

# THE AMHERST UNITARIAN UNIVERSALIST NEWSLETTER

121 North Pleasant Street, P.O. Box 502, Amherst Massachusetts 01004

**RETURN SERVICE REQUESTED**



## Important Information

**STREET ADDRESS:** 121 North Pleasant St.,  
Amherst, MA 01002

**MAILING ADDRESS:** P.O. Box 502, Amherst, MA  
01004-0502

**INTERIM MINISTER:**

**The Rev. Cynthia Frado**

413-253-2848 (office) or 508-320-5771 (cell) or  
[therevfrado@aol.com](mailto:therevfrado@aol.com) Office hours: Tuesday and Thursday,  
10:00 A.M. - 2:00 P.M. Day off: Friday. Other times by  
appointment.

**CONGREGATIONAL ADMINISTRATOR:**

**Judy Mitrolka**

413-253-2848 (office) or [office@uusocietyamherst.org](mailto:office@uusocietyamherst.org)  
Office hours: Monday through Friday, 10:00 A.M. - 2:00 P.M.

**DIRECTOR OF RELIGIOUS EDUCATION:**

**Rebecca Fricke** 413-687-8722 or [rebfricke@gmail.com](mailto:rebfricke@gmail.com)

**BOARD OF TRUSTEES:**

President: Joe Flueckiger 413-230-3365  
[jtf1017@gmail.com](mailto:jtf1017@gmail.com)

Vice President: Bo Mack 413-253-3530  
[rmack@oit.umass.edu](mailto:rmack@oit.umass.edu)

Clerk: Mary Ann Gundersen 413-665-3198  
[mary.ann.gundersen@phschool.com](mailto:mary.ann.gundersen@phschool.com)

Treasurer: Elliott Kelly 413-559-9937  
[spahrkellys@gmail.com](mailto:spahrkellys@gmail.com)

## NEWSLETTER

Copy Editor: Janis Gray, 413-259-1584  
Production Editor: John Foster, 413-253-2632  
Deadline for submissions: 15th of each month.  
Please sign submissions, so we may reach you if  
we have questions. Submit entries one of two  
ways:

1. Email it to [jsgray@crocker.com](mailto:jsgray@crocker.com).
2. Mail it to 219 Wendell Road, Shutesbury MA  
01072.

Please limit entries to 500 words (100 for the  
“For Your Information” section). Submissions  
may be edited to save space or to maintain a con-  
sistent style. Thank you!

Printed on recycled paper



**Sunday, November 6, 10:30 A.M. – *What Great Ships Are Built For***

**The Rev. Cynthia A. Frado** preaching

As we stand on the precipice of great changes in our country, there is much that we must reflect upon as we look toward the future. This is a very important Sunday for us to be together in community!

**Sunday, November 13, 10:30 A.M. – *The Soul of Freedom***

**The Reverend Cynthia A. Frado and friends**

In honor of our veterans, our service today will speak to the heart and soul of those men and women who pledge to protect those freedoms that we oftentimes take for granted. This is going to be a collaborative service of great respect, reflection, and gratitude. We hope you can join us!

**Sunday, November 20, 10:30 A.M. – *The Transformative Power of a Grateful Heart***

**The Rev. Cynthia A. Frado** preaching

As we, Americans, prepare for our national “holy” day of turkey, stuffing, and apple pie, let us pause and take a moment to consider the power of gratitude in our lives and how it can transform even the bleakest of moments. If you can join us, wonderful! If you will be traveling, we wish you safe travels.

*Today is our Dedicated Offering Sunday.*

**Please note that the annual Interfaith Thanksgiving Service that is offered by the Amherst Area Clergy Group will be held this year on November 22, 2016 at the Methodist Church in Hadley (across from the UMass horse barns. 7:00 P.M.)**

**Sunday, November 27, 10:30 A.M. – *Earth’s Crammed with Heaven***

A service offered by the **Sunday Services Committee** and written by **The Rev. Cindy Frado**

As autumn begins to wane, today’s service and sermon will be an homage to the season, and all that it has to teach us about our own brilliance. If you have returned from all your holiday travels, consider joining us for this lovely service that speaks to heart of every season.

