

Issue

SEPTEMBER 2024

# The Foreword



**UU AMHERST**

*Fostering Justice  
and Compassion*

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](http://www.uuamherst.org)

## Our Staff:

### Minister

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### Minister Emerita

Rev. Maureen Q. Thitchener



## 3rd Annual Living Green Festival

**Saturday, September 28th**

**Noon to 6:00 pm!**

The Festival was first conceived during the COVID shutdown for Fall 2021 but had to be delayed until 2022. “Living Green” is about upholding UU values and principles, encouraging environmentally sustainable habits, building community, and having a good time.

Living Green is “FUN-damental”! The Festival includes a variety of vendors (for-profit, and non-profit), green information, hands-on crafts, a basket raffle, a jumble sale (recycle & reuse!), our own “Green Cafe” with vegan/vegetarian options, and GOATS! “Let’s Goat Buffalo” will again bring goats to work their landscaping magic.

**Support & Volunteering.** There are several ways to participate, beyond showing up and having fun. You can sponsor a goat for \$50.00, donate and have your name or business name on a flag for \$100.00, or skip the flag and make a cash donation. Checks can be made out to UU Amherst and sent to the office with “LGF donation” in the memo line. To volunteer for the day of the Festival, sign up on Sundays during coffee hour with Laurie Kasnicki or any Green Team member (look for the Living Green Festival badges). Laurie can be contacted at [lkasnicki@gmail.com](mailto:lkasnicki@gmail.com). See the church website or Facebook page for details. And thanks!

## 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.*

**Insight Speaker Series.** Living Green Festival has branched out with the informative Insight Speaker Series featuring local professionals on a variety of topics including environmental, sustainability, and organic growing. See page 4 for upcoming speakers and topics. The series will continue throughout the year and into 2025 with some workshops as interest is generated. Current scheduling is every other Tuesday. See the UU Amherst website, *The Foreword* monthly newsletter and *Weekly Update* for details.



## MINISTER'S CORNER

Dear Friends,

*Social justice is the heartbeat of Unitarian Universalism.*

A Baptist minister friend in South Carolina made that proclamation at our first meeting. It resonated with me then and I see it being borne out in our priorities as a faith movement and in our priorities as the community known as UU Amherst.

Consider the ministries that we have made a priority here: the Amherst Little Free Pantry, the Clothing Ministry, UU the Vote, the Living Green Festival, our Debbie Waterhouse Ecology Center, Caring for One Another, and our upcoming partnership with the Buffalo UU to offer OWL (Our Whole Lives sexuality & values program). All of these endeavors reflect our efforts to create, as Charles Eisenstein would say, the more beautiful world our hearts know is possible - or more simply, social justice.

I'm excited to share with you that our UU the Vote activities have expanded and formalized into the Justice Advocacy Team, led by Ruth Bowen and Peggy Cook, who will be offering an informational session about the radical religious right's "Project 2025," following the 9/22 service. Interested in getting involved? Chat with Ruth or Peggy and be part of our newest ministry team.

Always,  
Rev. Michelle

## SEPTEMBER SUNDAY SERVICES AT 10:30 AM

**9/1** *Lessons in Belonging ... from She-Hulk and Other Heroic Women Lawyers* Kim Diana Connolly  
Join us as we explore concepts of power and belonging by looking to the amazing superhero She-Hulk (a lawyer) and other real-life heroic lawyers and think about this line from the show: "What is the responsibility of those with power? Do they merely have an obligation to refrain from the misuse of that power, or do they have a duty to protect those without it?" Bio on page 3.

**9/8** *Ingathering: Water Communion* Rev. Michelle  
It's the beginning of a new academic year, which means it's the beginning of our program year as well. Join us as we celebrate the Beloved Community and the many ways we are connected. Bring water from summer adventures (from afar or from your kitchen), or pour from the collective vessels, as we mingle our waters and launch a new beginning.

