

Issue

August 2019

The Foreword



The Newsletter of the
Unitarian Universalist Church of Amherst

6320 Main Street, Williamsville, NY 14221

634-3010 (x101 for office)

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

Amherst Little Free Pantry Questions: amherstlittlefreepantry@uuamherst.org

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

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Rev. Maureen Q. Thitchener

SUNDAY SERVICES IN August AT 10:30am

Sundays in August

The “Close Encounters” series of services are intentionally family-friendly; faith development classes resume in September.

8/4 – Close Encounters 1: Finding the Sacred in Nature
Rev. Michelle

8/11 – The Green New Deal is UU Through-and-Through
Kristin Chambers

Kristin Chambers, an activist with the Citizen Action Network in Cattaraugus County and a UU, returns to our pulpit to discuss the climate crisis and how the Congressional resolution calling for a Green New Deal dovetails beautifully with at least three of our principles.

8/18 – Close Encounters 2: Finding the Sacred in Others
Rev. Michelle

8/25 – Close Encounters 3: Finding the Sacred Within
Rev. Michelle

Grief Support Group to Expand Focus

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

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



Well, that four weeks flew by. I have to remind myself that we're only half way through summer, and there is still much to be experienced in this season of long days and the first fruits of the harvest.

In one of my favorite poems, Mary Oliver asks, *what is it you will do with your one wild and precious life?* That question is an instant clarifier. Do I want my one wild and precious life to be heroically busy; filling calendar pages with meetings and appointments? Do you want your one wild and precious life to be defined by beauty, or by the things that stress you out? Do we want to spend our remaining days leaning into the future and borrowing its anxieties and worries? Or will we practice ways of being present, truly present in this moment?

This month we will learn ways to be open and aware to the many close encounters found in each day. Some of these encounters can only happen in relationship with others, and some only found in solitude and quiet. Let's come together and explore these encounters together.

See you in church,
Rev. Michelle



The Green New Deal is UU though-and-though

Kristin Chambers, an activist with the Citizen Action Network in Cattaraugus County and a UU, returns to our pulpit to discuss the climate crisis and how the Congressional resolution calling for a Green New Deal dovetails beautifully with at least three of our principles.



Dear Members and Friends,

It is with a grateful heart that I re-enter our Faith Development program as your Acting Director this month.

Since joining this beloved community on April 24, 2011, my involvement began in FD as a Junior Youth Group teacher and committee member. The Board of Trustees accepted my application in 2016 and I served as the secretary for two years and then as Chair. Throughout my active membership I have been known to work on the grounds just a bit, too. Sometimes I get up in front of the congregation and say stuff too.

During this first month of service as FD Director, Reverend Michelle and I will be working closely together with the assistance of our steadfast FD Team and Intern Kristina Church to map out a curriculum that will be in alignment with the direction of the congregation as a whole. We will also be recruiting volunteers for two Spirit Play groups; one group will be mostly story and play, and a second group will explore thoughtful questions through story. It is also our intention to offer separate classes for middle and high school.

I will be present on Sundays in August, keeping my eyes peeled and ears open for all of our families, old and new. But you can still ask me plant questions.

See y'all soon!
Angela Warren
Acting Director of Faith Development

AMHERST LITTLE FREE PANTRY UPDATE



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

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

Kids are home for the summer break, making our pantry even more important to struggling families. We could really use cereal, pasta, mac and cheese, canned pasta (i.e. ravioli) and spaghetti sauce. Remember non-perishables only and no glass.

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

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

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

Caring for One Another in the Emerson Room

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

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

Contact Ron Palmere at caring@uuamherst.org.



Be a Coffee Hero!

Sign up to help with coffee hour after services.

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

Margot Shoemaker.

IN THIS CONGREGATION, WE BELIEVE:

LOVE IS LOVE

BLACK LIVES MATTER

CLIMATE CHANGE IS REAL

NO HUMAN BEING IS ILLEGAL

ALL GENDERS ARE WHOLE, HOLY, & GOOD

WOMEN HAVE AGENCY OVER THEIR BODIES

 UUU.ORG/IMAGES

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



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



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

Proceeds from collecting these go to the Global African Village.

