

Issue

July 2021

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
6320 Main Street, Williamsville, NY 14221
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Office Hours Tues.—Fri. 9am to 2pm www.uuamherst.org

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Minister Emerita

Rev. Maureen Q. Thitchener

MINISTER'S HOURS

Rev. Michelle continues to work primarily from home. She is just a call or email away, except for Mondays (off) and Fridays (writing & study).

Our 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.*

SUNDAY SERVICES JULY AT 10:30 AM

Our Sunday services continue to be available online. A link is also available on our website. You can view the recorded service anytime on our YouTube channel. A Watch Party/Service/Coffee Hour takes place on Zoom at 10:30 am. Meeting information is sent out by email prior to each Sunday service to join.

For over 30 years it has been the custom at UU Amherst to turn over the summer services to members of the congregation through the Preaching by Parishioners program. These folks have been preparing their services since February and are excited to offer them while Rev. Michelle takes a break from the pulpit. These services will be offered online (YouTube premiere and Zoom watch party).

July 4 Celebrating Our Interdependence Joe Rautenstrauch

We will explore the ancient path of compassion, as a response to conflict and violence in our increasingly interdependent world, in living out our mission "to challenge ourselves and the community to foster more compassion and justice in the world".

July 11 What Purpose Myths? Yvonne Stocker

Myths—do they have meaning today?

July 18 Principled Religion Scott Harrigan

How does a religion without fixed beliefs or even a foundational text organize itself? Why do we need principles in our faith? And are the Seven Principles we have up to the task?

July 25 The Impact of Lies Jerry Kent

I've always felt that telling the truth is very important, and in many cases, it takes effort and intelligence to discover or verify the truth about a particular topic or person. I'd like to share with you some examples of the impact Lies have had on my life and our society.



MINISTER'S CORNER

It's the "bridging season" as our children and youth finish up one academic year and prepare for the next, with some well-earned rest and renewal in between. But as I mentioned in a recent worship service, I think we are all bridging this summer. We are bridging from one uncertainty to the next as we attempt to resume our lives, more mindful of the importance of family and friends. Some of us are bridging to the restriction and uncertainty of failing health or the loss of employment. Others are bridging to new living arrangements, downsizing or expanding households. I hope we are bridging to greater mindfulness and compassion for our fellow humans and the many vulnerable non-human life forms with whom we share this planetary home.

Bridges are funny things - they unite one thing to another, but crossing the bridge can feel like a death-defying feat. It reminds me that there are decisions we make about with whom or what we will unite, and the risks we are willing to take to make these journeys possible. A certain amount of faith is required to begin the journey, even if we've crossed a bridge a hundred times.

May this "time between" be both restful and fruitful. Take good care of yourselves and each other. We will cross the next bridge together.

With care,
Rev. Michelle

PLEASE NOTE: Rev. Michelle will be on vacation for the month of July. Rev. Lisa Peterangelo (UU Amherst intern, 2016-17) will be on call during that time for pastoral care needs. Email her at pete230237@gmail.com. Phone: 716-440-1005.

Help When You Need It

This is a reminder that if you are experiencing financial hardship, you can reach out to Rev. Michelle, minister@uuamherst.org, for assistance from the Minister's Discretionary Fund. This Fund is made possible by the generosity of fellow congregants, and just one more way we demonstrate that no one is alone. We care for one another. '

Don't forget to call your minister!

With health privacy laws, hospitals no longer call churches to let us know when someone has been hospitalized - so it is up to you to contact us if you or someone you know is experiencing health challenges and may want to be contacted. When in doubt, call! Rev. Michelle can be reached on her cell at 716-499

BOARD REPORT

Dear Members and Friends,

As we look forward to re-opening church and envision what the future will look like, please be thinking about how we can create ourselves to be a vibrant, church that will attract the attention of new members and friends. It is in our hands to create a legacy and vision for the future.

I am very proud of what our church and our members have accomplished historically and even more so during a pandemic. We are on the way to achieving major goals (3 Foci: Living Green, new sign and facilities), provided excellent services, grew membership by two people, and maintained fiscal viability. Thank you everyone!



