

# 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 Street,  
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) Contact her for an appointment.

**CONGREGATIONAL ADMINISTRATOR:**

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

**DIRECTOR OF RELIGIOUS EDUCATION:**

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

**DIRECTOR OF MUSIC: Brenda Miller**

413-253-7855 or [bmmiller.music@gmail.com](mailto:bmmiller.music@gmail.com)

**BOARD OF TRUSTEES:**

President: Bo Mack 413-253-3530

[rmack@umass.edu](mailto:rmack@umass.edu)

Vice President: Karen Fisk 413-210-0960

[karenmargaretfisk@gmail.com](mailto:karenmargaretfisk@gmail.com)

Clerk: Lynne Latham 508-308-5877

[latham.lynne.m@gmail.com](mailto:latham.lynne.m@gmail.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!

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## Schedule of Services

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**Sunday, September 3, 10:30 A.M. – *What Endures***

**Mary Herman, UUA Affiliate Minister**

The poet Philip Levine wrote, "Some things/ you know all your life. They are so simple and true/ they must be said without elegance, meter and rhyme/ they must be laid out on the table beside the salt-shaker, the glass of water . . . " What are the things that endure in your life, the very things among so many that you value most of all? We will consider where the material world leaves off and the realm of dignity, identity, love, and meaning in our lives begins.

Mary Herman, a member of our UU Society, will speak at the last of our summer services before our regular congregational year resumes.

**Sunday, September 10, 10:30 A.M. – *Where Tranquil Streams Meet and Merge***

**The Reverend Cynthia A. Frado preaching**

On this In-Gathering Sunday, join us for our annual Water Communion (bring your own or pour from our pitchers), where we come together from the far corners of our lives to celebrate this tradition that calls each of us into a deeper communion with our values and with each other. This is always an exciting Sunday to join us for worship. Welcome back!

**Sunday, September 17, 10:30 A.M. – *Social Inclusion and Colors of Perception***

**The Reverend Cynthia A. Frado preaching**

How we view the world is not necessarily through our eyes, but more times than not thru the color of our skin. Whether it be within the framework of our own denomination, or that of our Republic, the struggle to bring to balance, equality, and justice to all is on-going and sometimes profoundly challenging—even for those of us who have worked long and hard toward embracing diversity in our religious communities and in our nation. This is a very important Sunday to be together as we reflect upon what it means to be a human family in a multi-racial, multi-cultural world.

**Sunday, September 24, 10:30 A.M. – *For What Does the Soul Hunger?***

**The Reverend Cynthia A. Frado preaching**

Today we are in the midst of the Jewish High Holy Days. With anti-Semitism on the rise, let us draw from the wisdom of the sages that transcends the rhetoric that harms, and which inspires thoughts, words, and deeds that encourage healing and promote self-reflection and personal growth. Beautiful music, too!

*Many sermons and readings are posted on our website, [www.uusocietyamherst.org](http://www.uusocietyamherst.org). Click on the "SERMON ARCHIVE" button on the right side of the home page, and then on the title of the sermon you wish to read.*

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## An Offering from the Interim Minister's Inkwell

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*A New Year of Possibilities*

I have always appreciated the summer months for their warmth, their fecundity, and their adventures. It is always good to have a break from one's routine and to embrace life from a different perspective. Admittedly, there is an element of sadness to leave the lazy hazy days of this season behind us. There is, however, a stirring of excitement as the cooler breezes of fall bring with them the promise of new beginnings.

As we transition into this new year at UUSA, the Search Committee is busy with all the minutiae that is involved in searching for a settled minister. The Board of Trustees and many other committees are already humming along with plans for a busy, enlightening and empowering year as well. The work of the Society continues with great enthusiasm with open minds, caring hearts, and serving hands. We are all gearing up for a year that will need us to reflect the heart and soul of our UU Purposes and Principles, and we do this best when we join together as one strong body.

Even as we move forward, we do so recognizing those dear members and friends with whom we have had to say good-bye. **Sylvia Stoneham, Bob Johnston and Paul Rothery** all passed away since our summer hiatus be-

gan. They will surely be missed by those who knew and loved them. We also mourn the passing of Martha Kemp, a regular at the Wednesday Community Breakfasts we co-host with Craig's Doors. In addition, **Charlotte Rockland** has moved to New York to be closer to her family. We wish her well and hope that she will be able to visit UUSA in the near future. If you know of others who are no longer with us, please let me or the Pastoral Care Team know who they are. We are certainly holding in our hearts those who are suffering at this time in body, mind, and/or spirit.

