

Issue

JUNE 2025

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



UU AMHERST

*Fostering Justice
and Compassion*

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Children's Program Assistant

Molly Breen

Youth Program Assistant

Kyla Hoffman

Minister Emerita

Rev. Maureen Q. Thitchener



Katie Cosgrove



Molly Breen



Kyla Hoffman

And, no, I don't just mean the plants in the vertical garden (more on that inside). We are thrilled to welcome Kyla Hoffman to our Faith Development staff team as the Youth Program Assistant. Kyla will be joining myself and Molly Breen, our Children's Program Assistant, as we continue to intentionally create space for our families. Kyla will facilitate a group of middle and high school-aged youth while Molly focuses on the younger age group.

Kyla's background is in vocational services and counseling and she is currently employed at The Dale Association PROS. There she creates group curriculum, runs group therapy and coordinates activities. She's excited to use her skills and knowledge to help our tweens and teens find more community and enrichment here at UU Amherst.

Reverend Michelle has let me know that this is the first time we have had a bustling paid staff in Faith Development! From none to three in one year is incredible growth and I wanted to say thank you to everyone in our community for welcoming us, myself included, and continuing to support our program. Whether you serve as an Extra Pair of Hands, donate to help sustain our program, sit with the families during coffee hour, sing loudly during our Reeb benediction every Sunday or even just high-five the littles as they enter the lobby on Sunday morning, you are helping to make a difference.

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

One of the things I most look forward to each June is our annual Flower Communion, which will take place on 6/15 (Father's Day - easy to remember!). This meaningful ceremony commemorates the life of Rev. Norbert Čapek, the Czech minister in the early decades of the 20th century whose message of love and acceptance was found to be too dangerous to the Reich for him to be allowed to live. He perished as a prisoner at Dachau, but his message persists.

Čapek created the Flower Communion for his congregation to recognize the uniqueness and inherent worth of each individual. Just as a bouquet of flowers is made more beautiful by a variety of colors and shapes, so the gathered community is enhanced by each one's contributions.

To celebrate the Flower Communion, each person is asked to bring a flower from home (or more than one, to share!) to create a beautiful shared bouquet. At the end of the service, each one takes home a different flower to celebrate the many ways we are enhanced by one another's contributions. It's a lovely ceremony, and I hope you will make a special effort to be there. There are always plenty of flowers to share, should you not bring one with you. In fact, invite friends or family to join you! It will give them a wonderful snapshot of who we are as a faith community.

See YOU at UU!

Rev. Michelle

JUNE SUNDAY SERVICES AT 10:30 AM

6/1 "A Word to the Graduate"

john Snodgrass

As we finish the academic year, I wonder when we'll graduate from humanity's self-destructive adolescence into some sort of maturity.

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*.

6/8 Celebrating Differences

Rev. Michelle

6/15 Flower Communion

Rev. Michelle

(See the article above for information!)

6/22 General Assembly Worship

Join us at 10:30 for coffee and snacks! At 11:00, we'll tune in to the online worship service at the General Assembly, which is always rich and meaningful. Plan on a 90 minute worship service. Activities for kids provided.

(You can also tune in from home by going to uua.org/ga)

6/29 Encore: The Journey of One Inch

Rev. Michelle

Let's face it, some things are too good to only enjoy once! This is an encore sermon about the journey of the spirit that each of us makes.

BOARD REPORT

Spring arrived in late May and now we all look forward to the arrival of summer this month. One of the signs of the summer is the annual church picnic to be held this year on Sunday, June 15th immediately after the service. All are welcome. Please see the announcement elsewhere in *The Foreword* for details.

As many of you have noticed the attendance at our Sunday morning services has kept increasing over the last several months and we are all very pleased to see that continue. Thanks to Reverend Michelle, Katie Cosgrove and the other folks whose efforts have made this possible.

The Safety Task Force would like to thank Don Tucker and Bruce Becker for arranging a CPR training session at church on Thursday, June 12th. We hope that many of you can take advantage of this life-saving training. (See the back of the newsletter for details.)