I have come to appreciate how important it is to the quality of my life and the life of our church to build a more positive attitude toward giving of our time, talents and treasure. I have often heard, “I’ve done my time and won’t do it again.” Why is it “time served”? My experience has been the contrary, volunteering is a spiritual practice, an opportunity to make good on my promise to share my gifts with my church, AND an opportunity to build relationships. Relationships are the key ingredient.

This spiritual practice “feeds” me as it aligns my gifts with purpose-driven work. I’ve made a conscious effort to ensure board meeting time together is manageable, nurturing, productive, and fun because life is too short to participate in committees only to check the “time-served” box. Let’s explore our approach to volunteerism. You are never too old or too young to contribute! It may be your idea that becomes the focal point of something that revitalizes our community!

Here are some recommendations for making participation meaningful and sustainable:

First, if you see something that needs to be done or done better, please don’t hesitate to join in or act (make sure you align it with the team or committee that is responsible).

Next, join someone who is currently leading something OR ask someone who you would like to get to know better to co-lead something that aligns with your gifts. It’s less intimidating to share the leadership load. What would be a fun, motivating team to create? (Perhaps a social events team, artists group, photography group, yoga, drumming, cooking, wine tasting, travel club, language club, speakers series, inter-generational games, etc)? You are only limited by your imagination.

It is wise to only take on what you can manage and enjoy—we can’t do everything; choose obtainable and satisfying (sizzling, exciting) goals. Don’t take on so much you resent the activities. Similarly, join a team for a year or two and then plan an exit to something new that excites and renews you. **You** can revitalize a team. You are needed!

Next, make the time enjoyable and fulfilling—include in your meeting a check-in, poem, song, or jokes. Create opportunities to **laugh and play** together and enjoy the work or you won’t want to continue.

Finally, support the people who are able and willing to do the work—kudos go a long way. Thank you: Rev. Michelle, Angela, Elaine, Camilla, Chris, Board members, Endowment Trustees, facilitators, Committees and team leaders and all those that support the church! Thank you to Scott Harrigan and Wendy Scott who end their three-year board terms. They are continuing on with the three foci projects. Linda Garner and Bruce Becker will be stepping into Board leadership. A special note of appreciation to the Pantry Team! During the most trying times, you made it possible to support the wider community!

Continued on page 4

Board report continued

For more information about what the 20-21 Board set out to do and accomplishments along the way, see the Annual Report and my contribution on behalf of the Board. It will help you in seeing where we are headed, where your unique gifts and talents could be used and what there is to be excited about as we craft the future of UU Amherst together.

Enjoy your summer; time with family and friends and the freedom to be together!

My best,

Karen Thompson, Chair
UU Amherst Board of Trustees

21-22 Board Members: Bruce Becker, Linda Gardner, Emily Garrett, Laurie Kasnicki, Jeanine Moyer, Karen Thompson, Don Tucker

REMINDER: WHEN DONATING TO THE 3 FOCI

Please make your check payable to UUCA with a note in the memo line:
3 foci. If donating online, select "Gift" and enter 3 foci in the box.

Thank you for supporting this important work!

Contributing to UU Amherst Through E-Giving

The church has implemented **THREE** ways to give electronically:

1. The **Giving** option on the church website (uuamherst.org)
2. A NEW phone app "**GivePlus+**" for your phone
3. Texting a donation to phone # **833 987 1968**
These methods complement the traditional methods:
4. Mailing a check [remember to fill in the Memo]
5. There is the traditional Sunday Plate (when you are in church)
6. Don't forget Legacy Giving – in your will



Computer Technical Support for UU Amherst Members

Joce Kofke is our technical support person who will help you with computer issues—anything from how to get on Zoom to connecting your laptop to a printer. To set up an appointment, email them* at tech@uuamherst.org. If you don't have email, call Elaine in the

Business office at 634-3010 and she will provide Joce with your contact information.