---

## Musings from the Interim Minister’s Inkwell

---

### *Earth’s Blessings*

I am writing this reflection on a glorious autumn day, here in New England. This afternoon I had the privilege of officiating at a Pagan Hand-fasting (wedding ceremony) on the top of Mount Tom. I had never been on the mountain, and entering the State Reservation was a totally magical experience.

I first encountered a lake of sparkling peacefulness. It was a welcome oasis after having endured several miles of spotty road construction sites. I could feel all the stress of the day melt away as I contemplated the shimmering water. Oh, how I wished that I could linger just a few moments longer! Alas, love and hope were waiting for me on the mountaintop.

As I meandered up the two-mile road, I was showered with golden leaves and rays of sunshine illuminating the landscape around me. I marveled at the rock cliffs and ravines, the maples, oaks, ash and birch trees that stood as vibrantly colored sentinels on either side of me. A younger, healthier version of myself longed to be hiking to the highest crest, feeling the earth beneath my feet and touching rocks and trees along the way. At the very least, I felt very blessed to be invited into this wondrous place, Suburu and all. My surroundings reminded me of Elizabeth Barrett Browning’s poem, *Earth’s crammed with heaven, And every common bush afire with God; But only he who sees, takes off his shoes. The rest sit round it and pluck blackberries.*

The wedding was intimate (bride, groom, son and me), very sweet and deeply profound, and the mountain...the mountain held us with its strength, enveloped us with its aliveness, and surrounded us with its beauty. It was a transcendent moment in the midst of an otherwise ordinary day that I will not soon forget.

As we move into the month of November, I wish you many transcendent moments in the midst of the ordinari-ness of your days, where love and hope lift you up. I wish you places of beauty and peace and wonder that call you into a deeper aliveness, that you might become more present to your life. I wish you mountains of strength and shimmering waters and showers of golden light to calm your soul.

In all the seasons of our lives, the earth blesses us and grounds us and reminds us that we are part of the miracu-lous web of life. May we receive it all with gratitude.

Happy November and safe Thanksgiving travels...

Rev. Cindy

---

## Dedicated Offerings

Dedicated Offerings provide a way for our Unitarian Universalist Society of Amherst community to recognize and financially support worthy organizations engaged in projects that reflect our guiding Unitarian-Universalist principles.

On one Sunday every month (except for June, July, and August) we schedule a Dedicated Offering (DO), recog-nizing that our Society needs our support on the other Sundays of the month. Dedicated Offerings are suggest-ed by both individuals and committees of the Society, and the program is managed by the Minister and the Ded-icated Offering Committee.

A form for you to suggest a Dedicated Offering recipient is available in the office. Our goal is to cover a wide range of areas of need in our area and in the larger world, including these categories: local, regional, national, international, environmental, medical, educational, animal rights, arts/music/culture, and different ages and gen-ders.

Thank you for showing your support for the Dedicated Offering program, not only with your contributions to the DO recipients themselves, but also with your contributions to the Society on other Sundays when our budget counts on those receipts. Remember that no one is required to contribute to our Dedicated Offering recipients – this is a voluntary initiative.

On October 16, we collected \$888.16 for the **New England Learning Center for Women in Transition (NELCWIT)**.

**The November Dedicated offering** will be collected on November 20 for the **Planned Parenthood League of Massachusetts**.

Almost exactly 100 years ago, on October 16, 1916, Margaret Sanger and two colleagues opened the first birth-control clinic in the United States, in Brooklyn. They were, of course, arrested on obscenity charges, but the opening of that clinic can be considered as the founding of Planned Parenthood, known as the American Birth Control League until 1942. The mission of Planned Parenthood is “to protect sexual and reproductive health and freedom of choice by providing clinical services, education and advocacy.”

Kate Sacco, Manager of Planned Parenthood’s Springfield Health Center, will attend the service on November 20 to explain briefly the role of Planned Parenthood and why our support is very much needed.

### **Open Minds and Open Hearts: A message from the staff**

The staff at UUSA is working hard to create a new ministry team. Blending our strengths and talents as we enter this new year has been exciting as we continue to get to know one another. Our top priority is to serve YOU! To that end, we ask for your patience as we try and meet all the challenges and changes of a new ministry.