The Safety Task Force is also hoping to arrange a fire-drill in June or July as we feel it's a necessary addition to our safety measures, especially as attendance at our services has kept increasing. We have room for more members on this Task Force, please let our Office Administrator know if you are interested.

—Randy Kent, Board Chair



Contributing Stocks & Securities

We are now able to accept stocks and securities.
If interested, contact Bruce Becker.

Coordination of Caretaker Duties—June

Sunday, June 1 - Saturday, June 7 - Bob Johnson

Sunday, June 8 - Saturday, June 14 - Bruce Becker

Sunday, June 15 - Saturday, June 21 - Don & Dian Tucker

Sunday, June 22 - Saturday, June 28 - Randy Kent

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 listserv: 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

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

UU AMHERST BOOK CLUB

May is a TOPIC month. We'll be meeting off-site on Sunday, May 25, at 12:30 pm at Bestcellar Book Bar, 9560 Main St, Clarence, NY 14031-1988 to discuss books about An Environmentalist Who Changed the World. Bestcellar has semi-private meeting rooms for book clubs, a selection of books for sale, and a menu of light foods, adult and non-alcoholic beverages. (Purchases encouraged but not required.)

Book Club goes on hiatus for the summer, except for a potluck luncheon, tentatively scheduled for Thursday, August 7, in the Emerson Room. No homework is due—we'll have a read-along for everyone to take turns.



AAUW Book Sale

American Association of University Women will hold their huge annual book sale May 28-June 1, at 425 Essjay in Williamsville. Proceeds fund their Catalyst for Change Scholarships. Find more information about times and admission prices at <https://aauwbuffalo.org/book-sale/>

—Marie Evans

AMHERST LITTLE FREE PANTRY

Most needed: Chef Boyardee, canned fruits, individually-wrapped toilet paper

ALFP is grateful for our founder, Maria Ceraulo, who spent 2 years researching and organizing before we opened on September 30, 2018. During the pandemic, Maria was sidelined by health challenges that still continue, but she has remained engaged and, with the help of Ron Palmere as her shopper, donated over \$1,000 worth of food and personal care items during 2024. (She also donates coffee for everyone to enjoy on Sundays after service.)



We appreciate all of our donors. Whether it's a few dollars or the occasional canned good, everything helps! If you attend a meeting in the Library/Living Room, you may notice a steady stream of users coming into the portico. Our dedicated volunteers re-stock every day. (It is necessary EVERY DAY, and probably more often than we're able to accommodate).

Watch for upcoming FUNdraisers. Engaging events are our way of making it worthwhile for you to invest in our work. And if you're interested in getting involved as a volunteer (even on a part-time basis), speak to one of our Directors - Marie Evans, Doreen Park, or Meg Sabella.

JUSTICE ADVOCACY TEAM

We are celebrating Pride month! In this time of prejudice and hate, we'll be rallying in support of the LGBTQ+ community at demonstrations and parades throughout the area, as well as creating a safe haven at UU Amherst. Dates and times to be posted on our new announcement board in the Lobby area. Volunteers also needed to help with the opening of the Rainbow Cafe on June 21st at 1:00 pm. Please see Mark/Peggy or Lauraine if interested.



RAINBOW COALITION

Rainbow Coalition is a new sub-ground of the Justice Advocacy Team, who will focus on queer and trans education, support and news! Please see below for our first undertakings and how you can support or get involved. We are currently accepting donations to Rainbow Coalition to fund our programs and happenings. If you have any questions regarding the events or would like to donate directly to our group, please contact Katie Cosgrove at: dfd@uuamherst.org.

Pride Parades

UU Amherst will be participating in Buffalo's Pride Parade on Sunday, June 1st! If you would like to come and march with us, we recommend meeting at UU Amherst around 8:00 am to rideshare or carpool. All participants will need to be at Buffalo State College by 9:00 am and parking will be limited. If you're interested in marching and have not signed up yet to be informed of plans, please email Katie Cosgrove at: dfd@uuamherst.org.

