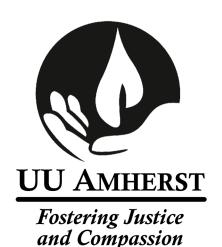
MAY 2024

The Foreword

The Newsletter of the Unitarian Universalist Church of Amherst 6320 Main Street, Williamsville, NY 14221 634-3010 (x101 for office)

Office Hours Tues.—Fri. 9am to 2pm www.uuamherst.org



Our Staff:

Minister

Rev. Michelle Buhite Office.....x102 Cell....716-499-8343 minister@uuamherst.org

Finance Clerk

Camilla Lee.....x103 bookkeeper@uuamherst.org

Office Administrator

Elaine Harrigan.....**x101** administrator@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

MAY SUNDAY SERVICES AT 10:30 AM

Sunday services are continuing as dual platform—both in-person and livestreamed. A link to our YouTube channel, UU Amherst, is available on our website. You can view the recorded service anytime on the channel. Invite friends and family! Remember that coffee hour follows.

Supervised Care for Littles available in the room adjoining the Atrium.

Our congregation joins with hundreds of other UU congregations in the exploration of monthly themes from Soul Matters, a resource that is grounded in Unitarian Universalist values. This month we consider the theme of **Pluralism.**

5/5 Soul Matters: Pluralism Rev. Michelle Interested in becoming a member? Meet Rev. Michelle in the Atrium following the service for coffee and conversation.

5/12 We Are Rev. Michelle We are who we are because of those who came before us.

5/19 Finding Purpose and Meaning Through Hardship and Loss Katie Cosgrove, Death Doula & Grief Coach

Katie's sermon will highlight the way we can find acceptance, solace, and purpose through loss and hardship.

Bio:

Katie Cosgrove is a Certified Trauma Support Specialist, grief coach and death doula. Through professional speaking, writing and coaching, she guides people through life's hardest transitions and focuses on creating beautiful legacies and memories. She's also the author of *I'll* See You in Your Dreams Tonight, a children's book about keeping connections to loved ones alive through dreams and storytelling.

5/26 White Purses & Shoes: It Must Be Memorial Day Rev. Michelle

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.



MINISTER'S CORNER

Dear friends.

What kind of journey are you on? Is yours a spiritual journey? Is it a journey of self knowledge? Self "improvement"? Are you on a journey that takes you to actual places, or is it more about an interior landscape? Whether or not we actually leave home, I believe we can all partake in journeys that enlarge our vision and guide our priorities. This month, I offer to you one of my favorite Mary Oliver poems. My challenge to you is to journey with this poem throughout the month; read it often, let its words embrace and nudge you. I wonder where we'll end up at the end of the month...

Be well, Rev. Michelle

The Journey Mary Oliver

One day you finally knew what you had to do, and began. though the voices around you kept shouting their bad advice though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!" each voice cried. But you didn't stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible.

It was already late enough, and a wild night, and the road full of fallen branches and stones. But little by little, as you left their voices behind, the stars began to burn through the sheets of clouds, and there was a new voice which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world. determined to do the only thing you could do determined to save the only life you could save.

https://www.youtube.com/watch? v=EFPrljltHEU

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

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

BOARD REPORT

I believe we all look forward to May for our weather to improve as well as to enjoy this year's Kentucky Derby Party on Saturday, May 4th. We also look forward to receiving the report on the state of our facilities from Wendel, the architectural and engineering firm. Based on our long meeting with them after their inspection of our main building(s), the first project we will need to complete is a new heating system for the chapel. They will recommend an effective, affordable option for the type of system they feel will work best. Then the Facilities Team will review our options and make a recommendation to the BOT which will then decide on which option we will present to the congregation at a special meeting to authorize spending the necessary funds.



The Facilities Team met with the Finance Committee recently and there was agreement on how we need to proceed in funding the project. We will be asking the congregation for funds for this project, but it was agreed that the state of the boiler that heats the chapel (this is the one with the metallic paste patching a hole in the metal side of it) means we cannot wait to raise all the money for the project. We want to have a new system in place by October 1st of this year and avoid the possibility of an unheated chapel.

