

Issue

JUNE 2024

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
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JUNE 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 **Renewal**.

6/2 *Late for the Sky* john Snodgrass
Life is full of omens and worries, and yet our predictions rarely materialize in the ways we envision them, and are soon forgotten as life introduces new victories and sorrows. In 1974 the songwriter Jackson Browne encapsulated his forecasts and fears in an album called "Late for the Sky," but could not see the tragedies and triumphs ahead of him. What can this songwriter's story tell us about our own predictions for the future? (Bio on page 3).

6/9 *Renewal: Everything Old is New Again* Rev. Michelle

6/16 *Flower Communion* Rev. Michelle
Bring a flower and participate in this beloved UU rite as we transition from Spring to Summer. Invite a friend as we celebrate the beautiful bouquet that is created when we gather in community.

6/23 General Assembly Worship
The General Assembly of our Association is a special time to connect with the larger faith movement. This year, "G.A." is completely virtual. We'll gather to participate in this powerful worship experience, along with thousands of other UUs.

6/30 *Wild and Precious* Rev. Michelle
If there is one poet that is universally loved by Unitarian Universalists, it is Mary Oliver. Today we'll consider her question, "What is it you plan to do with your one wild and precious life?"

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,

This month I share with you an excerpt from the Fall 2007 edition of UU World that features Carolyn McDade's, "Spirit of Life," the song that has defined a generation of Unitarian Universalists and provided common ground amidst our theological differences. I hope you'll take the opportunity to read the longer article found online at UUWorld.com. <https://www.uuworld.org/articles/carolyn-mcdade-spirit-life>

Of course this song can be sung, but have you considered using the lyrics as a spoken prayer? When a dear friend lost her wife unexpectedly to a heart attack, I asked another friend to create prayer beads for her, using the natural breath points in "Spirit of Life." When I presented those beads to my friend, a former nun, she was able to transform the comforting use of prayer beads to be resonant with her UU faith.

I have shared these words with the dying, the newly born, the hurting, and the joyful. I wonder what it would be like for you to journey with these words throughout the month of June as we consider what it means to engage in Renewal.

From the UU World article:

No other song, no other prayer, no other piece of liturgy is so well known and loved in Unitarian Universalism as "Spirit of Life" by Carolyn McDade.

It is our Doxology, or perhaps our "Amazing Grace." Many congregations sing it every Sunday, or at least enough to know the words by heart. Sermons have been devoted to this one song. It is sung at weddings and memorial services, around campfires and at demonstrations, at cradles and hospital bedsides.

In six short lines "Spirit of Life" touches so much that is central to our faith—compassion, justice, community, freedom, reverence for nature, and the mystery of life. It finds the common ground held by humanists and theists, pagans and Christians, Buddhists and Jews, gay and straight among us.

*Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
Move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.*

Be well,
Rev. Michelle

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

As I write this in mid-May I look back at two events we had recently at our campus, the highly enjoyable Kentucky Derby Party and the UUA Governance/ Ministry refresher conducted by Rene Ruchtozke, our district executive. In addition to the presentation and discussion we interacted with board members and ministers from both the downtown church and First Universalist of Rochester. Not surprising to learn that they, like we, have their challenges as well, some similar, some not. We intend to develop a more cooperative relationship with the downtown folks so both of our congregations can benefit.

Looking forward to June we have a combined event — the All-Church Picnic aka Board Picnic on Sunday, June 9th, and the "Grand Opening" of the newly renovated space on the first floor of the FD wing which for 26 years was used by the Main Street Children's Academy. After all that time it has been a major project to make that space both attractive and useful for our congregation. We needed the time and energy of our volunteers who pitched in as well as the services of professional contractors to make it happen.

None of it would have happened without the Task Force Members who had the energy, vision and dedication to see it through. Many thanks and congratulations to Dian and Don Tucker, Barb and Barry Kent, Bruce Becker, as well as Pam and Jerry Kent. Many of our members donated their time and energy as well, they also deserve our thanks and congratulations.

I also look forward to receiving the architectural and engineering study from Wendel so we can establish a task force to review its recommendations. The first priority will be to determine what kind of new heating system we need for the chapel and then seek congregational authorization for the necessary expenditure. We do not want to have to rely on the current system next winter.

See you at the Grand Opening!

Randy Kent, Board Chair (linrkent@yahoo.com)



Welcome New Staff

Katie Cosgrove is joining our staff as the part time Director of Faith Development, which includes family programming and connection. Katie attended UU Buffalo during her college years and received her degree in Communications from Canisius while also majoring in Religion. She is a certified trauma support specialist and a death doula, supporting people in transition. She is also a project manager for a publishing company, with experience in supervising projects and staff. Katie is the author of *I'll See You In Your Dreams Tonight*, a book to introduce children to grief and loss. You can find out more about Katie's grief work at her website, griefisgood.com.