**9/15** *The Gift of Interdependence* Rev. Michelle

**9/22** *Answering the Call of Love* Rev. Michelle  
The radical religious right has an agenda, known as Project 2025, to roll back time - and not in a good way. Women's rights, public education, the rule of law, environmental protections, and the separation of church and state would all be turned back decades, if not centuries. It is our duty to educate ourselves and lift up our Unitarian Universalist values and principles.

The Justice Advocacy ministry team will be offering an informational meeting following the service.

**9/29** *Two by Two* john Snodgrass  
How many members does it take to make a community? And how do commonalities, and differences, help a species to survive? Bio on page 3.

## BOARD REPORT

As I write this in mid-August, I am looking forward to events in September like the Living Green Festival.

But I need to draw your attention to a new event:

CONGREGATIONAL MEETING SUNDAY SEPTEMBER 15TH AT NOON IN THE CHAPEL.

PURPOSE:

CONGREGATIONAL APPROVAL OF MONIES NEEDED FOR THE NEW HEATING SYSTEM FOR THE CHAPEL/SANCTUARY

The Chapel Heating Task Group has reviewed proposals from four heating contactors their recommendations will be brought to your elected Board of Trustees at their August Meeting. The BOT decision will be presented at the Congregational Meeting and authorization for the spending needed on the project will be put to the Congregation for a vote.

As per the By-Law change voted on by the Congregation at the February 2024 Annual Meeting, a quorum of 25% of the voting members will be required. Both in person and on-line participation will be possible. We hope to have a large level of participation for this important meeting.

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



### Sunday Guest Speaker Biographies:

**Kim Diana Connolly** (and her beloved children Tayte and Simon) have been members of UU Amherst since 2010. Kim Diana has served our community in various ways, including in the (old) Faith Development wing and on the Nominating and Leadership Development Committee. She is also active in the UUA Central Eastern Region Summer Institute on its Committee on Ministry, and has attended the UUA General Assembly as a delegate for our congregation multiple times. Kim Diana is a law professor at SUNY's University at Buffalo as well as a licensed lawyer.

**john (lower case intentional) Snodgrass** is a frequent and popular speaker at UU Amherst. An instructor in Religion at Canisius University, john is also a playwright and author of many books, the most recent being *Shakespeare's Goddess*.



### Special Congregational Meeting

Sunday, September 15, 2024

12:00n

*(Following The Service)*

Sole Business To Be Conducted

Consideration Of A Capital Expenditure  
Not To Exceed \$80,000.00 To Facilitate The  
Installation Of A New Chapel Heating System

### 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.

## LIVING GREEN INSIGHT SERIES: Journeying Towards Harmony with Nature

The Living Green Insight Series continues in September with our guest speaker from Heartland Organics. The series helps us to celebrate the beauty and resources of WNY, and learn to live in harmony with Earth and participate joyfully with one another and the natural world. Light refreshments will be available.

**Tuesday September 10, 2024 7:00 pm**

**Mushrooms**

**Speaker: Elaine Barnett** [heartland-organics.com](http://heartland-organics.com)

Elaine is the owner of Heartland Organics in Niagara County. Located in the heart of Niagara County, NY, her farm was founded in the early 1800s. Although it is gone now, for decades the family's business, Fink's Flower Shop and Greenhouse, was a staple for countless local families. In 2017, Elaine restored her family's farm and renamed it Heartland Organics. The farm's new focus is on certified organic specialty mushrooms and vegetables (in season), and carries on the tradition of fresh, cut flowers (also in season).

## JUSTICE ADVOCACY

**Learn about Project 2025, the Heritage Foundation's Mandate for Leadership**  
**September 15, 12:00 pm**

No doubt you've heard about Project 2025, an ultraconservative policy manifesto that seeks to make drastic changes to how the U.S. government has operated for the past century.

Project 2025 is an 800+-page road map that the next and future administrations can implement to systematically eliminate federal agencies, consolidate presidential power, and make Christianity central to government policy. It is often referred to as a roadmap for the first 180 days in office of the next conservative administration.