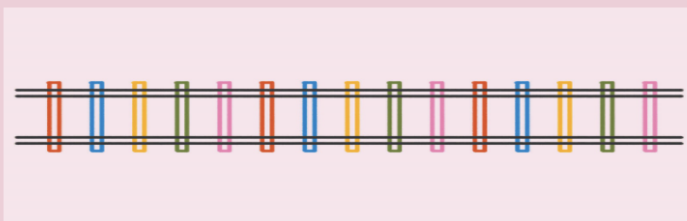
Batavia's Pride Parade

A few folks from UU Amherst will be marching in Batavia's Pride Parade on Saturday, June 14th. Contact Katie Cosgrove (email above) to be updated with information on timing and location to meet in Batavia.

Coming June 21st to the Murray Room: THE RAINBOW CAFE.

Relax, enjoy, be comfortable in this safe, sacred space made for the LGBTQ+ community and allies. We hope to create a kind, caring, shared space to help us all through the events in our country. We hold concerns for ourselves and each other. Let's put them on the table, get them into the light together so we can help chase the darkness away.

Remember, we are all just walking each other home.



Open the 3rd Saturday of the month from 1-4pm. Attendants will be available to talk or to be a 4th for a game. Beverages and snacks are freely offered for your enjoyment (though donations wouldn't be refused 😊).

CENTRAL EAST REGION SUMMER INSTITUTE 2025: JULY 6TH - 12TH



"LIVE A LIFE ON FIRE: CHANGE THE WORLD WITH YOUR LOVE"

SUMMER INSTITUTE – A UNITARIAN UNIVERSALIST ALL-AGES CAMP

Get ready for an unforgettable week of community, music and learning! Summer Institute 2025 is returning to Oberlin College, OH. Be part of a vibrant community dedicated to personal growth, social justice, and spiritual exploration.

See Rev Michelle, Les, Linda Joy, and/or Kim Diana for information and encouragement to attend. It's fun for all ages!

JUNE 2025 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 are provided by the group hosts or by request from the Office Administrator. Zoom meetings taking place in the Zadmin room are identified with the abbreviation. **Zoom, only, indicates a private account; log in must be provided by the host.**

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

Sunday, June 1st

12:00 pm: Amherst Little Free Pantry Meeting LR

Tuesday, June 3rd

10:00 am: Leadership Dev & Nominating Comm EM

1:45 pm: Poster Party EM

Wednesday, June 4th

5:30 pm: Choir Dine & Sing EM/Kit

Friday, June 6th

6:00 pm: Havurah CVH/EM

Saturday, June 7th

3:00 pm: John Rex Memorial Service CH/EM

Thursday, June 12th

6:00 pm: CPR Class EM

Sunday, June 15th

12:00 pm: UU Amherst Picnic

Tuesday, June 17th

6:30 pm: Lace Guild (rental) MMR

Wednesday, June 18th

6:00 pm: Finance Meeting MMR

7:30 pm: Board Meeting MMR

Saturday, June 21st

9:00 am: Firewall Meeting EM

1:00 pm: Rainbow Cafe MMR

Sunday, June 22nd

11:30 am: Facilities Meeting MMR

12:00 pm: Justice Advocacy Meeting LR

RECURRING:

**UU Universe-ity Sunrise Sessions continue
M-F 8:30 am on Zadmin**

All "tree" names are for Village groups

Saturdays, June 7th-28th

9:30 am: Sharing Circle Zadmin

7:00 pm: Birch Bunch Zadmin

Sundays, June 1st-29th

9:30 am: Church of the Wild

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

Mondays, June 2nd-30th

7:00 pm: Tulip Crabapples Zadmin (weekly)

6/9 & 6/23 (2nd & 4th Mon)

7:30 pm: Marvelous Maples Zoom

Tuesdays, June 3rd-24th

12:30 pm: Women's Group Lunch EM (6/3)

Women's Group Zadmin (6/10, 6/17,
6/24)

6/10 (2nd Tue)

7:00 pm: Marlana's Covenant Group LR

Wednesdays, June 4th-25th

6/18 (3rd Wed)

1:30 pm: 3rd Wednesday Covenant Group Zoom

7:00 pm: Bofinger Covenant Group Zoom

7:00 pm: Northtowns Village Zoom

Thursdays, June 5th-26th

6/19 (3rd Thu)

10:00 am: Current Events Zadmin

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.