Given the precarious nature of national and international concerns, we are each being called to bear witness to those higher truths that can only bring healing into our world. Now, perhaps more than ever, we can find our individual strength through our communal sharing. Whatever your journey has been these past few months, wherever life has taken you, may you consider joining us on September 10 for our Ingathering Service as we begin again in love.

*This day we come, once more together,  
As winds of earth call forth our names,  
My people all, from the strength of this circle,  
May we come rejoicing, determined,  
United in love of life, again.*

- Carolyn McDade

Blessings on this new year of possibilities...

Rev. Cindy

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## Dedicated Offerings

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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), recognizing that our Society needs our support on the other Sundays of the month. Dedicated Offerings are suggested by both individuals and committees of the Society, and the program is managed by the Minister and the Dedicated Offering Committee. 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 genders. Recipients for FY18 have been chosen. Forms for suggesting recipients for next year are available in the Meetinghouse office.

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.

**CORRECTION:** A list of FY17 Dedicated Offering recipients published in our August newsletter inadvertently omitted the **Planned Parenthood League of Massachusetts**.

**This September's Dedicated Offering** will be collected on September 17 for **North Quabbin Citizen Advocacy**, a 501(c) (3) non profit privately funded program. Nate Johnson, Executive Director, and **Bonnie Frank**, Administrative Director, will talk about the work of building community and working towards social justice.

The purpose of North Quabbin Citizen Advocacy (NQCA) is to provide protection and advocacy for vulnerable people by fostering and supporting freely given, one-to-one relationships between people connected to the nine towns of the North Quabbin area. The program focuses on developing relationships for individuals of all ages with developmental disabilities and/or mental impairments and for elders with degenerative conditions which affect their mental capacity.

People with intellectual disabilities, mental health disorders, and other significant mental impairments are more dependent on others for support. In addition, they frequently face a great deal of rejection, isolation, and other

hurtful experiences. In part this is due to their impairments. More significantly, these and other hurtful experiences come from negative social attitudes and structures. The combination of isolation, impairment, and negative attitudes make people with disabilities more vulnerable to yet more hurtful experiences. (Wolfensberger, *Social Role Valorization*, 1998.) In the current climate of reduced government funding for services, this vulnerability is increased.

Nate and Bonnie will share a few stories of lives that have been saved and changed by freely given, voluntary relationships.

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## Green Sanctuary

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### Connecticut River Clean-Up Scheduled for Saturday, September 23, 2017

The Green Sanctuary Committee is again sponsoring this year's event for the UU Society of Amherst. **Karen Fisk** will lead our team this year. **Ron Grosslein** will help with the planning. Please give Ron a call (413-253-5638) or email ([ron@swallowtail.com](mailto:ron@swallowtail.com)), or sign up after a service, to let us know you want to come.

We'll meet at 9:30 A.M. in South Deerfield at the Sunderland Bridge over the Connecticut River. If you cross the bridge going west, take the first right after the bridge on River Road, and take the first right after that into the gravel parking lot there. We'll clean up trash under the bridge and up and down the riverbank a bit, and then move upstream 1 mile to another parking area.

We'll also do the Sunderland side of the bridge. Parking is up the access road in the town office lot.

We expect to finish about noon. Wear clothing appropriate to the weather that can get dirty and wet, and make sure everyone in your group can recognize poison ivy. Work gloves or rubber gloves are a good idea.

Bring a snack and something to drink. If you're bringing minors who are not your children, their parents will have to sign a permission form, which you can get from Ron. Please bring the signed form when you come to the clean-up. If you are willing and able, please bring other potentially useful items such as trash bags, rakes, shovels, recycling bins, rope, insect repellent, wash water and soap.

We will keep an eye on the weather, and send an email to those who sign up, if the event is cancelled. See you at the river!

— Karen and Ron

**The Green Sanctuary Committee will meet** on Thursday, September 28, 7:00 P.M. at the home of Gordon and Mary Wyse 219 Lincoln Ave., Amherst.