The report, prepared by more than 400 conservative authors, was spearheaded by the Heritage Foundation think tank, and much of the manifesto is informed by Christian Nationalism. A few highlights of the plan include mass deportation, weakening and/or elimination of federal agencies like the EPA and Department Of Education, and even the National Weather Service.

Join a group of UU Amherst advocates for justice who will share how the many of the provisions of Project 2025 are dangerous, run counter to our UU values' and how these policies would impact average Americans. We'll meet in the Living Room after the service on Sunday, September 15 at noon.

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## THEATER LOVERS

Watch for all-church email soon and information in the October Foreword about our next outing to Jewish Repertory Theater, for an exclusive regional premier of "a genre-defying true story of a reluctant World War II hero and Holocaust witness" - *Remember This: The Lesson of Jan Karski*. The show will run October 31 - November 24. Save the date Sunday, November 10, to attend the matinee performance then go to dinner together at Lebro's Restaurant.

Marie Evans



## Current Events Weekly Zoom Thursdays, 10:30 am

Taking action to make the world a better place is the hope of us all, but sometimes we just need to unwind and talk with like-minded souls. Headlines unsettling you? Seeing good news that needs to be celebrated? Grab your cup of mid-morning cup of coffee and join us for a lively discussion of important issues. Topics to be decided by group or lightly facilitated as needed. See *Weekly Update* for Zoom link and passcode.

## Witch Dance Returns! Saturday, October 19 4:00-6:00 pm To Benefit the Amherst Little Free Pantry

Calling all Witches and Warlocks who like to dance! Participation is free! Weekly rehearsals take place on Mondays through October 14th at 6:00 pm in the Emerson Room. Note: Due to Labor Day, the rehearsal for the first week of September will be on Tuesday, September 3rd.)

### Event:

Expect some mischief, a bonfire, and the Be Witched Buffalo dance group that will join us! Cider and snacks will be for sale.

Please consider sponsoring a dancer, bringing an item for the Pantry (please no glass), or making a tax-deductible donation. Your generosity is greatly appreciated and will help us serve our community during the upcoming winter months.

If you're interested in participating or volunteering, contact Meg Sabella at [megsabella712@gmail.com](mailto:megsabella712@gmail.com) or text 303-506-7531.



## Community Garden

The garden is made possible through support by volunteers Wendy Litteri and Jill Fondiller, who committed to watering on a regular basis. Wendy and I keep the weeds down as best we can. Thanks to Pam and Jerry Kent who have been maintaining the Memorial Garden and always welcome helpers. Again, a big thank you to Eric Groat, for adding the beautiful gate that makes getting in and out of the garden so easy!

Volunteers are needed to help get the flower beds ready for the Living Green Festival so our grounds look nice. Let me know if you are interested!