We also welcome your ideas, suggestions, and needs. Of course we cannot guarantee that we will be able to incorporate all of them, but we do want you to know that we WELCOME your thoughts.

We are constantly evaluating our work as we go along. The beginning of the year has included extra rituals in our worship services which has caused them to be longer than usual, and we fully expect that we will fall into a more reasonable timeframe now that those are behind us. With each passing day it feels like we are getting more into the rhythm of the church year.

So please, reach out to us! Praise, suggestions, concerns, we would like to know what is on your mind.

Rev. Cindy, Interim Minister; Rebecca, DRE; Brenda, Music Dir.; Judy, Admin.; David, Sexton (Joe Flueckiger, Board President, too).



---

## Music Notes

---

### OPEN CHOIR SUNDAYS!!

Hear Ye! Hear Ye! All who love to sing and are not currently in the UUSA choir: Here is your chance to join in on special Sundays and sing with the choir. This year, thanks to the brainchild of **Rebecca Fricke**, we have instituted OPEN CHOIR days when anyone who would like can join in the choir for a half-hour rehearsal from 9:30-10:00 A.M. and then present a piece during the service that day. We had our first Open Choir day on October 2 and those who joined in said it was a lot of fun!!

Upcoming OPEN CHOIR SUNDAY dates: **October 30** and **November 20**.

What to do: Just SHOW UP at 9:30 A.M. to learn and rehearse a piece of music to be presented that morning in the service!

That's it!! So easy, so fun. We want a BIG turnout!! You won't believe how fun it is to sing with a big group of people. It's very exhilarating. Trust me!

Your Music Director,  
Brenda Miller

### Calling all Committee Chairs!

We would like to invite you to The Council of Chairs:

November 13 after service in the Sanctuary.

12:00 - 1:30 P.M.

What to expect:

Brief updates from Committees

Keeping the Congregation in the know

What works, and what works better

Areas that need more focus

Appreciations for all your hard work. Please do your best to make it.



---

## Religious Education Ministry

---

As we come into the cold and darker time of late fall, let us remember those who are not as well fed, those who are not as warm, and those who need friendship. This time of the year is challenging for many different reasons and it is up to communities like ours to look around at the people we know and those we don't and offer support. At the end of October, I took a Mental Health Training. During the training, we watched a series of videos that featured a man who is now traveling around the country telling people how to better help people with mental health issues. He said that when he was in crisis if just one person had asked him, "Are you OK? Can I help you?" he would have chosen a much less painful path. So if you see someone in pain, offer to help or offer to get help. Let us be present for each other and our community.

YoUUrS,  
Rebecca

## **Christmas Pageant Coming to UUSA**

At the family service for Christmas Eve, we will be holding a Christmas Pageant complete with costumes and so much joyful singing! Please be sure to join us, bring family and friends, there are roles for everyone! Meantime, if you have fabric to donate to the costume-creating effort, please bring it in between now and November 6. There is a collection box in the coat closet. We will be sewing and creating costumes November 6 from 1:00-4:00 P.M. And if you want to lend a hand, please join us for the creativity.

### **Specific needs:**

- Serape (they make great shepherd robes)
- Robes in solid colors
- Gold rope
- Gold garland
- White fleece for sheep
- Solid color fabric, especially white and browns

Thank you,

Clare Bertrand, Ashley Carter, Mary Cornell, Karen Fisk, Rev. Cindy Frado, Kate Rice, and Susan Rice

## **OPEN CHOIR – CALL FOR EVERYONE OF ALL AGES!!!**

Do you like to sing?! Just not all of the time? The UUSA choir is opening its doors to ALL interested people of ALL ages who would like to participate in a special “Open Choir” Sunday. Come at 9:30-10:00 A.M. on **November 20** to learn a piece to sing that morning in the service. Be a part of a large group effort of music-making!

## **Coming of Age within the Unitarian Universalist Faith**

Throughout history, faith communities have welcomed youth on the cusp of adulthood with rituals of recognition, honor, and celebration. The training that leads up to coming of age is intended to help youth solidify the value systems or creeds of their heritage.