Affordability is important and there may be options that are desirable but beyond our means. In the meeting with Wendel the geothermal option was discussed. Their experience with recent projects involving geothermal led them to inform us that it is not a viable option for us. They stated that it's a better option for new building projects than retrofits. This is especially true given the complications of our four buildings in one campus and the fact that we sit on solid bedrock. It would cost us nearly \$3 million for such a system.

Therefore, we can't consider geothermal unless we are gifted all of the money for it as we have many other needs as well. For example, a recent visitor to our campus remarked on the bad shape of the slate roof on the mansion. For someone who has not been to our campus before who is not an architect, engineer or similar to notice this gives you an idea of some of our facility's needs.

This year's picnic will be Sunday, June 9th after the service and on Saturday evening, November 9th, we are planning our 70th Anniversary Celebration so please save those dates.

Randy Kent Board President

Funding Shared Ministry

Please consider giving to the Minister's Discretionary Fund throughout the month of April (or anytime!). The Fund represents one of the ways we engage in shared ministry as we provide financial assistance to members, friends, and others who need a bit of support. It used to be that a check for \$30 would pay a utility bill or purchase a bag of groceries... We all know that everything costs more these days and that paychecks and contributions simply don't stretch the way they used to. It is one of the many reasons our Little Free Pantry and Clothing Ministry are so busy. If you are experiencing abundance, please consider giving to the Discretionary Fund. Simply make checks payable to UU Amherst with "Discretionary" in the memo line.

Thank you. Rev. Michelle

Although recipients remain anonymous (there is no reporting), scrupulous records are kept to ensure that monies are distributed responsibly, should there ever be an audit of the Fund.



ENDOWMENT TRUST

The Endowment Trustees met on April 16th. Mike Angelucci reviewed the results of the first quarter at which time the Trust had an ending balance of \$1,129,474.06. He confirmed that short-term U.S. Treasury Bonds that will mature in sync with each payment to the church had been purchased and will yield an interest rate of approximately 5%. Mike reported that Level Finance's standard service fee is .65% for accounts with a similar value to ours. The current rate applied to our account is .25%. This rate was based on our nonprofit status and was obtained before Mike joined Level

Finance. He has negotiated a .5% rate with his partners for our account to take effect starting in the third quarter but understands if we need to look at other options. After he departed, the trustees discussed this and decided to stay with Mike/Level for the balance of the year while we explore other options.

The Endowment is now going to put its energies into reactivating the Legacy Society. First, we will be contacting those who indicated that the Endowment was included in their wills back in the early 2000s. This will be followed by a program and materials that will be offered to the entire congregation. We also began exploring the current makeup of the Board, discussing the feasibility of a leadership succession plan and the current trustee term length.

The next scheduled meeting for the Endowment is July 16th at 6:00 pm in the Emerson Room. If you are interested in attending our meeting, please let one of the trustees know.

Lauraine Marcus, on behalf of the Endowment Trustees Elaine Cusker, John Thompson, Dorothy Reade, Barry Kent

YOUTH FAITH DEVELOPMENT AT UU AMHERST

Organizational Interest Group Forming for Parents, Guardians, Caregivers, and Those Who Support Our Youth

Raising youth in today's world can be scary and lonely. Let's support each other through conversation and connection. Linda Joy is gathering all parties interested in the well-being of our current youth and the youth yet to come to UU Amherst; a non-judgmental opportunity to talk about the community we want to build together. Let's find out what our families need from us. Please email Linda Joy if you would like to participate in this conversation. Potential dates to be arranged.



Questions, please email Linda Joy Groat uuamherstconnections@gmail.com



CONNECTIONS

More and more people are visiting every week and many are becoming involved, building friendships and participating in groups and activities! We are growing and blossoming. When you see new faces, please welcome them. Encourage belonging by offering your name and inviting them into your conversation. Introduce them to others. 'Tell me a bit about yourself' is a good starter. Asking 'Are you new' or 'Is this your first time' can be off putting for some and can lead to limited sharing because it can be answered as Yes or No. Other good starters could be 'What are your interests' or 'What are you looking for in a faith congregation'. There are many ways to begin and I find

that once we get going it's hard to stop!