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## Fundraising



### Big BIG Tag Sale

Our Fall fundraising event is upon us. Come to the Meetinghouse on **SATURDAY, SEPTEMBER 30** from 9:00 A.M.-3:00 P.M. Find great treasures, enjoy the fellowship, and support our budget. Various groups within the congregation have been working hard collecting and organizing donations. You will find both brand new as well as used items across a broad spectrum including baby clothes, small appliances and furniture, collectibles and art objects, office supplies, games and puzzles, holiday decorations, housewares and other great finds. We could still use volunteers if you find you have some time that day. For more information contact **Sue Kelly** at [spahrkellys@gmail.com](mailto:spahrkellys@gmail.com).

### It's UUSA Quilting Bee Time!

For the past two years our UU community has held a quilting bee and made a beautiful quilt that was raffled off as part of the Stone Soup Bazaar. This year we are at it again, although in a slightly different way.

Since the beginning of August, a number of our members who sew and quilt have been hard at work making squares for this year's quilt. **Our first official Quilting Bee gathering will be on Saturday, September 16 from 8:00 A.M.-noon in the Social Hall.** At this gathering we will collect all the squares that have been made, assess what we have and make more squares as needed, and lay out the squares in a design we like. For this we will need additional volunteers who can help set-up/clean-up, press fabric, cut fabric, help with layout design, and pin squares. Depending on how far we get, we will gather again on September 23 and October 7 to finish this year's quilt. If you are interested in being a part of this really fun project, save these dates and let **Rachel Peterson** know you will be there. THANKS.

Rachel Peterson ([rqpeterston@gmail.com](mailto:rqpeterston@gmail.com)) and Sandy Sladen ([sandysladden@gmail.com](mailto:sandysladden@gmail.com))

## **Exploring Unitarian Universalism**

Sunday, September 24, 12:00 P.M.

This class is designed to help you understand a little about our history, shared principles, and traditions. Whether you are new to UU, or just new to the UU Society of Amherst, we want you to feel at home here. There is no pressure or expectation regarding joining. This is just a way to get to know you, and help you get to know us. We'll share information and stories, answer questions, and have a lot of fun! The class goes from Noon to approximately 2:00 P.M., and includes a light soup lunch. Child care is available upon request and there is no cost. You can sign up at the Welcome Table after a Sunday service. We do ask that you sign up in advance so that we can plan the food and child care.

## **UUSA Fall Congregational Picnic**

Sunday September 17th

Groff Park

Immediately following the Service from 12—2:00 P.M.

Suggested Food Contributions by Last name:

A-E: Desserts

F-K: Main Dishes

L-S: Salads

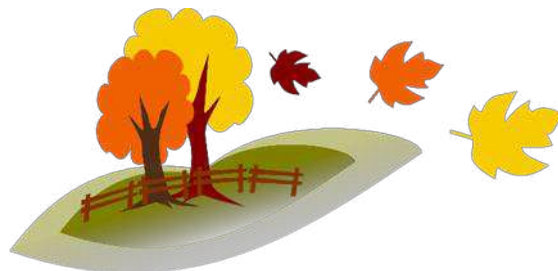
T-X: Appetizers

Come Enjoy Community and the Start of the new year!

Sponsored by the UUSA RE Ministry

Questions?

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





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## Ministerial Search Committee

Hello from your Ministerial Search Committee! July and August have been very busy and all members of the committee have jumped into this work with both feet.

Our most important work has been the creation and fine tuning of our Congregational Survey. This survey will help to create a meaningful picture of our congregation's current demographics, our values, and our vision of the UUSA's role in our lives as well as create a profile for our ministerial search. A key component is that the survey is **ANONYMOUS**, so that everyone can feel comfortable giving honest feedback. Watch for the survey roll-out in late August and early September.



*Left to right: Steve Rice, Jenn Chylack, Mary Herman, Carolyn Cave, Lisa Cyr, Anne Perkins*

In early October, we will have cottage meetings which have been planned at various locations including our Meetinghouse, members' homes and Applewood. These meetings will allow us to sit with our fellow UUs and talk about areas of growth and concern, individual needs and wants, and our collective hopes and aspirations for our Society.

Following this information gathering, we have planned another important event!

### **SAVE the DATE—Sunday, October 22, 2017—*Beyond Categorical Thinking***

Beyond Categorical Thinking is a program designed by the UUA to promote inclusive thinking and prevent unfair discrimination during a congregation's search for a settled minister. Everyone, young and old, is encouraged to attend.