*Joce's pronouns are they/them

FAITH DEVELOPMENT

Dear UU Amherst members and friends,

June's Soul Matters theme of Play will be continued these summer months. Because it must. And it should. During our re-emergence from pandemic isolation, our priority to center relationships in our lives is more important than ever. We each have a to-do list. They are all different. And we also each have a different web of relationships to attend to.



Many of you are getting together with your family and loved ones after having not seen them for fifteen months or longer. That is very important, and very worthwhile, and I wish you joy, peace, and fun as you take the time to nurture your web of relationships. I will be vacationing with my big fun family the week of July 10 to 17.

And, when you have the room, know that you are always invited to nurture and be nurtured by this beloved community. It has been difficult to fit in all the necessary communication it will take to make sure we can muster the gumption to move from being welcoming to becoming radically inclusive. As a career horticulturist, it is difficult this time of year to find the time to even ask for help! The Faith Development Team and the Committee on Mission have revised our mission and come up with goals for the next church year, but there is still a LOT of organizing, scheduling, and implementation to give attention to, most especially to reforming our children and youth and family programming.

What is being shared in circles of religious educators and ministers is that this can and should be a year where we center relationships, fun, and play, and not necessarily curriculum. How does this sound to you? Welcome? Liberating? Uncomfortable? I would love to hear your answers to this question.

In the next few weeks, I will be doing my best to focus on re-creating the teams that will make this summer and the next church year flow. We will practice coming together in non-judgement and in beloved community. Let's circle up and get to know one another again.

In faith,
Angela Warren, DFD

Angela's days off are Tuesday and Fridays.
Vacation week is July 10 to 17

Revised Faith Development Mission

"To develop and promote opportunities for all ages that lead toward spiritual wholeness while creating an inclusive beloved community both within and beyond our congregation."

JULY CALENDAR

PLEASE NOTE: As the church begins to expand into both online in and in-person events, we will continue to identify those events which are Zoom only and those that are taking place at the church—primarily outdoors. Zoom links for general church groups are published in the Weekly Update unless they are hosted on a private account. **If you want to join a Zoom meeting that is hosted by an individual and haven't received a link, please contact the meeting host. Their names are listed for each meeting. *require passcode**

Tuesday, July 6 (monthly 1st Tuesday)
7:00 pm Talk Back with Board

Thursday, July 8
7:00 pm: Board Meeting
7:00 pm: Kent Covenant Group Zadmin

Sunday, July 11
12:00 pm: Poetry as Practice
12:00 pm: Food Pantry Meeting Zadmin

Thursday, July 15
7:00 pm: Ministry Council Zrev (monthly 3rd Thu)

Monday, July 19 (monthly 3rd Tues)
1:30 pm: Endowment Trust Meeting Zadmin

Tuesday, July 20 (monthly 3rd Tues)
1:30 pm: Caring Committee R. Palmere

Wednesday, July 21 (monthly 3rd Wed)
5:00 pm: Finance Committee
7:00 pm: Bofinger Covenant Group D. Bofinger

Sunday, July 25 (monthly last Sun)
12:15 pm: UU Amherst Book Group* Zadmin

RECURRING:

Saturdays, July 3-31
9:30 am: Shared Caring Circle Zrev
11:00 am: While We Wait, Let's Create (7/10 & 7/24)* Zfd
1:00 pm: Outdoor Education/Work Day see schedule in Weekly Update (church grounds)
7:00 pm: Birch Bunch* Zadmin (weekly) V. Snider

Sundays, July 4-25
10:30: Online Church service—PXP (join via UUAmherst website link or UU Amherst YouTube channel)
10:30 am: Watch Party/Service/Coffee Hour - Zoom
2:00 pm: Red Bud 5 (5/13) K. Thompson
6:30 pm: Young Adult D. Bofinger

Mondays, July 5-26
7:00 pm: Lighthearted Larches (7/5 & 7/19)
D. Tucker
7:00 pm: Tulip Crabapple* Zadmin (weekly)
L. Marcus
7:30 pm: Marvelous Maples (7/5& 7/19)
D. Bofinger

Tuesdays, July 6-27
12:30 pm: Women's Group* Zadmin (weekly)