Kitchen Etiquette: To all groups and individuals that meet at church outside regular Sunday morning hours: Please tidy up and wash any dishes/cups you may have used. We need to keep our kitchen tidy and ready for use. Thanks for your help with this.



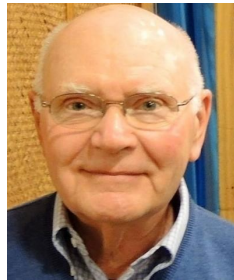
Church of the Wild

Join us at 9:30 am in the Debbie Waterhouse Ecology Center. Bring a chair, a poem, your wonder of nature. 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).

Rev. John Rex Memorial Service

A memorial service for long-time UU Amherst member, Rev. John Rex, will be held on Saturday, June 7th at 3:00 pm. All are welcome.



Tuesday Women's Group

This month our in-person meeting will be Tuesday, May 6th 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 13th, 20th, and 27th. Zoom link provided by host Marge Marcille or Office administrator.

Current Events Zoom

The Current Events Zoom takes place the third Thursday of each month. This month's meeting will be on June 19th at 10:00 am on Zoom. Link provided by host Peggy Cook or request from the Office Administrator.

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.

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).

Tech Help Needed!

Are you someone for whom computers and technology are, if not easy-peasy, at least understandable? Have you been wondering how you can be part of the magic that is the wider (online) community of UU Amherst? Yay! This notice is for you!

Needed: Technical Assistant(s) to work with Les in the loft as we live stream and record our services on Sunday mornings. You still get to experience the service - just from an elevated point of view!

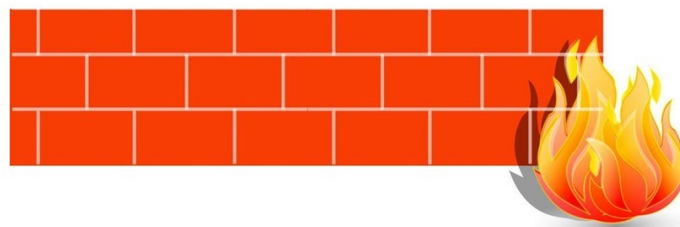
Respond to minister@uuamherst.org if you are interested.

Private, gender-neutral restrooms are available in the Administration Wing (through the doors in the main lobby) and 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 these accommodations.

Firewall Meeting

Saturday June 21st @ 9:00 am

Unitarian Universalist Church of Amherst



Firewall is a coalition of Concerned Citizens who support Democracy and the Rule of Law.

We meet every 3rd Saturday of the month at 9:00 am.

FAITH DEVELOPMENT

Middle & High School Curriculum

Good news! Faith Development will be partaking in a fun program over the summer designed for middle and high schoolers. That program will be run by Kyla (if you missed who Kyla is, go back to the front page). Keep an eye out on your emails for details on the programming! We might even have donuts...



Chalice Chest Reminder

Don't forget! Each Wheel of the Year holiday, the Faith Development kids get to add something to their chalice chest at home. Litha will be the next one we celebrate which signifies the longest day of the year, yay! At the end of the year, we'll have extra supplies to complete everyone's chalice chest just in case they missed a few holidays.

New Labyrinth

After some very important feedback, we've decided to create a second labyrinth in the sanctuary for anyone who wishes to stay off camera. As a reminder, we livestream our services for those who cannot physically attend and those who would like to check us out before they come for the first time.

A Message from the Vertical Garden Plants

Thank you to everyone who cared for us! We knew that when we stepped into this building as just a bag full of seeds that we were in the right place. We started off with the Faith Development kids gently placing us into little pods of dirt to getting so big that we even reached the floor! Some of us are still a little small but that's okay because everyone grows at their own place. We hope you had just as much fun as we did!

