO's Lunch @ Buffalo 12:15pm - AA (LR, RE Wing) 7:30pm - BLM Movie Screening	6pm - Movie Fun Night (Em) 7pm - Cocktails and 7:30pm - SOS (Reeb)	10am - Chinmaya Mission (FD)
6	7		9	10	11	12
Daylight Saving Time ends 9:15am - TED Talk and 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - End of Life Series 7pm - Pathways to Membership 7:30pm - AA (LR)	Election Day 10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 12:30pm - Current Events Lunch 7pm - Blue Mtn.(Reeb) 7pm - Membership (LR)	12:15pm - AA (LR, RE Wing) 6pm - BOT 'Brown Bag' 7pm - Board of Trustees (Em) 7:30pm - Chinmaya Study Group	12:15pm - AA (LR, RE Wing) 7pm - Book Discussion (LR)	Veterans Day 5pm - Havurah (Sanctuary and 7:30pm - SOS (Reeb)	9am - WHY Gluten Free Diet 7pm - Buffalo Belles (LR)	
13	14		16	17	18	19
Congregation Meeting 9:30am - Creative Interchange 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - Congregation Meeting 1pm - Poetry as Practice (Reeb) 3pm - Chinmaya Mission (FD) 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 12:30pm - Women's Lunch (Em) 5pm - wedding rehearsal 7pm - Blue Mtn.(Reeb)	Deadline for Newsletter 12:15pm - AA (LR, RE Wing) 6pm - Snowbirds (Em) 6:30pm - John Newman Mission 7pm - Social Justice (DR) 7:30pm - Chinmaya Study Group	12:15pm - AA (LR, RE Wing) 6pm - Love Feast Thursday (Ch& 7pm - Book Discussion (LR)	Trans Wellness Conference 10am - Hearts and Hands 7:30pm - Humanist Reading 7:30pm - SOS (Reeb)	2pm - Newman Wedding (Chapel)
20	21		23	24	25	26
9am - FD Committee (Bul) 9:15am - Spiritual Cinema and 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - Bill's Party (Emerson/AE) 3pm - Chinmaya Mission (FD) 7:30pm - AA (LR)	6pm - AA (LR) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 1:30pm - Women's Afternoon 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing)	Thanksgiving Day 12:15pm - AA (LR, RE Wing)	7:30pm - SOS (Reeb)	
27	28		30	1	2	3
9:30am - Creative Interchange 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - Book club (DR) 3pm - Thanksgiving Vegan 7:30pm - AA (LR)	6pm - AA (LR) 7pm - Green Cuisine (Em) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 6:30pm - John Newman Mission 7:30pm - Chinmaya Study Group	KEY: AA= Alcoholic Anonymous ACOA - Adult Children of Alcoholics AE= Auction Event Bul = Bullfinch Room DR = Dining Room Em = Emerson Room FD= Faith Development Wing LR = Living Room SOS = Non-religious sobriety group		



## U.U.-U.N. NEWS

World War II was the worst war in human history. As a result of that horrendous international conflagration, approximately sixty million human beings perished. In Prime Minister Winston

Spencer Churchill's book, The Gathering Storm, President Franklin Delano Roosevelt asked the Prime Minister what he could call World War II. Prime Minister Churchill immediately responded by calling World War II, "The Unnecessary War." War is the most horrible thing human beings can do to each other. The United Nations was created as a result of World War II. To this day, the U.N. has not achieved its primary purpose: to eliminate the scourge of war through an effective system of collective security. War needs to be outlawed as an instrument of foreign policy. If there is another World War, World War III, the human family will probably be rendered extinct.

At the present time, there are numerous war and civil conflicts occurring throughout our interdependent world. While women remain a minority of combatants in any way, they increasingly suffer the greatest harm. In contemporary conflicts, as much as ninety percent of the casualties are among civilians, most of whom are women and children. Women in war torn U.N. Member States generally face devastating forms of sexual violence. These human rights violations must cease. Women are human beings and should be

treated accordingly. Moreover, women continue to be poorly represented in informal peace processes, although they contribute in many informal ways to conflict resolution. In recent peace negotiations, women have constituted fewer than eight percent of the participants, and fewer than three percent of the signatories, and no women have ever been appointed chief mediator in U.N. sponsored peace talks. Such exclusion invariably leads to a failure to adequately address women's concerns and humanity's future.

Recognizing the impact of war on women and the importance of their involvement in the peace process, in October 2000, the U.N.'s Security Council unanimously adopted a groundbreaking resolution on Women, Peace and Security. Resolution 1325 urges all U.N. Member States to increase women's representation at all decision-making levels for the prevention, management, and resolution of war. U.N. Security Council Resolution 1325 urges the United Nations' Secretary-General to appoint more women as his envoys, and expand women's role in United Nations peacemaking. The United Nations' Security Council also calls on all mediators to adopt a gender perspective and to protect women and children from gender-based violence. This is an abominable state of affairs and can be eliminated by recognizing women's humanity and by outlawing war and all forms of violence against women. The time to act is now. There is no time to lose.

*~David Slive, U.N. Envoy*



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