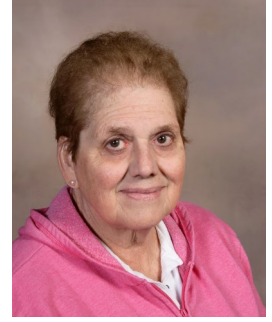
More at

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



UUCA GET COOKIN'!

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



This is a good summer recipe especially if you grow your own zucchini.

Zucchini and Yellow Squash spaghetti

3 zucchini
1 yellow squash
1 medium onion
1 Tbsp chopped garlic
4 plum tomatoes (optional) diced
1 lb. box of spaghetti
1 Tbsp chopped fresh basil
Parmesan cheese to sprinkle on top
Salt and pepper to taste
Olive oil

Cook spaghetti al dente and set aside.

Cut up zucchini and squash into slices. Sauté onion until lightly browned in small amount of olive oil. Add garlic and sauté for 1 minute. Add zucchini, squash and tomatoes, if using, and sauté until soft but not mushy. Just before the vegetables are cooked add the basil, salt and pepper.

Serve over hot spaghetti and sprinkle liberally with Parmesan cheese.

This recipe works with many other vegetables such as broccoli, spinach, Swiss chard, Brussels sprouts, peppers etc.

Growing Seeds of Love, Healing, and Hope: In memory and in honor of the Tree of Life Synagogue

August 13, 2019 | beginning at 2:00pm

Rain Date: August 19, 2019 beginning at 1:00



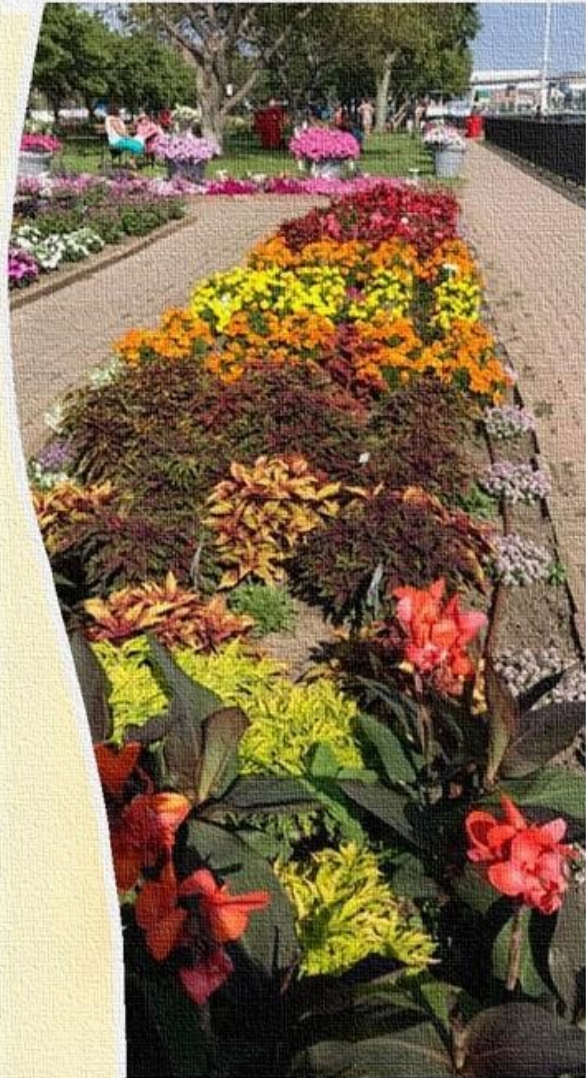
JCC BUFFALO

Erie Basin Marina
The Trail Gardens
329 Erie St, Buffalo, NY 14202

Join us for a relaxed stroll at the Erie Basin Marina Trail Gardens. Experience the warmth provided by summer sun, tranquility offered by the waters, and beauty of nature. The event is meant for healing and inspiration. Stan Swisher, the Trail Gardens' visionary, master gardener, has been planting and tending the Trail Gardens for over 30 years. Swisher was moved by the tragedy at the Tree of Life Synagogue in 2018 to reach out to the Jewish community with his living tribute. Many plants are from an Israeli gardening company, Danzigers. Stan will share how these plants came to Buffalo and his inspiration for this program.

Following Swisher's offering, Yonina Andrea Foster, Ph.D., creative spiritual and ritual leader, educator, and songstress, will offer connections to the Torah through readings, song, and walking meditation.