And don't forget: If you want to grow your own vertical garden, make sure you get connected with our friend, Annie Herman. She knows exactly how to take care of us,

Love,
Your Plants

In community,
Katie Cosgrove she/her
Director of Faith Development



ENDOWMENT TRUST

We are in full spring, heading into summer, and the seeds the Faith Development children have planted are sprouting and rapidly growing. It is so nice to see that the activity invested in the previous months shows clear progress towards future harvest.

This is similar to the Endowment Trust. Past and present investments provide current and future benefits to the congregation as these contributions grow and mature.

Please consider a gift to the Endowment Trust and contact any of the trustees for assistance.

—Eric Groat, on behalf of the Endowment Trustees Barry Kent, Tamara Kofke, John Thompson, and Dian Tucker

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.

LEADERSHIP DEVELOPMENT & NOMINATING COMMITTEE (LD&NC)

The Leadership and Nominating Committee held its monthly meeting on Tuesday, May 6th. Further details and comments from the April 12th "Board and Leadership Development Lab" were analyzed and discussed. Procedures for the next Leadership Development Lab in September are being finalized. Stay tuned!

—Julie Marquis on behalf of Committee members: Suzanne Christ (Chair), Ellen Moomaw, and Jacqueline Babka, Ruth Bowen, Board Liaison

CULTURAL EXPLORERS

There are several opportunities in the works, with details not determined at press time. Watch for All-church emails.

Some are going to, or would like to carpool to, **An Evening with Lyanda Lynn Haupt** on Wednesday, June 4, 7-8:30 pm, at Trinity Episcopal Church, 371 Delaware Ave., Buffalo, to discuss her book *Rooted: Life at the Crossroads of Science, Nature, and Spirit*. This event is sponsored by WNY Land Conservancy. Haupt's work can be described as an intersection of *Church of the Wild* and Living Green/Green Justice. It is a free event, with registration required.

Jewish Repertory Theatre's season has ended, but theater lovers are looking forward to a new season of **Shakespeare in Delaware Park**. Main Stage performances in the park are at 7:00 pm Tuesdays through Sundays. *Twelfth Night* runs June 19-July 13; *Richard III* performances are July 24-August 17. There is also an hour-long touring show, *Romeo & Juliet ABRIDGED*, with opening and closing productions right here in Amherst (June 11: Canterbury Woods, June 12: Spindrift Drive, and August 18: Bassett Park), and selected other dates. More info at shakespeareindelawarepark.org/2025-tour-locations/

—Marie Evans

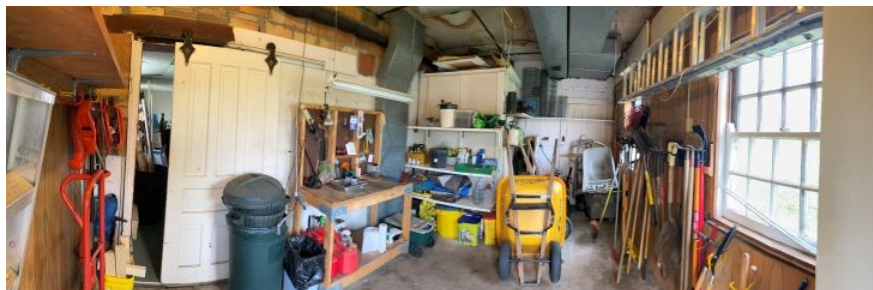
GROUNDS & GARDEN



Thank You!

- Steve Bjella & Kathy Moriarty for helping with the deer fence around the Community Garden.
- Les & Eric for helping me with the clean out and organizing of the Garden Tool Shed.
- Anonymous donor of the Elevated Beds—so exciting and generous. Sheryl Davies for sharing her expertise and donating compost and Wendy Lettieri for donating the soil.

—Linda Joy Groat



UU AMHERST ONLINE STORE

Print Your Cause UU Amherst Merch Online Store

<https://shop.printyourcause.com/campaigns/uu-amherst-store>

The clothing items below are still available for purchase on Sundays; See Linda Joy during Coffee Hour or send her an email to uuamherstconnections@gmail.com.