Wednesdays, July 7-28
10:30 am: Willow Village* Zadmin (2nd & 4th Weds: 7/14 & 7/28) J. Senders
12:00 pm **Brown Bag Lunch on the Patio**
7:00 pm: Sage Circle* Zfd (2nd & 4th Weds: 7/14 & 7/28)
7:00 pm: Red Bud (7/28) K. Thompson
7:00 pm: Northtowns Village (7/21) Y. Stocker

Thursdays, July 8-29
12:00 pm: Lunch with Friends* Zadmin (weekly)

Saturday Morning Shared Caring Circle
Hosted by participants
Every Saturday at 9:30 am on Zoom
(30 minutes)

See Zoom link in the Weekly Update.

Note about outdoor gatherings
If your group is using the patio furniture, please be sure to restore the tables and chairs to where they belong and not leave on the grass.

HAVE AN ANNOUNCEMENT?

Email: administrator@uuamherst.org
For Newsletter: by 10:00 am on the 16th
For Website: two weeks prior to event
For All Church list serve: daily during the week.
For Weekly Update: Fridays by 10:00 am

Administrator/Office Hours:
Tuesday through Friday—9:00 am to 2:00 pm

ENDOWMENT TRUST

Welcome to our New Trustee, John Thompson, elected at the Annual Meeting, and Farewell to Jerry Kent, who has served as our Treasurer for many years.

Our next meeting is Tuesday, July 20 at 6:00 pm via Zoom. We'll be reviewing our investments and choosing Endowment officers for 2021-2022. At the April meeting, Endowment's Visitor Policy was formalized: "UU Amherst members are welcome to attend these meetings, and are asked to notify the Endowment Chair in advance and indicate if they have specific questions. This will enable the Trustees to have relevant information that may be shared available. Due to some sensitive issues, the Board may at times vote by majority to enter executive session." —Marie Evans, Chair

COMMITTEE ON MISSION

We are ending the church year on a high note! We are grateful and excited to say we completed our initial work with the Faith Development Team. They now have a new Mission Statement and four goals for the coming year. Additionally they have learned and used The Circle Way methodology and will continue to do so at their monthly meetings to promote compassionate listening and shared leadership. Faith Development was a great first team with whom to begin this long journey of work with each UU Amherst team for creating systems to discern purpose and set measurable goals that support our UU Amherst Church Mission.

I would like to sincerely thank the CoM members who have worked so hard this past year to make all we have achieved possible: Diane Bofinger, Marcia Scott (Aug.-Mar.) and Marge Marcille (new in April). Jeanine Moyer joined us as a member from the Board and offered valuable input.

CoM will not be meeting this month but we look forward to August and selecting the next team with whom we will start work in September. — Suzanne Christ, Chair

EDUCATIONAL ASSISTANCE

In recognition of parents and school age kids being highly stressed with asynchronous and synchronous learning, I have touched base with former teachers to elicit support. One of the new challenges is that there needs to be a second adult on zoom per UUA guidelines for child and adult safety. In the short term, if you need support, please contact those below and we will work on creating a second adult or perhaps the parent or other adult could just hang out in the background with a good book. Here is where we are so far and thank you for your willingness to be in service!

Marlana Rice	Math Gr 7– Precalculus	Zoom, face time
Maggie Andrews	HS Eng. SS, French and counselling	Zoom, in person, phone
Sue Dubill	N-5 any subject	Email help desk
Betty Crump	Stress reduction, life skills/counselling	Zoom
John Thompson	Chemistry/Biology	Zoom
Wendy Scott	English and writing all levels	Zoom, in-person
Karen Thompson	N-5 any subject, HS Bio, MS Gen Sci.	In person, zoom
Les Buhite	MS, HS Social Studies, English	In person, zoom

+++If I missed you and you would like to help the community, please let me know and I am happy to add you. Karen Thompson

UU AMHERST THEATER LOVERS

—Marie Evans

Live, in-person performances are slowly and safely returning! There are still options to attend some events virtually. Here's a roundup of some upcoming events. Visit theater websites for their summer offerings.