We have embarked upon a journey. We know many of the stops along the way, but we do not know what may come up along the path. The hardest part of this journey is trusting the process. We want to make the process as transparent as possible. Please, ask questions and we'll provide answers to the best of our ability.

In Gratitude & Service,

Carolyn Cave, Jennifer Chylack, Lisa Cyr, Mary Herman, Anne Perkins, Steve Rice



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## Religious Education Ministry

Dear Leaders of UU Society of Amherst:

On behalf of the UUA Faith Development Office, we're delighted to notify you that **Rebecca Fricke** has achieved Renaissance recognition for completing 75 hours of Renaissance training. In addition to a certificate, Rebecca has also received a Renaissance pin to commemorate this milestone.

We hope that this accomplishment will be celebrated by the congregation. I encourage you to place a copy of this letter in Rebecca's personnel file and to ensure that her accomplishment is shared broadly within your congregation and beyond.

The Unitarian Universalist Association of Congregations greatly appreciates the support congregations provide for the continuing education of religious educators. Thank you for your commitment to strong religious education programming and for nurturing Rebecca's leadership.

Faithfully,

Jessica York

Faith Development Director, UUA

*Editor's Note:* Renaissance training gives religious educators the background in Unitarian Universalist history that will help them be more effective, bringing a deeper knowledge of our tradition as they serve the faith development mission of Unitarian Universalist congregations and organizations.

Dear Congregation,

Our official Religious Education (RE) September start is coming up! Lucky for us, **Jacy** will be returning to care and nurture our youngest members of the congregation in the preschool, and our elementary group is fortunate to welcome **Lesley Smith** back to lead us in a Mindfulness activity almost once a month. As in the past, our elementary RE program will vary from one week to the next. We will be mixing art, science, and literature activities in with our discussions about the UU faith and practice. Like last year, the youth will be meeting at different times and taking on a social action or two throughout the year. The overarching question for everyone in RE this year will be *“How do we act on our UU principles during the week?”*

This year I am excited to announce that we will have some new Adult Education programming, including three “Crafting for Connections” sessions which I have organized with **Kelly Aiken** (see page 11 for more information). I am also hoping to have several book discussions to complement the work of our congregational committee work. Please talk to me if you have ideas and interest.

Finally, the RE program follows the congregation’s Safer Congregation policy which requires two adults in the room with children at all times. Please consider donating your time to helping out one Sunday in the RE rooms. No planning is necessary, unless you would like to lead the group. Please talk to me or someone on the RE Ministry if you are interested.

YoUUrs,

Rebecca Fricke, Director of Religious Education

[frickedre@gmail.com](mailto:frickedre@gmail.com)/413-687-8722

### **Dates to Put in your Calendar:**

RE Sidewalk Sunday – September 3, 10:30-11:30 A.M. Join us for some final summer fun — sidewalk games, bubbles and more!

Water Communion and first official day of RE: September 10.

Welcome Back Picnic – September 17 from 12:00-2:00 P.M. at Groff Park, Amherst.

Upper Elementary and Youth will once again be volunteering for the Connecticut River Conservancy’s 21st Annual Source to Sea Cleanup on September 23. **Karen Fisk** will be leading this group so please email her with questions: [karenmargaretfisk@gmail.com](mailto:karenmargaretfisk@gmail.com).

**Mindfulness Group** UUSA member **Jessica Murphy** offers mindfulness classes to our UUSA congregation. The next dates and times are Tuesday, September 12 and Tuesday, September 19, 7:00-8:00 p.m. If you are interested in participating, please contact Jess at 413-575-1963 or [jessica.mindfulness@gmail.com](mailto:jessica.mindfulness@gmail.com) for details.

### **Our Whole Lives**

The Unitarian Universalist Society of Amherst is excited to be able to offer a year-long high school (9th-10th) OWL program. OWL (for “Our Whole Lives”) is a unique program in that it invites discussion of sex and sexuality within the context of Justice and Equity, Self Worth, Sexual Health, and Responsibility—and why those topics dovetail with our seven Unitarian Universalist principles. The program, while fostering community among the youth, also helps each person define personal guidelines to increase positive outcomes, reduce risks, know how to say no and how to say yes. We encourage each person to strive to be their best self. We also encourage open communication with parents.