Linda Joy Groat uuamherstconnections@gmail.com

AMHERST LITTLE FREE PANTRY

The pantry team is in need of new stocking volunteers. This can be a weekly commitment, bi-weekly, once-amonth, or on-call as a substitute. Time of day is the stocker's choice or at their convenience. We especially need people for Wednesdays and Sundays. Contact our Personnel Manager, Cheryl Tomasulo, to help!

Not able to volunteer? Are you a member of BJ's Wholesale Club? The pantry recently set up our own BJ's account. If you have spare BJ's coupons for Chef Boyardee, Scott bath tissue, 100% juices (Mott's, Juicy Juice, or V8), Carnation evaporated milk, Horizon milk singles, Swiss Miss hot chocolate packets, Idahoan instant potatoes, Mott's or Wellsley Farms applesauce cups, or Del Monte 4 oz fruit cups, please pass them along to us! There's a donation box in the first coat room.

Questions? Contact Marie Evans, Pantry Chair, at evans.marie@gmail.com or (716) 636-5770. Pantry Team meetings are open to any interested parties - monthly on first Sundays in the Living Room at 12 noon.

Marie Evans, ALFP Ltd Chair

Meet Your NYS Legislators Recap Sunday, March 24th

The kick-off for our UU the VOTE effort with State Senator Sean Ryan and Assembly Member Karen McMahon was highly successful—great turn out, good information on a variety of legislative issues, and good audience questions. Guests included members from the general community and representatives from Citizens for Regional Transit and Canterbury Woods and Fox Run Residential Communities. Dian and Don Tucker's soups were delicious. Thank you to all who helped with the event with table-arrangements, a wholesome lunch and clean up.



Left to right: Dian Tucker, Senator Sean Ryan, Assembly Member Karen McMahon; Seated: Linda Gardner



SAVE THE DATES!

Family Nights & Potluck

Saturdays 5:30-8:30 pm
Emerson Room
June 15, October 4, December 7

Reminder:

Bring in Your Dash Receipts

Please remember to bring in your Dash receipts. (Collection box in the coatroom.) Funds from these collected receipts assist the Global African Village.

MAY 2024 CALENDAR

PLEASE NOTE: Some meetings are virtual-only; others are dual platform (Zoom and in-person); and some in-person only. See the notation after the meeting. Zoom links for general groups are published in the Weekly Update unless they are hosted on a private account. Zoom events taking place in the Zadmin or Zrev rooms are identified with the abbreviation.

Room abbreviations: EM (Emerson Room); LR Living Room); Bul (Bulfinch-FD Wing); EC (Ecology Center)

Saturday, May 4th

10:00 am: Lace Guild BUL

5:00 pm: Kentucky Derby Party EM

Tuesday, May 7th

12:30 pm: Women's Group Lunch EM

Wednesday, May 8th

5:30 pm: Finance Committee

Saturday, May 11th

9:00 am: Leadership & Governance Retreat EM

12:30 pm: Eckankar Group (rental) LR

Sunday, May 12th

12:00 pm: Poetry as Practice

Wednesday, May 15th

7:00 pm: Board Meeting EM

Friday, May 17th

5:00 pm: Havurah Service Chapel & EM

Sunday, May 19th

12:00 pm: Leadership Workshop EM

Tuesday, May 21st

6:00 pm: Lace Guild BUL

Sunday, May 26th

12:00 pm: UU Amherst Book Group LR

Reminder: Groups, please restore rooms before leaving. Return chairs to their places and take any papers (etc) with you or dispose of them properly.

Kitchen Storage: All opened packages must be enclosed in plastic containers or Ziplock bags

before placing in cupboards.

RECURRING:

UU Universe-ity Sunrise Sessions continues M-F 8:30 am.