## SEPTEMBER 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); Murray Meeting Room (MMR)

**Sunday, September 1st**

**12:00 pm:** Amherst Little Free Pantry Meeting LR

**Tuesday, September 3rd**

**12:30 pm:** Women's Group Lunch EM

**Sunday, September 8th**

**12:00 pm:** Poetry as Practice LR

**Tuesday, September 10th**

**7:00 pm:** Insight Series: Heartland Organics EM

**Saturday, September 14th**

**10:00 am:** Ministry Train EM

**12:30 pm:** Eckankar Meeting (rental) LR

**12:00 pm:** Congregational Meeting Chapel

**Tuesday, September 17th**

**7:00 pm:** Living Green Fest Zoom

**Wednesday, September 18th**

**7:00 pm:** Board Meeting MMR

**Friday, September 20th**

**5:30 pm:** Havurah Service Chapel EM

**Saturday, September 21st**

**4:00 pm:** Ria Martens Memorial Service Chapel EM

**6:00 pm:** Equinox Bonfire EC

**Sunday, September 22nd**

**12:00 pm:** Project 2025 Info Session LR

**Saturday, September 28th**

**10:00 am:** Living Green Festival

**Sunday, September 29th**

**12:00 pm:** UU Amherst Book Group LR

## RECURRING:

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

All "tree" names are for Village groups

**Saturdays, September 7th-28th**

**7:00 pm:** Birch Bunch Zadmin

**Sundays, September 1st-29th**

**9:30 am:** Church of the Wild EC

**10:30 am:** Sunday service—in-person and livestream; coffee hour following

**9/15 (3rd Sun)**

**12:00 pm:** Faith Development MMR

**Mondays, September 2nd-30th**

**4:00 pm:** Witch Dance Practice EM (weekly)

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

**Tuesdays, September 3rd-24th**

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

**Wednesdays, September 4th-25th**

**9/11(2nd Wed)**

**1:30 pm:** Caring Team Zoom

**7:00 pm:** Marlana's Covenant Group LR

**9/18 (3rd Wed)**

**1:30 pm:** 3rd Wednesday Covenant Group

**7:00 pm:** Northtowns Village

**Thursdays, September 5th-26th**

**Weekly 9/5th-26th**

**10:00 am:** Current Events (weekly) Zoom

**9/5 (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. The next meeting is Saturday, September 14th, 10-12 noon, at church. Our focus will mainly be on the upcoming Living Green Festival, although if time allows, we'll brainstorm a bit about the 2024-25 program year.

## Memorial Service for Maria (Ria) Martens

Saturday, September 21st 4:00 pm

## Tuesday Women's Group

This month our in-person meeting will be Tuesday, September 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: September 11th, 18th, and 25th. See the Weekly Update for Zoom link and pass code.

## Coordination of Caretaker Duties—September

Sun, September 1 - Sat, September 7 - Barry Kent

Sun, September 8 - Sat, September 14 - Bruce Becker

Sun, September 15 - Sat, September 21 - Randy Kent

Sun, September 22 - Sat, September 28 - Don & Dian Tucker

Sun September 29 - Sat October 5 - Bob Johnson

**Did you know** that we have a gender-neutral restroom? This private restroom can be found on the second level of the house portion of our building. If you're offering a tour to a newcomer, be sure to mention that we have this accommodation.

## MINISTRY & MORE

### Music at UU Amherst

#### Choir Call-Out & Rehearsals

If you are a singer in search of a song, join the choir! Questions? Contact Linda Delorey (lmscapecod@yahoo.com) (note that the first letter is a lower-case "L") for information.

#### 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 Continues on Sundays

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. 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.



### Equinox Bonfire

Saturday, September 21, 7-8:30pm  
Debbie Waterhouse Ecology Center

Join us as we celebrate the turning of the Wheel of the Year!

## FAITH DEVELOPMENT

### Change in FD Location for September

Our normal space in the Admin Wing will be occupied for the month of September so we will be trying to utilize the space of Mother Nature! Our goal is to have our faith development time during service be outside. If the weather does not permit, we will be in the upstairs wing. As always, we will do our best to return to service before the end—sometimes we just have too much fun!



### OWL Collaboration with UU Buffalo

UU Amherst will be partnering with UU Buffalo this coming fall to offer the Our Whole Lives (OWL) program for kids in grades Kindergarten-2nd and 4th-6th. OWL is a sexual education initiative for all ages to dismantle stereotypes, build self-esteem, create healthy relationships, improve decision making and potentially save lives. We're beyond thrilled with this partnership and opportunity for children to learn about boundaries, private places, positive messaging about self worth and more. In terms of logistics, the first half of the sessions will take place at UU Buffalo and the second half at UU Amherst. Dates are TBD but the program will be offered during on Sundays service. Have questions? Reach out to Katie, Director of Faith Development, at: [dfd@uuamherst.org](mailto:dfd@uuamherst.org).

In community,  
Katie Cosgrove she/her

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## AMHERST LITTLE FREE PANTRY

Amherst Little Free Pantry is a shared social justice ministry for many of us.