As Unitarian Universalists, we understand that revelation is not sealed and therefore have no creed to tie our children to one way of thinking. Instead, we covenant to affirm and promote the free and responsible search for truth and meaning throughout our lives.

The values and philosophies of living that govern our children’s lives are of their own making, handcrafted with the loving aid of adults who are willing to listen, to share stories, and to model right relations.

We recognize that although faith development is lifelong, our teenage years are an especially good time to hone our explicit understanding of personal values. Teenagers face the constant challenge (and opportunity) inherent in decision making. We do not want our children slaves to peer and cultural pressure, but instead want them free to be who they are with respect and responsibility to themselves and to others.

The coming of age program we use at the UUSA helps participants define and embrace personal faith expression. It also exposes youth to an appreciation of Unitarian Universalist heritage and identity. We incorporate the following important subjects outlined by the Rev. James Luther Adams, the pre-eminent UU liberal religious thinker of the 20<sup>th</sup> century. The editors of Beacon Press condensed and simplified five of Adams’ essays into a metaphor that quantifies liberal religion: five smooth stones (a reference to David and Goliath, 1 Samuel 17):

1. Revelation is unsealed (Learn)
2. We are in relationship with each other (Love)
3. We are morally obliged to seek justice (Give)
4. People make good things happen (Work)
5. We strive for an attitude of ultimate optimism (Hope)

Different from most UU Coming of Age programs, this program explores daily spiritual practice, recognizing that peace and solace and possibly transcendence are available to each of us, despite our circumstances, if we can find methods to rise above the chaos of daily life and enter a plane of calm.

Layered on top of these ideas is a metaphorical journey away from and back to home. Parents participate in a small group ministry that alternates in focus between parenting an adolescent and exploring Unitarian Universalism. Parents and children together participate in a ritual opening and closing of the program witnessed by the congregation, the community of faith.

This program also develops a ritualized common ground of worship and routine meant to foster familiarity and thereby comfort. The youth who participate in this program are likely to remember the rituals of the program and, with luck, will recall the experience with warmth and happiness.

This is a nine-month program for children ages 12-14. This year we have 16 young participants. **Glen Bertrand, Karen Fisk, and Karen Mack** are mentors, and a number of adults are helping throughout the year with spiritual practice: **Casey Attebery, Rev. Cindy Frado, Sue Kelsey, Adrie Lester, Steve and Susan Rice, Polly Peterson, and Lesley Smith.**

At the same time the Coming of Agers are meeting, **Lisa Cyr** is facilitating a parents group which alternates between faith discernment sessions and parenting adolescents sessions.

### **Goals of the Program**

- Each youth will create a credo, or personal faith statement, which they will present to the congregation at the end of the church year.
- Youth will bond in a peer group which could provide a foundation for ongoing youth programming and support.
- Youth and adult mentors will connect through values and faith discernment.
- Youth and parents will better understand Unitarian Universalist heritage and identity.
- Youth will become familiar with the rituals of worship and of gathering in community.
- Youth will explore spiritual practices with the hope that one or more will resonate as a life-long practice for solace.
- Youth will be seen and heard in our congregation.
- The church community will support their youth and the caregivers of the youth through sacred ritual within worship.
- Adults of the faith community will support the growth of the youth through volunteering as spiritual-practice mentors.
- Parents will bond with other parents of adolescents and embrace the changes inherent in growing children hope and celebration.



*On a Sunday afternoon in September, Coming of Agers traveled to a Ropes Challenge Course, offered at the Notch Visitors Center by the Amherst Police Department, for fun and games and an opportunity to get to know each other. In the photo above left, they celebrate success with Amherst Officers Kasey and Ricky. The following Saturday, they hauled away parts of an old car (in photo above right) during the Connecticut River Watershed Council's Source to the Sea Clean-up.*



**New location for Mindfulness** Mindfulness is bringing awareness to what is happening within our minds, bodies and hearts in the present moment.

For dates and times, contact [Jessica.mindfulness@gmail.com](mailto:Jessica.mindfulness@gmail.com) for more info.