Sunday, June 2nd Speaker Bio

John (the lower case is intentional) is a frequent guest preacher at UU Amherst. He teaches classes in religion at Canisius, as produced several original plays, and is the author of multiple books, including *Supernatural Shakespeare*, *Sun Dance*, and *Thirteenth Moon*.

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



ENDOWMENT TRUST

Most importantly, Dorothy Reade’s resignation was accepted. She served as treasurer and then corresponding secretary during her two and half years and we will miss her. Her term expires in 2027.

According to the Second Declaration of Trust: In the event an Endowment Trustee is unable to complete his or her term of office, the Church Trustees shall, by majority vote, appoint a successor **who has been nominated by the Endowment Trustees to complete the balance of that year.** A successor Endowment Trustee shall be nominated and elected at the next annual meeting to **complete the balance of the term.**

As a result, the Endowment recommended and the Board of Trustees approved Dian Tucker to serve until the Annual Meeting. At that time, the Leadership and Nominating Committee will offer candidates to replace Lauraine Marcus for a 5 year term and to complete the balance of Dorothy’s term.

The Endowment is looking forward to Dian Tucker joining the team and will assuming corresponding secretary responsibilities.

The value of the trust on May 1st was \$1,082,069.22. The music committee value was \$25,671.73

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



CONNECTIONS

Linda Joy Groat, lmgeag@gmail.com
Laurie Kasnicki, lkasnicki@gmail.com

Our calendars are full of events & meetings leading up to summer and the Living Green Festival, so our monthly meeting will be postponed until mid-summer. Look for a new date in future *Weekly Updates*.

Note for Families & Youth

On June 16th we will have our Flower Communion Service, which will be Multi-Generational and all youth will stay and enjoy the service, with their families and friends.

Gardening Help!

Help us get ready for the Living Green Festival and make our campus beautiful.

Join us in the gardens; for light weeding and maintenance, no experience needed. We’ve already started on the vegetable beds. I’m hoping to plant with the youth this weekend during our service time! Email Linda Joy, lmgeag@gmail.com to join the Google Garden Group and get messages about gardening dates.



AMHERST LITTLE FREE PANTRY

Ways to help!

- Buy tickets for our Midsummer BBQ Fundraiser, **Sunday, July 21, 12 noon to 4:00 pm** at One-eyed Cat Brewing, 5893 Main St.
- Volunteer - we have jobs for those with lots of time and mobility (stocking and occasional pick-ups) as well as folks who want to do solo work at home (bagging or computer tasks)
- Donate food or personal care items (or funds to buy them) - **MOST NEEDED** right now: Chef Boyardee, cereal, single-serve juice and milk, dish detergent, shampoo, deodorant

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 these specific items, please pass them along to us: 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. There's a marked donation container in the 1st coat room. You may also leave the entire coupon book under the bin.

Other Upcoming events:

(No general meeting until September 1)

Sunday, September 1 at Noon in the Library/Living Room - monthly meeting

Saturday, September 28, Noon to 6 pm - stop by our vendor table at the Living Green Festival. Each donation of 2 canned goods or \$5 earns a chance at our Green-themed raffle basket.

Saturday, October 19, 4 to 6 pm - Witch Dance

Amherst Little Free Pantry Limited celebrated the anniversary of our incorporation on May 10. We are grateful to all our generous donors who make it possible for us to continue this ministry of food justice in the community.

Marie Evans, ALFP Ltd Chair



MIDSUMMER

BBQ

FUNDRAISER

To Benefit Amherst Little Free Pantry
Sunday, July 21st 12-4 PM
One-Eyed Cat Brewing
The old Pairings Wine Bar
5893 Main St, Williamsville
\$25 Presale Ticket includes BBQ Buffet
Vegetarian option available
Basket Raffle, 50/50, Music by Chris Squier

If you would like to donate a basket or help selling tickets, please call or text Doreen Park at 345-4009 or email dpark5981@outlook.com.