- Marie Evans

Irish Classical Theatre Company irishclassical.com

Second Generation secondgenerationtheatre.com/tickets

Artpark with Torn Space Theater Find information about unique experiences in the park alongside the Niagara Gorge at artpark.net.

Alleyway Theatre alleyway.com

Celebrate summer with live theatre, **Buffalo Quickies, through July 10**. Safe, socially distanced, and (mostly) outdoors. Storefronts along Main Street will be transformed into distinct theatrical worlds, each containing a short play. Small audience groups will watch from seats on the sidewalk, and listen through headphones, as the actors perform behind the storefront glass. Audiences will then rotate to the next window to peek in on another story, seeing all six in a single evening. Alleyway's 30th annual short play festival features five 10-minute world and regional premiere plays and one 20-minute world premiere musical. Tickets required.

Shakespeare in Delaware Park has a modified format this year. Tickets are required. See the website for details. shakespeareindelawarepark.org/

A Midsummer Night's Walk, guided through Delaware Park on Tuesdays, Wednesdays, and Thursdays, **June 29-August 12**

Shakespeare & Love, a touring production that will visit parks and other public sites around Western New York, from **July 9** through **late August**.

Visit these theater company websites for on-line content, both free and paid streaming:

musicalfare.com/

aacbuffalo.org/paul-roberson-theatre

ujimacoinc.org/



Chautauqua 2021

Yes, Chautauqua is back! Many of the lectures and performances are being presented in new ways to address safe social distancing measures. For example, a new covered pavilion is being erected on the grounds to accommodate performances and to control audience size. Information is available at chq.org, but it's recommended that you join their email list to receive up-to-date notification of changes.

UU's may be particularly interested in attending Monday, August 2 at 1:00 pm when author and public theologian, **Brian McLaren** will be on hand. If you have a gate pass, you can attend the event for free but seats must be pre-reserved. Otherwise, to attend just the lecture, you need to purchase a ticket for \$15 on the new ticketing page at tickets.chq.org. Tickets go on sale July 25th if you don't have a gate pass.

The full summer schedule is available on their website @chq.org.

Just a reminder that Bob & Kathy Wack's granddaughter, Mariel Gousios, is collecting bottles and cans and donating the proceeds to the Pantry. She has offered to pick up members' bottles & cans from their residences. If interested, contact her at refundthepantry@gmail.com.

REFUND THE PANTRY

TIRED OF RETURNING YOUR CANS?

email refundthepantry@gmail.com if you would like your bottles and cans to be picked up and brought to a bottle redemption center, with the money made donated to the amherst little free pantry!



COVID CORNER

As I write this, I am sitting out in the Pennsylvania hills enjoying a lovely evening after a day visiting a museum. What a change from last year. We are fully vaccinated and taking advantage of the recent Covid changes. Is this the beginning of the end for Covid19? Will there be a resurgence this fall? When will church be fully opened? Well, the answer will be... it depends. Will the rest of the population get the vaccine? Will new variants appear (so far the vaccines have been able to control the variants)? Because we don't know the answers, the UUCA is reopening slowly. We will continue remote and hybrid church activities, along with outdoor activities. See what is going on by reviewing the monthly newsletter and the weekly Friday emails. You can also go online to the recently remodeled UUCA website. Enjoy the summer, stay safe, and get vaccinated if you can. It is truly a life changing experience.



—Barbara Gauger Kent



Living Green Festival

We are moving forward with plans for a Living Green Expo, beginning 9/27 and running through 10/3. Planning and implementing this exciting event that invites the community to learn about living green—including alternative technologies like GOATS to eat invasive plant species - will take lots of planning in the coming months, as well as a sturdy crew of folks to implement. We will need all hands on deck! There are short-term and longer term projects - certainly something that will be a perfect fit for you!