---

## Membership

---

**Welcome to our new member!** Cara Brewer signed our Membership Book on October 9. She resides in Sunderland.

---

## Fundraising

---



**Easy UUSA Fundraiser!** Calling all those who grocery shop! Here's a way to help the UUSA earn money just by buying your groceries. We will be selling Big Y and Stop & Shop gift cards at Social Hour. The grocery stores sell gift cards to our Society at a small discount and then we sell them to you at face value. Because we buy the cards at a discount, we earn the difference between what we buy them for and what we sell them for.

The hardest part for you will be forming the habit of bringing your checkbook to services! There you can buy \$50 or \$100 gift cards for either store and use them like cash. You don't have to use the whole value at once.

We will have Big Y cards by the time you read this article, and Stop & Shop cards shortly after, so please plan to participate in this painless fundraiser. Get in the habit of buying all your Stop & Shop and Big Y purchases using gift cards you buy at the UUSA.

Thanks!

### **STONE SOUP BAZAAR & CAFE - December 3rd - DON'T MISS IT!**

Amazing things are happening to make this year's Stone Soup Bazaar & Cafe better than ever!

- ◇ We have 27 vendors representing a wide variety of arts and crafts, with more than half of them new this year to our event;
- ◇ Gift baskets are being assembled by different congregational groups – so far we have seven;
- ◇ Quilting bees held this fall were a tremendous success (see picture of the quilt top at right);
- ◇ The gift baskets and the quilt will be displayed at the Meetinghouse during November with raffle tickets available for purchase;
- ◇ Teams of soup makers and bakers are ready to prepare a sumptuous lunch;
- ◇ Children's activities are planned to keep them occupied while parents shop; and,
- ◇ We'll even have live music to feed the soul.

You really won't want to miss this event. The social hall and sanctuary will be filled with beautiful things, good food and music, and lots of holiday cheer.

While much is falling into place, the team of people who are making this event happen could still use your support, especially on the day of the event. Please look through the list below and consider signing up to serve one or another of our teams. Contact that team member directly to help out, or let **Sandy Sladen** or **Rachel Peterson** know what you would like to do to make this year's Stone Soup Bazaar & Cafe a fantastic success.



1. Join a soup-making team. (Contact **Jennie Bergeron** at [bergeron15@csld.edu](mailto:bergeron15@csld.edu))
2. Donate a gift basket for raffle. (Contact **Liz Bertone-Johnson** at [ebertone@schoolph.umass.edu](mailto:ebertone@schoolph.umass.edu) )
3. Assist vendors carry their things from their cars/vans into the Meetinghouse beginning at 7:45 A.M. on day of event. Must be physically able to do this work.
4. Provide lunch breaks for vendors and other support as needed throughout the day.
5. Serve as cashier in Stone Soup Cafe. (Contact **Sue Kelly** at [spahrkellys@gmail.com](mailto:spahrkellys@gmail.com) or **Karen Mack** at [karenjmack98@gmail.com](mailto:karenjmack98@gmail.com) for anything Cafe related.)
6. Serve lunch in Stone Soup Cafe from 11:30 A.M.-2:00 P.M. Host morning coffee/tea and baked goods table in Stone Soup Cafe from 9:00 – 11:00 A.M.
7. Help make inside and outside signs/assist in posting signs.
8. Play background music during the event. (Contact **Fran Plumer** at [fplum@comcast.net](mailto:fplum@comcast.net))
9. Sell raffle tickets prior to and/or during the event.
10. Work at raffle gift basket and quilt table on day of event.
11. Help plan and implement children's activities (e.g. ornament making, holiday card making, face painting, etc.)
12. Help promote the event among your family, friends, neighbors and social networks.
13. Help clean up following the close of the event at 4:00 P.M. The Meetinghouse must be ready for a rental by 7:00 P.M. on the evening of the event. (Contact **Steve Rice** at [steveatd1@gmail.com](mailto:steveatd1@gmail.com))

There is something here for everyone. We look forward to hearing from you. THANKS!