**If you'd like to volunteer**, contact Cheryl Tomasulo to find out which tasks (long or short term, in person or remote) would be a good fit for you!

### Other ways to help:

In-kind donations: groceries you drop off in the donation bin OR fresh garden vegetables left on the table in the portico next to the pantry cabinets

- Amazon Wish List: <https://a.co/ciX7RaL>
- Check payable to Amherst Little Free Pantry (mailed to c/o UU Amherst or left in our mailbox at church)
- Donate online via PayPal or Givebutter (see <https://uuamherst.org/wp2/about-2/living-our-values/amherst-little-free-pantry-2/> for links)
- Let us know if you're aware of grant opportunities or corporations who might sponsor us or regularly donate a specific nonperishable food product we distribute

**Save the Date!** Our Witch Dance is Saturday, October 19, 4-6 pm. This year we'll be joined by Be Witched Buffalo. Light refreshments will be available for sale after our outdoor performance. A bonfire in the Ecology Center will follow the event. If you'd like to dance with us, contact Meg Sabella. There's still time to learn the choreography at Monday evening rehearsals. If you don't want to dance yourself, you can Sponsor a Witch.

Marie Evans, ALFP Ltd Chair



## **NOMINATING & LEADERSHIP DEVELOPMENT COMMITTEE**

We are excited to announce that the Slate of Nominees for 2025 was endorsed by the Board of Trustees and can now be announced to the congregation:

**ENDOWMENT TRUSTEES:** Eric Groat, two-year term for an unexpired term of a prior trustee; Dian Tucker, five-year term.

**BOARD OF TRUSTEES:** Ruth Bowen, three-year term; Charlie d'Estries, three-year term.

**NOMINATING AND LEADERSHIP DEVELOPMENT COMMITTEE:** Julie Marquis, two-year term; Ellen Moomaw, two-year term.

Additionally, during the month of September, any voting member of the congregation may send suggestions for nominations to any member of the Nominating and Leadership Development 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

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## **FUNDRAISING TASK GROUP: Preparing for the Living Green Festival**

Summer is winding down and your Fundraising Task Force is almost finished making baskets for the Living Green Festival. After Labor Day, we will be accepting items for our newly envisioned Rummage Sale to be held during the Festival. The sale will take place in the Murray Meeting Room and FD space. Items will be accepted at the times to be announced on flyers in the Emerson Room and on the magnetic board in the church lobby. We are looking for good, clean items that can easily fit in your car. Large furniture, old TVs, old audio equipment and computers are not welcome. After the sale, whatever remains will be packed up and taken to Goodwill down the street. Your help in transporting goods will be appreciated. More info to follow.

Barbara Kent Gauger, bgturbo44@hotmail.com

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## **CLOTHING MINISTRY**

The clothing ministry is packed full of clothing. We will donate some to the rummage sale during the Living Green Festival. We are putting out school stuff now as well as end of summer clothing. The clothing rack near the Food Pantry continues to be very popular with our community. I see other churches advertising free clothing, but it is limited to certain times. This is the only local clothing site (that I am aware of) that is unrestricted by time and income level. We are very proud of our service to the community and that you for helping to make this happen.

Clothing Ministry Team, Dian (diantucker17@gmail.com) and Don Tucker, Pam and Jerry Kent, Barry Kent and Barbara Kent Gauger

**Please note: If you are approached at church by someone asking for money, please direct them to Rev. Michelle for assistance from the Minister's Discretionary Fund. Contributing to the fund is our shared ministry to help those in need.**

## 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.

### Vegan Baked Beans

1 1/2 hours  
1 to 2 Tbsp olive oil  
1 medium yellow onion, chopped  
4 cloves garlic, minced  
3/4 cup molasses  
1/2 cup brown sugar  
3/4 cup ketchup  
3/4 tsp salt  
2 Tbsp apple cider vinegar  
1 1/2 Tbsp vegan Worcestershire sauce  
2 tsp Sriracha  
4 15 oz cans of beans, drained and rinsed  
Vegan sausage, cooked and crumbled (optional)



Pre-heat oven to 350.