CARING FOR ONE ANOTHER RECIPES Provided by Christine Boczarska and Faith Pham

Christine Boczarska and Faith Pham are sisters and dedicated members of our Caring For One Another group. They provide occasional meals to church members on an as-needed basis. With the meal they generally include a “goodie bag” and a card on behalf of the Caring Group. They often submit healthy recipes for the monthly *Foreword*. The recipes are easy and usually use fresh vegetables.

Here are two recipes that are simple to do, can save you money and enhance your cooking.

Making your own vanilla

Select a small bottle with a stopper. Fill the bottle with vodka. Scrape vanilla seeds from a vanilla bean pod into the bottle and add the vanilla bean pod as well. Shake well. Store this mixture on your spice shelf for 3 weeks before use, shaking it periodically. Use as you would store-bought vanilla. You will like the improved flavor.

Vanilla sugar

Take a vanilla bean and split or cut it open lengthwise. Fill a container with granulated sugar and add the opened vanilla bean. Shake well and store in your cupboard. The vanilla will permeate the sugar. Use the sugar to make cakes, cookies, berry mixes, whipping cream, granola, tea or coffee or whatever else you like.

AMHERST LITTLE FREE PANTRY

PANTRY NEEDS: [PAPER or PLASTIC PACKAGING ONLY, no glass, no fresh food]

Here's what we have trouble keeping in stock lately:

Chef Boyardee canned pasta

Juice, especially 8-12 oz plastic bottles

Pasta sauce (plastic jars or cans only, please!)

Granola bars

Baby and toddler foods

Canned chicken, salmon, sardines, corned beef

Non-standard canned vegetables such as mushrooms, beets, yams

Dish detergent

Deodorant

Shampoo

Diapers in size 4 or 5

Pet food



THANK YOU to everyone who donates supplies or funds!

Food donations can be placed in the two large clear bins in the back of the church outside the main entrance. Financial contributions can be made online at the church website, uuamherst.org, by clicking the Donate button and selecting the Pantry option. Checks can also be sent to UUCA, 6320 Main Street, Williamsville, NY 14221. Please write “Pantry” in the Memo line.

For questions or comments please email amherstlittlefreepantry@uuamherst.org.

Like us on Facebook: [amherstlittlefreepantry](https://www.facebook.com/amherstlittlefreepantry).



U.U.—U.N.NEWS

2 June 2021

“The Rule of International Law and the U.N.’s Agenda 2030”

The rule of international law is the foundation of the United Nations. On the international level, it is fundamental to international peace and security. All 193 United Nations Member States have an obligation to abide by the United Nations Charter and the wider body of international law. All 193 United Nations Member States are expected to abide by these laws and work to ensure that seeking world peace is the essence of the United Nations work to promote the rule of international law at the international level.

On 24 September 2012, the United Nations General Assembly adopted a Declaration emphasizing the importance of the rule of international law. The United Nations provides rule of international law assistance to over 150 United Nations Member States. The United Nations has also developed a large body of universally agreed upon norms and standards. The Declaration builds upon the fundamental formula of the 2005 United Nations 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 United Nations’ challenge now is to implement this Declaration. Promoting the rule of international law is, therefore, an extremely important task for the United Nations. Coordinating this process is very difficult, given the large number of United Nations Member States and their usual intransigence. United Nations Secretary-General António Guterres is attempting to promote this process of coordination.

The challenge for the United Nations, therefore, will be to encourage all 193 United Nations Member States to implement the United Nations Agenda 2030 and the U.N.’s Sustainable Development Goals (SDGs). The U.N. Agenda 2030 and the United Nations Sustainable Development Goals (SDGs). The United Nations Agenda 2020 is devoted to enhancing the rule of international law and encourages all 193 United Nations 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 United Nations is unfortunately of less importance that it ought to be.

The time to implement the U.N.’s agenda 2030 is now. This will help the international community give the rule of international law the central role it deserves in world affairs. The international community must develop new approaches to implement the rule of international law. The United Nations should help all 193 United Nations 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 United Nations and its Charter. This is not an easy or simple task, but it needs to be accomplished if the human family is to endure and have a bright future. There is no time to lose: the United Nations must be made to work now.

—David Slive, U.N. Envoy



UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

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