This is a Free event open to the community. Reservations recommended. We encourage you to bring lawn chairs or blankets for seating. Check the JCC website for program cancellation if inclement weather. Registered participants will be notified by email no later than the morning of the event. The rain date is August 19 (*note difference in times of two dates*). Call Katie Wzontek (716) 204-2084, Cultural Arts Director at the JCC for more information or to reserve your spot.



Grief and Loss Support Group

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



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

Sundays at 11:45 AM - meet in the Emerson Room for snacks & fellowship. At Noon, go to the Whitney Young Room on the 2nd floor of the Faith Development wing for discussion, fun, connection, and spiritual growth.



Social & Climate Justice News

Reminder: There will not be a meeting for Social Justice, Climate Justice for August.

Hello, UU women!

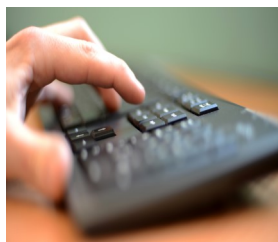
We will begin programming again on September 3rd. Until then, Women's Lunch on Tuesday's in the Emerson Room at 12:30 p.m. every week.

Marge Marcille



UUCA Book Club—

Meetings on the last Sunday of the month at noon in the Dining Room.



When is it again?

Visit our website for the calendar, news and event information.

www.uuamherst.org

Info UUCA, Holidays in United States

Aug 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
<p>10:30am - Church Service</p> <p>11:45am - Young Adult</p> <p>12pm - Little Free Pantry</p> <p>1:30pm - Voice Lessons</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>9pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Women's Lunch</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p> <p>7pm - Santosha Holistic</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - Lobby Planning</p>	<p>Church Office Closed</p> <p>5:30pm - wedding</p> <p>7pm - Cocktails and</p>	<p>Kitchen Cleaning</p> <p>12:30pm - set up for</p> <p>2pm - Szprygada wedding</p>
4	5	6	7	8	9	10
<p>10:30am - Church Service</p> <p>11:45am - Young Adult</p> <p>12pm - Poetry as Practice</p> <p>1:30pm - Voice Lessons</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>9pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Current Events</p> <p>12:30pm - Women's Lunch</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p> <p>7pm - Board of Trustees</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - Womens Spiritual</p>	<p>12:15pm - AA (LR, FD)</p> <p>3pm - Support for Loss &</p>	<p>Church Office Closed</p> <p>Deadline for Newsletter</p> <p>6pm - Wedding Rehearsal</p>	<p>6pm - Buffalo Belles (LR)</p>
11	12	13	14	15	16	17
<p>10:30am - Church Service</p> <p>11:45am - Young Adult</p> <p>12pm - Movie - Temple</p> <p>1:30pm - Voice Lessons</p> <p>2pm - Frank DeRusso</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Women's Lunch</p> <p>1:30pm - Caring for One</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - AA District Meeting</p>	<p>Church Office Closed</p>	<p>4pm - Corby Wedding</p>
18	19	20	21	22	23	24
<p>Corby Wedding (Chapel)</p> <p>10:30am - Church Service</p> <p>11:45am - Young Adult</p> <p>12pm - Movie - Temple</p> <p>1:30pm - Voice Lessons</p> <p>2pm - Frank DeRusso</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p> <p>7:30pm - Buffalo Recorder</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Women's Lunch</p> <p>1:30pm - Caring for One</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p>	<p>12:15pm - AA (LR, FD)</p> <p>6pm - AA District Meeting</p>	<p>Church Office Closed</p>	
25	26	27	28	29	30	31
<p>10:30am - Church Service</p> <p>11:45am - Young Adult</p> <p>12pm - UUCA Book Club</p> <p>12:15pm - FD Facilitator's</p> <p>1:30pm - Voice Lessons</p> <p>7pm - Divine Grace</p> <p>7:30pm - AA (LR)</p>	<p>Church Office Closed</p> <p>6pm - AA (LR)</p> <p>7:30pm - ACOA (LR)</p>	<p>10am - ACOA(LR)</p> <p>12:15pm - AA (LR, FD wing)</p> <p>12:30pm - Women's Lunch</p> <p>6pm - Blue Mtn. Potluck</p> <p>7pm - Blue Mtn.(Reeb)</p>	<p>12:15pm - AA (LR, FD)</p> <p>7pm - Snowbirds (Em)</p>	<p>12:15pm - AA (LR, FD)</p>	<p>Church Office Closed</p>	



UUCA was well represented at an interfaith service on July 24th at St. Joseph University Church. Thank you to those in attendance. The Service entitled "Our Conscience Cries Out" called all peace loving people of all faiths to be educated, and to pray and act on behalf of immigrants, refugees, and asylum seekers. This list of local organizations was provided to encourage participation in any and all ways in the effort to "never rest until everyone has a home."