**Sandy Sladen** ([sandysladden@gmail.com](mailto:sandysladden@gmail.com)) and **Rachel Peterson** ([rqpeterson@gmail.com](mailto:rqpeterson@gmail.com))  
Fundraising Coordination Committee

---

## Social Events

**The Women's Lunch Group** meets every other Thursday at noon for spirited conversation over local, inexpensive cuisine. Our first gathering in November will be November 10 at a place to be determined. We welcome every woman, whether she is new to our Society or a longer-time member or friend. It is not necessary to RSVP, but if you have questions or want to be on the e-notification list, contact **Sophie Rogers** at 413-835-0644 or [sophiesailing@gmail.com](mailto:sophiesailing@gmail.com).

**The Men's Breakfast Group** is meets on Wednesdays at 7:00 A.M. at Kelly's Restaurant (314 College Street, Amherst). Contact **Michael Sussman** at [msussma@music.umass.edu](mailto:msussma@music.umass.edu) for details.

**Social Supper: Saturday, November 19, at 6:00 P.M.** Join us at the home of **Susan** and **Steve Rice**, 243 West Pelham Road, Shutesbury. From Amherst, drive east on Main Street, which becomes Pelham Road (and then Amherst Road in Pelham!). Take a left onto North Valley Road, which is just across from the Pelham Library and public safety complex. Follow North Valley Road, then take a left onto Buffam Road. Once Buffam Road reaches the Pelham/Shutesbury line, it becomes West Pelham Road in Shutesbury. Look for #243 and a sign, Craigieburn Alpacas, on the left.

Please call the Rices at 413-253-4485 to let them know what you will be bringing to this potluck meal.

In keeping with our Eating Locally project, we encourage the use of local foods at our gatherings. Although it's by no means a requirement, consider using even one local ingredient in whatever dish you prepare. And, if you bring a dish containing shell-fish or nuts, please label your dish. Thanks, and we look forward to seeing you at the supper!

Carol Rothery

---

## Our Caring Ministries



**Our Caring Circle** meets monthly to review the needs of our UUSA friends. **Clare Bertrand** and **Carolyn Cave** are coordinators for the Caring Circle. If you are unable to get in touch with your Caring Circle person for contact, rides, food, and simple needs, please call them for assistance.

Warmly, **Clare Bertrand**, **Linda Callahan**, **Carolyn Cave**, **Sue Kelly**, **Karen Mack**, **Margaret Manson**, **Martha Nelson**, **Susan Rice**, **Chas Stevenson**, **Lynn Sussman** and **Gordon Wyse**.



**Call someone on our Pastoral Care Team**, which also meets monthly, for more complex or personal needs: **The Rev. Elizabeth Alcaide, Bo Mack, Jessica Murphy, Fran Plumer, Pete Rogers, Michael Sussman, Libby Walton-Stanforth** or **Mary Wyse**. For all who are traveling on life's journey, through the good times full of grace, or through the rocky valleys we experience along the way, know that you never need to walk on your path alone.

---

## Green Sanctuary

### Green Sanctuary Committee report on another successful Connecticut River clean-up

On a Saturday in September, **Steve Rice, Sophie and Pete Rogers, Carolyn Cave, Anne Perkins, Darcy Dumont, Ron and Louise Grosslein, Katie Rice, Bo Mack, Karen Fisk and Glen Bertrand** and the **UUSA Youth Group** and **Coming of Age Group** met at the Connecticut River and collected trash from five or six areas near the water.

Sites we've worked on regularly for some years were much better this time around, with the usual bottles and cans (which we mostly recycled) but much less household trash and construction debris than usual.

The exception was a new site recently discovered, which the Youth Group and Coming of Age crew tackled, that yielded huge tires, lots of metal, and even large chunks of an old car, in addition to lots of smaller trash. Congratulations to all



hands for a job well done!

Louise and Ron did some tire hunting by canoe earlier in the month,

fishing 15 tires from the water in two days. With **Andy Fisk's** help, we took these up to Greenfield to the trash collection center and lunch celebration party at the Green River Swimming and Recreation Area, and were honored with an award from the Connecticut River Watershed Council. In truth, they are the ones that deserve the award- they lead the effort to clean up years of accumulated trash in and around the river, and also change the culture, making dumping much less acceptable. It's a pleasure to be part of it!