All "tree" names are for Village groups

May 4th-25th

7:00 pm: Birch Bunch Zadmin

Sundays, May 5th-26th

9:30 am: Choir Rehearsal EM

10:30 am: Sunday service—in-person and livestream

Coffee Hour following

5/5 (1st Sun)

12:00 pm: Amherst Little Free Pantry Meeting LR

5/12 (2nd Sun)

12:00 pm: Poetry as Practice LR

Mondays, May 6th-27th

7:00 pm: Tulip Crabapples Zadmin (weekly)

L. Marcus

7:30 pm: Marvelous Maples (2nd & 4th Mon:

5/13 & 5/27) R. Palmere

Tuesdays, May 7th-28th

12:30 pm: Women's Study Group (weekly) Zoom

5/14 (2nd Tue)

4:30 pm: Drumming Circle LR

Wednesdays, May 8th-29th

5/1-5/29

11:00 am: Music Rehearsal Chapel

5/8 (2nd Wed)

1:30 pm: Caring Team Zoom

7:00 pm: Marlana's Covenant Group LR

5/15 (3rd Wed)

1:30 pm: 3rd Wednesday Covenant Group

7:00 pm: Northtowns Village

7:00 pm: Bofinger Covenant Group

Thursdays, May 2nd-30th

5/2 (1st Thr)

12:00 pm: Men's Lunch (aka ROMEOS)

(Buffalo Brew Pub)

7:30 pm: Green Justice Team Zoom

Ministry Train Update

All aboard the Ministry Train! Truly, all are welcome to attend the meetings that bring the various areas of ministry together for mutual support, encouragement, and generating new ideas to enhance our connections and live into our mission as a congregation. The next meeting is **in-person**, Saturday, June 1st, 10:00 am-12 noon.

Next meeting: June 1st, 10:00 am-12:00 noon Emerson Room

Membership Coffee & Conversation Sunday, May 5th

Interested in becoming a member of UU Amherst? Rev. Michelle will hold a time for coffee and conversation in the Atrium (adjacent to the Chapel), immediately following the service on Sunday, May 5th. Learn what membership in this beloved community entails.

Men's Monthly Lunch

The UU Amherst's Men's Lunch (aka ROMEOS) meets every month on the first Thursday at the Buffalo Brew Pub. Come and enjoy good conversation, food, and drink. We meet at 12 noon and stay as long as conversation and schedules guide. We discuss a wide range of topics driven by interests and events of the day. For directions/menu, visit buffalobrewpub.com Hope to see you there.

Tuesday Women's Group

This month our in-person meeting will be Tuesday, May 7th. We will meet in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage. Other meeting dates via Zoom are: May 14th, 21st, and 28th.

Coordination of Caretaker Duties—May

Sunday, April 28 - Saturday, May 4 - Bruce Becker Sunday, May 5 - Saturday, May 11 - Barry Kent Sunday, May 12 - Saturday, May 18 - Don Tucker Sunday, May 19 - Saturday, May 25 - Dian Tucker Sunday, May 26 - Saturday, June 1 - Randy Kent Sunday, June 2 - Saturday, June 8 - Bruce Becker

MINISTRY & MORE

Music at UU Amherst

Choir Call-Out & Rehearsals

If you are a singer in search of a song, join the choir! They meet Sunday mornings at 9:30am in the Emerson Room (where the coffee happens). Questions? Contact Linda Delorey (Imscapecod@yahoo.com) (note that the first letter is a lower-case "L") for information and for the rehearsal schedule.

Instrumentalists Wanted

Do you play an instrument? Would you like to be part of a pick-up ensemble or even a soloist? Great! Contact Rev. Michelle (minister@uuamherst.org).

Leadership Workshop Sunday, May 19 12 Noon

All are invited to participate in a workshop rooted in Margaret Wheatley's new book, Restoring Sanity: Practices to Awaken Generosity, Creativity & Kindness in Ourselves and Our Organizations. This workshop will be led by Rev. Michelle and is sponsored by the Leadership Development & Nominating Committee.