Family Game Night & Potluck

Saturday, June 5

5:30-8:30 pm

Emerson Room

Also: October 4, December 7

JUNE 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, June 1st

10:00 am: Lace Guild BUL

10:00 am: Ministry Train EM

Tuesday, June 4th

12:30 pm: Women's Group Lunch EM

Wednesday, May 8th

5:30 pm: Finance Committee

Sunday, June 9th

12:00 pm: Congregational Picnic

Tuesday, June 11th

7:00 pm: LGF Speaker: Sheryl Davies EM

Wednesday, June 12th

7:00 pm: Finance Committee EM

Thursday, June 13th

7:30 pm: Vocal & Piano Recital Chapel/EM

See page 7 for details

Tuesday, June 18th

6:00 pm: Lace Guild BUL

Wednesday, June 19th

7:00 pm: Board Meeting EM

Thursday, June 20th

9:00 am: GA Screenings EM

Friday, June 21st

9:00 am: GA Screenings EM

Saturday, June 22nd

9:00 am: GA Screenings EM

Sunday, June 23rd

9:00 am: GA Screenings EM

Tuesday, June 25th

7:00 pm: GF Speaker: Joanna Zoe Christopher EM

RECURRING:

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

All "tree" names are for Village groups

Saturdays, June 1st-29th

7:00 pm: Birch Bunch Zadmin

Sundays, June 2nd-30th

9:00 am: Church of the Wild EC

9:30 am: Choir Rehearsal EM

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

Coffee Hour following

Mondays, June 3rd-24th

7:00 pm: Tulip Crabapples Zadmin (weekly)
L. Marcus

7:30 pm: Marvelous Maples (2nd & 4th Mon: 6/10 & 6/24th) R. Palmere

Tuesdays, June 11th-25th

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

6/11 (2nd Tue)

4:30 pm: Drumming Circle LR

6/18 (3rd Tue)

7:00 pm: Living Green Fest Meeting Zoom

Wednesdays, June 5th-26th

6/5-6/26

11:00 am: Music Rehearsal Chapel

6/12 (2nd Wed)

1:30 pm: Caring Team Zoom

7:00 pm: Marlana's Covenant Group LR

6/19 (3rd Wed)

1:30 pm: 3rd Wednesday Covenant Group

7:00 pm: Northtowns Village

7:00 pm: Bofinger Covenant Group

Thursdays, June 6th-27th

6/6 (1st Thr)

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

7:00 pm: Living Green Fest Meeting In-person 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.

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.

Next meeting in person:

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

A Gift for You

You are invited to a special evening of music, featuring Rev. Michelle (vocalist) and Alfred Frenning (pianist), Thursday, June 13th at 7:00 pm at UU Amherst. Selections include a little of this and a little of that... Art Songs, Musical Theater, and Opera.

(Hi Friends! Al and I have been preparing this recital for months and would really love to have you there. Bring some friends! - Rev. M.)

Tuesday Women's Group

This month our in-person meeting will be Tuesday, June 4th. We will meet in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage. Other meeting dates via Zoom are: June 11th, 18th, and 25th.

MARK YOUR CALENDAR!

New York State Convention of Universalists ANNUAL MEETING

October 24 and 25, 2024

Here at UU Amherst!

The Art of Helping—and Being Helped

*Reinvigorating ourselves and our congregations
as we work toward justice, compassion,
and equity,*

Registration information will be available in
August.

Watch for details on volunteer
opportunities!

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 (lmscapecod@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).



Church of the Wild Returns in June

Church of the Wild returns Sunday June 2nd, 9:30 am in our Debbie Waterhouse Ecology Center. Bring a chair, a poem, your wonder of nature. Gather for a brief period of sharing, then go walk the trails or labyrinths or meditate quietly in an area of your choosing. Return for a few moments of shared experiences before moving on with your Day- whether it's the morning service or whatever else that calls you. Lauraine Marcus will meet you at the edge of the Ecology Center at 9:25 am, near the basketball court at the back of the parking lot. Church of the Wild is an all weather event (except a torrential downpour).

UU AMHERST BOOK GROUP

After our May 26 meeting to discuss *The Dictionary of Lost Words* by Pip Williams, we'll be on summer hiatus. We will be gathering for a potluck luncheon on **Thursday, July 18** in the Emerson Room (set up at noon, buffet at 12:30 pm. To be as environmentally friendly as possible, and ease clean-up, we ask that each attendee bring your own utensils, plate, bowl, cup, and napkin. Wendy will coordinate the food contributions, which should arrive ready-to-serve with whatever kitchen tools are needed. So far, we are expecting several main dishes (some gluten-free and vegan), salads, desserts (including ice cream), sangria, and sweetened green iced tea. Instead of discussion of our own reading, we'll be doing a shared read-aloud of *Two Old Women* by Velma Wallace. We can pass books around that day, but you may want to purchase your own copy (readily available for less than \$5 on Thriftbooks). We'll also be choosing a TOPIC for our next regular meeting (Sunday, September 29).