This program is 12 sessions long and provides 24 hours of critical, developmentally appropriate programming on human sexuality. Our facilitators are **Karen Fisk**, who has been trained in OWL facilitation and has taught the program for many years, and **Mary Cornell**, who was recently OWL trained, has a MS in Nursing and is a professor at Holyoke Community College. At the same time that the youth are taking OWL there will be a co-ordinated parent program, which will be run by **Rebecca Fricke**, UUSA Director of Religious Education.

All meetings will run Sundays from 4:45-6:00 P.M. and families must commit to all sessions after October 22.

- First Information meeting for parents and youth will be September 24.
- Part One: October 15, 22, 29, and November 5, 12, 19
- Part Two: January 21, 28, and February 4, 11, 25 and March 4

If you have any questions, please contact **Alyson Miller**, Chair of the RE Ministry at 971-998-5732 or ([alysondmiller74@gmail.com](mailto:alysondmiller74@gmail.com)), or **Rebecca Fricke** at 413-687-8722 ([frickedre@gmail.com](mailto:frickedre@gmail.com)).

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## Social Action

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### UUSA KNITTERS

We are excited to be beginning another year of Knitting4Peace.

The Knitting4Peace Group meets on the 1<sup>st</sup> Monday and the 3<sup>rd</sup> Thursday of each month. We come together in community to knit items such as hats, mittens, scarves, blankets, and peace pal dolls to be delivered where they are needed, in the United States and around the world. If you are a knitter or crocheter or are interested in checking this out, come and meet with us on Thursday, September 21 from 7:00-9:00 P.M. in the Conference Room of the Unitarian Universalist Society of Amherst building. No experience necessary; we will teach you to knit!

From the Knitting4Peace Mission Statement:

“MissionKnitting4Peace is a grass-roots organization dedicated to crafting hope, healing and peace one stitch at a time through non-violent compassionate action.

“We are intentional about incorporating **an element of 3 in everything we create**. The element of 3 symbolizes the person who creates the item, the person who receives it, and the Mystery of Creation that creates and unites *all* of creation. 3 also symbolizes the importance of the Abrahamic faith traditions to global peace. Because these three traditions (Judaism, Christianity, Islam) represent 2/3 of the world’s population, there is virtually no chance for global peace until our Abrahamic Family is knit together in a tapestry of respect and commitment to compassionate coexistence.

**“We welcome people of all faiths, and those who profess no faith, to join our work.”**

We hope to see you there!

### UUSA COMMUNITY BREAKFAST NEEDS YOU!

The UUSA has been providing volunteers for the free Community Breakfast in the Willie Eaton Social Hall every Wednesday for three years. We serve 80-120 guests a freshly cooked hot meal of eggs, home fries, sausages, pastries, cereal, toast, juice and coffee or tea – all provided by Amherst’s Craig’s Doors. Our breakfast is important as the Amherst Survival Center, which is open other days, is closed on Wednesday.

Our breakfast team works closely with Craig’s Doors, which helps people find ways to become empowered and improve the quality of their lives through the creation of safe, respectful shelter and housing.

We regularly experience a shortage of volunteers both in the summer and regular congregational year. Dishwashers and cleanup crew are especially difficult positions to fill, but many other jobs are also available. See list below.

**6:00 – 8:00 A.M. Opening Volunteers**

Preps food; sets up breakfast room

**7:00 - 9:00 A.M. Cooking Support 1**

Preps food; cooks

**7:00 - 9:00 A.M. Set up food**

Sets up dining hall, wraps food

**7:00 - 9:00 A.M. Dishwashing**

**7:45 - 10:00 A.M. Greeter**

Greets guests, monitors foyer, counts attendance

**8:00 - 10:00 A.M. Dining Hall Monitor**

Maintains dining hall supplies of coffee, tea, juice, bagels, pastries, condiments, milk, cereal, etc., and keeps tables clean

**8:00 - 10:00 A.M. Food Server**

**9:00 - 11:30 A.M. Dishwashing and Clean Up**

**9:00 - 11:30 A.M. Kitchen Support 2**

Preps food, cooks, helps with kitchen clean-up

**10:00 A.M. - 12:00 P.M. Cleans and Locks up**

Confirms final clean up and locks up

Contact **Clare Bertrand** at [clarebertrand@gmail.com](mailto:clarebertrand@gmail.com). She will send you a weekly email reminder with a link where you can see what positions are available for each week. For questions or more information contact Clare, or **Sophie Rogers** at [sophiesailing@gmail.com](mailto:sophiesailing@gmail.com).