2 Lt Gray Short Sleeve T-shirts Youth Small \$16

2 Royal Blue Short Sleeve T-Shirts Adult Small \$1

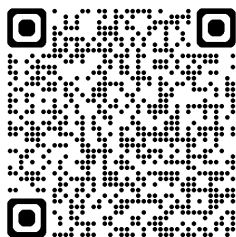
Also, Les Buhite made some bluebird houses, available for a donation of your choosing



CONNECTIONS

Help Us Care for One Another

Your well-being is important to us, and having emergency contact details on file ensures we can provide swift assistance in urgent medical situations. We encourage all members of our congregation to consider submitting emergency contact information—while optional, it can be invaluable in times of need.



You can easily share your information by clicking this link <https://forms.gle/HhWFvgkTP6FwHJeU9>, typing it in your browser, or scanning the QR code with your phone's camera app. Paper forms are also available at the Welcome Center, if preferred. Rest assured, your details will be kept strictly confidential. Contact Linda Joy Groat, uuamherstconnections@gmail.com or Laurie Kasnicki to learn more.

FUNDRAISING

In March, we received a grant from the NYSCU to help in establishing a universal restroom in the administrative wing of our church. We have to do an asbestos abatement of the floor tiles, remove a toilet, add grab bars, remove a sink, replace a sink, improve lighting, add a mirror, enlarge the entrance and replace the door, move an electrical switch, paint...you get the picture. We are in the process of gathering estimates but our grant will cover only part of the cost. We will soon be asking for help in finishing this project. If you can find it in your heart to contribute, please help us. More information will follow as soon as we have it and a fundraising poster will soon be in the lobby.

—Barbara Gauger Kent

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.

Honey-Garlic chicken

Recipe from Yasmin Fahr, cooking.nytimes.com

Four servings

About 30 minutes

2 chicken breasts, halved lengthwise
Salt and pepper
2 tablespoons olive oil
2 tablespoons soy sauce
2 tablespoons apple cider, rice wine or white wine vinegar
3 to 4 large garlic cloves, minced or grated
2 tablespoons unsalted butter
Chopped fresh parsley for garnish



Pat the chicken dry. Season all over with salt and pepper. Heat the oil in a skillet over medium high for 1 to 2 minutes until hot and shimmering. Add the chicken and cook without moving until it's golden brown on the bottom, about 5 minutes. Use tongs to flip the chicken and cook until just cooked through, about 4 minutes. While the chicken cooks on the second side, mix together 3 tablespoons of water, the honey and soy sauce in a small bowl. Transfer the cooked chicken to a plate and set aside.

Pour the soy sauce mixture into the pan and let it cook until the liquid reduces, about 1 minute. Add the vinegar, garlic and butter, stirring to melt and incorporate until thick and glossy, about 2 minutes more. Return the chicken to the pan with its juices and turn to coat in the sauce. Garnish with parsley and serve immediately.

Serve with potatoes, rice or bread to soak up the sauce.

Note: I doubled the sauce ingredients to have enough to drizzle over your potatoes, rice or bread.

Simple, fast and yummy!

—Christine



This Month!



Heartsaver CPR Class

Thursday, June 12
6:00pm - 9:00pm
Emerson Room

Open To All Members & Friends

You Will Learn The Basics Of:
CPR, Using An AED, Helping Choking Victims & First Aid

*No Prior Training, Medical Knowledge Or Experience Is Needed!
With The Skills You'll Learn At This Class YOU Could Save A Life!*

\$30.00 Per Person - Limited Availability
Advance Registration & Payment Required

Register On Sundays *or* Send A Check To Church Office *or* Scan The QR Code  Scan To Register

2025 UU Amherst PICNIC



Hamburgers, Hot Dogs, Veggie Options & Beverages Provided
Please Bring A Salad, Side Dish Or Dessert To Share!

Sunday, June 15th

Following The Service Rain Or Shine Free!



UU AMHERST

Fostering Justice and Compassion

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