In a large pot warm olive oil over medium heat. Add chopped onion, cook and stir, about five minutes or until soft. Add garlic and cook one minute more.

To the pot add molasses, brown sugar, ketchup, salt, vinegar, Worcestershire and sriracha. Stir well and add the beans (and sausage, if using).

Transfer to a large casserole dish, cover with foil and bake for 1 hour.

Note: You may omit the sriracha if you prefer a milder taste. You can use any combination of beans so long as they are not pre-flavored. We used navy, great northern and speckled kidney beans. This recipe was inspired by a dish prepared for our UU picnic which was delicious and went so well with the hot dog/hamburger menu.

Enjoy!



### SAVE THE DATES

**Family Game Night & Potluck**

October 4, December 7

5:30-8:30 pm

Emerson Room



## ENDOWMENT TRUST

Last month's article focused on the Endowment Trust's history. Created in 1989 and incorporated in 1994 as a separate 501c3 organization, the trust's purpose is to invest and manage gifts and bequests made to the Endowment by UU Amherst members and others to attain sufficient principal to generate income that may be used to assist the Church in operating and capital expenses. A visible display of Endowment Trust donors can be found on the West wall of the Atrium. Donors' contributions are accumulated and as a specific donation level is reached a different color leaf is added to the tree with their name on it (500+ Yellow, \$2,000 Light Gold, \$5,000 Bronze, \$10,000 Steel, \$20,000 Gold).

The Endowment Trust also has a Legacy Society. Over the past month, Endowment Trustees have been updating the original list of Church members who made commitments to include UU Amherst in their will. If you have included the Endowment Trust in your will or would like more information about this, please talk to one of your Endowment Trustees. Also, SAVE THE DATE: Sunday October 13<sup>th</sup> after service—Endowment Trust hosting a Creating Living Legacy program with Mike Angelucci from Level Finance as the speaker.

The next scheduled meeting for the Endowment has been changed to **Tuesday, October 15** at 6:00 pm in person at UU Amherst 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 John Thompson, Dian Tucker; Barry Kent, Tammy Kofke

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## UU AMHERST BOOK GROUP

UU Amherst's Book Club meets in the church Library/Living Room at **noon** on the **last Sunday of the month** (September through May). We alternate between picking a general TOPIC for the month (for which participants can choose any relevant book they'd like to read), and choosing one "common read" BOOK. All are welcome to attend our meetings, whether or not you've "done the reading."

For September, we will have the rare opportunity to be "first readers" of a new book written by our UU Amherst Administrator, Elaine Harrigan, who will join us for the discussion on **September 29**. The working title is *Wild Bliss! How Nature Unleashes Our Inner Wisdom and Restores Our Wholeness and Well-being*. Along with being a UU staff member, Elaine is a contributing writer on nature and mindfulness for the Religious Naturalist Association and the story platform, Medium, and is a Certified Intuition Practitioner. She previously self-published a book titled *Seeing Differently* on the theme of mindfulness through nature. Contact me if you'd like a PDF of Part One of the book.

For October, our TOPIC will be DISABILITY. Read any book you'd like that fits the theme, then join us on Sunday, **October 27**, to share yours and hear what others read. Suggested titles include *Loving Our Own Bones: Disability Wisdom and the Spiritual Subversiveness of Knowing Ourselves Whole* by Julia Watts Belser, who was the Ware Lecturer at General Assembly 2024, and *Disability Visibility: First-Person Stories from the Twenty-First Century*, edited by Alice Wong, which has been a Common Read for several organizations and universities.

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



**MARK YOUR CALENDAR!**  
New York State Convention of  
Universalists

**ANNUAL MEETING**  
October 25 and 26, 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!**



**UU AMHERST**

*Fostering Justice and Compassion*

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