UU Amherst Drumming Circle

The new UU Amherst Drumming Circle meets the second Tuesday of the month in the Living Room, from 4:30 to 5:30 pm. We hope to use the Waterhouse Ecology Center once the weather gets warmer. If you have your own djembe drum, conga, bongo, bodhran, shakers, castanets, etc. please join in! We have a few percussion instruments like shakers at church. Contact Cheryl Tomasulo with any concerns. 716-523-0954.

UU AMHERST BOOK GROUP

Meet us last Sundays at noon in the Library/Living Room to talk about what we've been reading.

The book for May 26 is The Dictionary of Lost Words by Pip Williams.

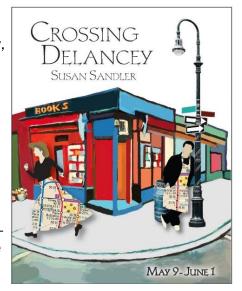
Marie Evans Evans.marie@gmail.com, 716-636-5770



THEATER LOVERS

Jewish Repertory Theatre's final show for this season is a romantic comedy, *Crossing Delancy*, written by Susan Sandler, directed by Steve Vaughan. It runs May 9 through June 1. Izzy, a young Jewish woman seeks love in New York City. With the help of her irascible grandmother, she struggles to choose between a handsome, successful author and a gentle, unpretentious pickle vendor. The play stars Arin Lee Dandes, Darleen Pickering Hummert, Tina Rausa, RJ Voltz, and Adam Yellen

Discount ticket order forms are available for Thursday evening (7:30 pm) and Sunday matinee (2:00 pm) shows. (Full-price tickets for Saturday performances at 3:30 or 7:30 pm may be purchased from JRT's box office.) I encourage you to order your tickets as soon as possible. The afternoon shows have been selling out this season. Pre-printed forms are in the lobby on the bulletin board outside the Emerson Room, or I can email it to you.



Our group outing will be Sunday, May 19. After the performance, we'll dine at Lebro's Restaurant (pay your own tab). Order your tickets by mail, then notify me by noon on Friday, May 17, if you'd like to be included in the dinner reservation.

RELATED PROGRAMMING

Registration required via JRT's website: www.jccbuffalo.org/jewish-repertory-theatre/

Pickle Party!

Wednesday, May 22, 6:30 PM

Irving M. Shuman campgrounds

Join the cast of JRT's production of *Crossing Delancey* and local pickling experts to discuss the history of the art of pickling as well as a hands-on pickling tutorial. All in attendance will be able to bring home their own jar of pickles. Stay tuned for additional details, including ticketing information.

Stage To Screen: Crossing Delancey

Monday May 27, 7:00 pm

Maxine and Robert Seller Theater

Join us for a free movie showing of the Golden Globe-nominated 1988 film *Crossing Delancey* starring Amy Irving and Peter Riegert. Popcorn and refreshments are included.

CERSI Central East Region Summer Institute

Summer Institute Registration Open

Join us for a time of community, fellowship, networking, fun, music and so much more. There is programming for children, youth, young adults and adults - you will need to choose what you want to do (or not) each day! Learn more about this year's adult morning seminars and afternoon workshops at the CERSI website. You can still apply for a job at CERSI to underwrite part of the cost of attending and be part of the team that makes the magic happen. Scholarship applications are open with a deadline of May 31. Do note that registration rates go up June 1, so you want to register soon!

Learn more at the CERSI website - www.cersiuu.org.

NOMINATING & LEADERSHIP DEVELOPMENT COMMITTEE

The Committee members thank Kim Diana Connolly and Virginia Snider for their past two years of valuable service to the N & L Development Committee and congregation.

After the Annual Meeting in February 2024, new committee members, Jacqueline Babka and Suzanne Christ were welcomed at the March meeting. Also at this meeting there was a review of the Bylaws, Article VII NOMINATIONS AND ELECTIONS that outlines the Committee duties. A monthly meeting date of first Tuesday, 10:30 am was decided upon.