Respectfully submitted by Angela Warren

Prayer for Immigrants, Refugees, Asylees (adapted from a prayer from Education for Justice)

**For all those who see "home" and all it means
disappear behind them as they flee;
For all those who cannot see a home
in the days ahead of them;
For all those who dwell in daily insecurity
in tents and in detention centers;
For all those who are weary and without hope
for the days ahead;
For all members of immigrant, refugee,
and asylum seeking families we pray.**

**May the image of our ancestors
fleeing oppression stay with us
as we pray for the displaced children during the day
and stay with us each night
as we are blessed with returning to a home.**

**May we also be blessed with compassion
for those still weary,
still uprooted, still looking far from home.
May we never rest until everyone has a home.**

What now? What can we do here in Western New York to help?

Volunteer your time or make a donation to one of the following local entities (listed alphabetically) that support immigrants, refugees and asylum seekers in Western New York:

- **Buffalo Immigrant Leadership Team** – <https://voicebuffalo.org/bilt/>
 - immigrant and refugee leadership development and advocacy
- **Buffalo Peace House** – <https://buffalopeacehouse.org>
 - shelter for refugees and asylum seekers in Hamburg, NY
- **Catholic Charities of Buffalo** – <https://www.ccwny.org/services/immigration-refugee-assistance>
 - refugee resettlement program
- **International Institute of Buffalo** – <https://iibuffalo.org>
 - refugee resettlement program
- **Jericho Road Community Health Center** – <https://www.jrchc.org>
 - medical and social services to the immigrant and refugee community and others
 - runs **Vive**, a shelter for asylum-seekers on the East Side of Buffalo
- **Jewish Family Services of Buffalo** – <https://www.jfsbuffalo.org-immigrant-and-refugee-services->
 - refugee resettlement program
 - houses the **Western New York Center for Survivors of Torture**
- **Journey's End Refugee Services** – www.jersbuffalo.org
 - refugee resettlement program
 - runs comprehensive **Immigration Legal Services Program**
- **Justice for Migrant Families of Western New York** – www.justiceformigrantfamilies.org
 - advocacy and accompaniment for the undocumented and wider immigrant community
 - visits asylum-seeking and immigrant detainees in the Batavia Federal Detention Facility
 - provides accompaniment to Immigration Court hearings in Buffalo and Batavia
- **Pilgrim-St. Luke's United Church of Christ Sanctuary Ministry** – <https://pilgrimstlukes.org>
 - Sanctuary Congregation currently housing twelve asylum seekers on the church campus
- **Prisoners' Legal Services of New York – Buffalo Office** – <https://www.plsny.org>
 - provides legal representation to detained non-citizens
- **Volunteer Lawyers Project – Erie County Bar Association** – <https://ecbavlp.com>
 - provides legal representation to detained and non-detained non-citizens

Donate to an organization that funds bonds for detained immigrants and asylum-seekers so they may be released to their families and communities while undergoing immigration proceedings. Here are two organizations that have helped secure release for detainees at the Batavia Federal Detention Facility:

- **Immigrant Families Together** – <https://immigrantfamielsttogether.com>
- **RAICES** – <https://www.raicestexas.org>

Educate yourself about the policies and issues affecting our immigrant, refugee and asylum-seeking brothers and sisters, and make your voice heard! Contact your elected officials, write letters to the editor of your local newspaper, join a committee, attend a public action of support. One excellent local source of information on immigration and refugee issues:

- **St. Joseph University Parish Refugee and Immigration Committee** – follow them on Facebook

OFFICE

Have an Announcement?

Email: administrator@uuamherst.org

For Newsletter: by 10am on the 16th

For Order of Service: by 10am Wed prior

For Website: two weeks prior to event

For all church list serve: daily during the week.

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



Summer Office Hours: Tues to Thurs 9am to 2pm



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