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

THEATER LOVERS

We've had a wonderful season attending Sunday matinees at Jewish Repertory Theatre and going to dinner at Lebro's afterward. Watch for an announcement of a summer outing to picnic at Shakespeare in Delaware Park.

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

LIVING GREEN INSIGHT SERIES: Journeying Towards Harmony with Nature

This year, Living Green Festival is offering a series of speakers who share their wisdom and experience on a variety of topics that help us to:

- **Celebrate** the beauty and resources of WNY
 - **Educate** everyone how to live in harmony with Earth
 - **Participate** joyfully with one another and the natural world
- The sessions will begin at 7:00 pm and light refreshments will be available.

Tuesday June 11, 2024

Topic Native Plants in Gardening with Q&A

Speaker: Sheryl Davies Website Lizardtaildesign.com

Sheryl is the owner of Lizardtail Design, a design and consulting firm focused on ecologic design, wildlife supporting landscapes and native plant communities. It specializes in stream banks, riparian buffers stormwater solutions, children's play and education landscapes.

Sheryl found herself immersed in both the theory and practice of ecologic landscaping. A scientist with far too much excess energy and a passion for education, Sheryl left academia and focused her energy on educating and innovating in ecologic design

Tuesday June 25, 2024

Topic Reiki and Himalayan Singing Bowls with experiential learning and Q&A

Speaker: Speaker: Joanna Zoe Christopher, CH Website Heartsdesirehypnosis.com

Joanna is the founder and hypnotist for Heart's Desire Hypnosis and Wellness Center in North Tonawanda where she offers personal empowerment through hypnosis, reiki, qigong, coaching, spiritual guidance, card readings, meditation, instruction and certification. Joanna is a certified consulting hypnotist (CH) with the National Guild of Hypnotists (NGH) and a member in good standing of New York State.



Summer Institute Registration July 7th-13th, 2024

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. CERSI takes place at Penn West California University, California, PA.

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

NOMINATING & LEADERSHIP DEVELOPMENT COMMITTEE

The Committee members have been busy this month canvassing candidates for the slate of nominees for the 2025 year at the annual meeting in February. Vacancies in 2025 are two for the Board of Trustees, two for Nominating & Leadership Development, and one for the Endowment Trustees

Three members attended portions of the Leadership & Governance Retreat on May 11th. They had the opportunity to network with members of UU Buffalo, and First Universalist Rochester. Some key points were that policies must be "living" and fluid to change as needed. Also, that Governance must repair, provide clarity and transparency, and demonstrate mutual respect. It was an enriching experience.

On May 19th, Rev. Michelle offered a leadership workshop, "Meet, Join, Belong." The workshop focused on empathy and insight as leadership skills. There were 10 participants.

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

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 is an Indian vegetarian dish that is very flavorful and easy to make and clean up after. It comes from the Weight Watchers cookbook.

Sheet Pan Aloo Gobi

1 hour total time Serves 4

- 2 large russet potatoes cut in one inch chunks (about 4 cups)
- 4 cups large cauliflower florets (from one medium head)
- 1 small onion cut into 1/2 inch slices
- 2 Tbsp finely chopped peeled fresh ginger
- 1 Tbsp finely chopped garlic
- 1 Tbsp olive oil
- 1 1/2 tsp cumin seeds
- 1/4 tsp ground turmeric
- 1/2 tsp garam masala
- Pinch of cayenne pepper
- 1 tsp salt
- 1 Tbsp fresh lime juice (from 2 limes)
- 1/4 cup fresh cilantro, chopped



Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper.

In a large bowl, toss the potatoes, cauliflower, onion, garlic, ginger, oil, cumin seeds, turmeric, garam masala, cayenne and salt until well combined. Spread the vegetables in an even layer on the prepared pan.

Roast the vegetables, stirring once halfway through cooking, until browned and tender, about 45 minutes. Before serving, toss the vegetables with the lime juice and cilantro.

Easy-peasy and minimal clean up necessary.

Coordination of Caretaker Duties—June

Sunday, June 2 - Saturday, June 8 - Bruce Becker

Sunday, June 9 - Saturday, June 15 - Bob Johnson

Sunday, June 16 - Saturday, June 22 - Barry Kent

Sunday, June 23 - Saturday, June 29 - Don Tucker

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

2024 UU Amherst

PICNIC



**Hamburgers, Hot Dogs, Veggie Options
& Beverages Provided**

Please Bring A Salad, Side Dish Or Dessert To Share!

Sunday, June 9th

Following The Service Rain Or Shine Free!



UU AMHERST

Fostering Justice and Compassion

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