The April meeting included a discussion of possible candidates for the slate of nominees in 2025. A timeline was established for the 2024 year to accomplish the duties and goals of the Committee.,

Suzanne Christ, on behalf of Committee members: Jacquelyn Senders, Chairperson; Marlana Rice; Marjorie Buscher; Jacqueline Babka; Linda Gardner, nominee of the Board of Trustees

FUNDRAISING TASK GROUP

Our next project will be making raffle baskets for the Living Green Festival. This project starts with your donation of new or lightly used items that we will use while preparing baskets. We could also use packing peanuts, tissue paper, and baskets. We hope to start our process by June, even though the festival is in September. We need the baskets done by early August so please help by donating items early. As always, thank you for supporting the UU Amherst.

Barbara Kent Gauger, bgturbo944@hotmail.com

GREEN JUSTICE TEAM

Planning for the 3rd Annual Living Green Festival, taking place on September 21 is in full swing. Members of the extensive Living Green Festival Team are recruiting vendors and sponsors, reaching out with publicity efforts, organizing events, and arranging facilities. These include varied vendors, informative talks, art and craft activities, goats nibbling invasive species, a healthy lunch café with vegetarian and vegan choices, basket raffle, Little Free Pantry tours, and a mini-jumble sale, not to mention the popular Bounce House!

This requires help! This means that everyone interested should volunteer to be part of specific tasks beforehand and the day of the festival. Look to the *Weekly Update* for more information, talk to knowledgeable people at coffee hour, and visit the festival site, Livinggreen@uuamherst.org. This is the kind of work that is productive, gratifying, and fun!

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 UU Amherst members on an as-needed basis. With the meal they generally include a "goodie bag" and a card on behalf of the Caring Group. Each month you'll find one of their healthy recipes here in *The Foreword* often incorporating fresh vegetables and even gluten-free.

This recipe is thanks to Jacqui Babka.

Chicken Noodle Soup

Olive oil

1 lb ground chicken

4 garlic cloves, chopped

1 1/2 tsp ground coriander

1/2 tsp celery seed

2 celery stalks, chopped

1 large carrot, diced

1 Tbsp fresh thyme or 1 tsp dried thyme

8 cups chicken stock or broth

8 oz egg dried noodles

Salt and pepper



In a large pot heat 2 Tbsp olive oil on medium, add ground chicken with salt and pepper and cook about three minutes, breaking up the pieces to almost crumble.

Add chopped garlic, coriander and celery seed and cook about two more minutes, stirring frequently, until chicken is cooked. With a slotted spoon put chicken in a small and cover to retain moisture. Put 2 Tbsp oil in pot with the juices, add the chopped celery, carrot, thyme and salt and pepper. Cook, stirring until the oil slicks the vegetables, about 3 minutes. Add 7 to 8 cups of chicken stock and bring to a boil. Add the dried egg noodles and cook until al dente. Add the reserved cooked chicken with any juices and salt and pepper, if needed.

Enjoy! Christine



First Aid Kit Locations

The safety committee has updated the supplies in first aid kits located throughout the building. You can find them in the Administrator's Office (supply cabinet); Bulfinch Room, and the Kitchen. There is a sign in each room identifying where you can find the kit.

Contributing to UU Amherst

- 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
- 4. Mailing a check [remember to fill in the Memo]
- 5. There is the traditional Sunday Plate
- 6. Don't forget Legacy Giving in your will





Join UU Amherst Friends For A Kentucky Derby Party!

Saturday, May 4th, 2024, Emerson Room, Time: 5:00 PM - 7:00 PM

Wear your most festive Derby hat, place your bets on your favorite horse and enjoy Derby food and drinks! Prizes for the best horse-themed, floral-themed, and overall best creative hat!

Menu:

- Charcuterie
- Ham, Cheese, Rolls
- Pea Salad, Potato Salad, Carrot-Raisin Salad
- Assorted Desserts
- Mint Juleps
- Assorted Drinks



\$25.00 Per Person Adults Only



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