---

## Social Action



**A Social Action Committee meeting** is scheduled for Sunday, November 13, after the service, in the sanctuary. Agenda will include planning two fall events regarding immigration justice and human trafficking; updates on refugees and other social justice events in the Valley. Contact **Maria Lydia Spinelli** [spinelliml@gmail.com](mailto:spinelliml@gmail.com) or just show up.

**Fall Interfaith Cot Shelter in Northampton** From November to April, the first Thursday of each month, UUSA and South Congregational Church in Amherst cooperate to provide a meal at the Interfaith Cot Shelter in Northampton. If you are interested in joining the team and want more detail, contact **Maria Lydia Spinelli**, [spinelliml@gmail.com](mailto:spinelliml@gmail.com), 708-567-1759.

This year, Maria Lydia has also volunteered to provide and serve **Thanksgiving dinner at the Interfaith Cot Shelter** in Northampton. She notes that this is a personal and not an official UUSA commitment, but she could use some help! If anybody feels like helping serve or cook or donating something please contact Maria Lydia at 708-567-1759 or [spinelliml@gmail.com](mailto:spinelliml@gmail.com).

**Just One Thing** On November 13, the second Sunday of the month, a food collection for the Survival Center

will occur. As the Thanksgiving and winter holidays approach, families struggle to provide wholesome food for themselves and families. Information about needed items will be in the Bulletin on Sundays in November. A basket is placed in the foyer for these items. For information contact Mary Beth Seminario, mbsem@comcast.net, 413-253-0894.

**Community breakfasts** Our Community Breakfast on Wednesday is full and the guests are happy to enjoy a cup of coffee or orange juice, cereal, toast and a hot plate of food in our Social Hall. Although it is a simple meal, volunteers are needed each week to wrap the pastries, put out the food, crack the eggs, refill the coffee urns and the OJ pitchers.

Can you sign up for an hour before you go to work or school? We start at 6:00 A.M. and all skill levels are welcome.

Thanks to **Vicki Hinson-Smith** who greets each week and also to **Karen Fisk, Julie Webster, Gabriela Horvay, Darcy DuMont, Elizabeth DuMont-McCaffrey, Brenda Miller, Polly Peterson, Fran Plumer, Bo Mack**. Sign up online at <http://signup.com/go/83M6sv> or email [glenbertrand@gmail.com](mailto:glenbertrand@gmail.com) and join us.

Thanks, **Clare and Glen Bertrand**

---

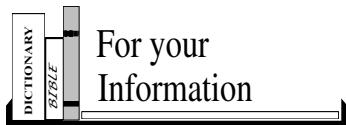
## Interdenominational Affairs



**The annual Interfaith Thanksgiving Service** that is offered by the Amherst Area Clergy Group will be held this year on November 22, 2016 at 7:00 P.M. at the Methodist Church in Hadley (across from the UMass horse barns on North Maple Street.).

**ION Corner** The Interfaith Opportunities Network usually meets on the first Wednesday of the month, rotating meeting places among members' places of worship. Our October 5 meeting was held at the Marian Center in Holyoke where one of our members, a nun with the Daughters of the Heart of Mary, resides. At our meeting we shared information about special holidays of various faiths and postponed a decision about who would get the Joan Lindeman award for special work in an interfaith project. After the regular meeting, The Rev. Warren Savage led a Mass during which he explained the meaning of its different parts and talked about the similarity between the Mass and various worldwide religions. He included the ongoing problems in the world and our country as he talked. As someone raised in the Catholic faith, I was most impressed by his ecumenical and practical approach.

Your ION representative, Mary Beth Seminario



**For rent** **Sophie and Pete Rogers** are renting out their fully furnished condo this winter from early January to early April. It's at 82 Crossbrook Ave. and part of the Ice Pond Woods Condo Association. There are two bedrooms (the third will be used for storage), 2.5 baths and a one-car garage. If you're interested, see the listing at <http://westernmass.craigslist.org/sub/5789907058.html> or just give them a call at 413-835-0644 (home) and drop by.