We hope you consider joining our wonderful fun-loving team.



**Just One Thing** On September 10, the second Sunday of the month and our first fall service, a basket will be placed in the foyer for donations for the Survival Center. Our collection is part of a month -long area food drive for Hunger Month. The need has never been greater; with 32% of Amherst elementary school children receiving free or reduced meals, families depend on the food provided at the Survival Center. Protein-loaded foods are especially needed; suggested examples: canned chili, meat ravioli, meat pasta sauces, canned tuna and beans. As always, anything you can give is most appreciated. For information contact **Mary Beth Seminario**, [mbsem@comcast.net](mailto:mbsem@comcast.net), 413-253-0894.

**Not Bread Alone** On **September 30**, the 5th Saturday of the month, eight UUs are needed to create and serve lunch at Not Bread Alone. No experience is needed. Under the direction of a kitchen crew chief, we are told what to do. As our piles of cut vegetables are transformed into salads, soups and stews, the kitchen is filled with wonderful aromas. We work in shifts, only a few hours of your time are needed: preparing and cooking 9:30 A.M. - 12:00 P.M., serving 11:45 A.M. - 1:30 P.M., clean-up 12:00 - 2:30 P.M. Not Bread Alone is located in the rear lower level of First Congregational Church in Amherst with access off Spring Street. If you can help in any way, please contact **Mary Beth Seminario**, [mbsem@comcast.net](mailto:mbsem@comcast.net), 413-253-0894. THANK YOU!!

On July 29 while an able UU crew was preparing food at Not Bread Alone, the lights went out!!! The atmosphere became quieter as power was not restored while we were there. We continued to work and serve in dim light. Fortunately, most of the food had already been well heated and cooked. **Karen Cassidy** and **Kim Salditt-Poulin** worked with other community volunteers to prepare a huge vegetable salad, potato and cabbage soup and lentil and sausage soup, two different frittatas, baked chicken, pastries and dessert. **Carolyn Holstein** and **Maria Lydia Spinelli** helped serve, and **Lisa Harvey** and **David Arnold** and their son, **Alex Harvey-Arnold**, helped clean up and hand-washed all the dishes, as with no power the dishwasher was still. **Jenn Chylack**, **Sandy Sladen**, **Margaret Manson** and **Mary Beth Seminario** organized donated produce for distribution to guests after meal's end.

### Human Rights Series Begins this October

The UUSA Social Action Committee is announcing a Human Rights series of documentary screenings and/or panel discussions starting October 18, 2017. Our first event will be a screening of the documentary "Harvest of Empire," exploring the forces that have historically shaped the current mass in-migration to the USA, particularly but not exclusively from the south, followed by a moderated discussion and card- or letter-writing drive.

The human rights series will focus on issues such as refugees and immigrants, children's rights, human trafficking, hunger, racism and mass incarceration, and explore ways in which we can make a difference as Unitarian Universalists and as concerned citizens. Other events will be held November 15, February 21, March 23, and April 25 at the UUSA Sanctuary. Specific topics TBD. Any questions or suggestions can be directed to **Maria Lydia Spinelli** – [spinelliml@gmail.com](mailto:spinelliml@gmail.com) – 708-567-1759

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### Finance Committee

The Finance Committee will meet on Wednesday, September 13, at 7:15 P.M. at the Meetinghouse, in Judy's office.

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### Our Caring Ministries



*For the past eighty years, I have started each day in the same manner. It is not a mechanical routine but something essential to my daily life. I go to the piano, and I play two preludes and fugues of Bach. I cannot think of doing otherwise. It is a sort of benediction on the house. But that is not its only meaning for me. It is a rediscovery of the world of which I have the joy of being a part. It fills me with awareness of the wonder of life, with a feeling of the incredible marvel of being a human being.*

— Pablo Casals

What a beautiful way to greet the dawn, to begin a new day! Whether we immerse ourselves in silence/meditation/prayer, music, walking, gardening, writing, exercise or any other mindful activity, it is worth the effort to set aside these few precious minutes. As we greet this New Year at UUSA, please know that your Minister, **Cindy Frado**, members of the Caring Circle and Pastoral Care Team are here to listen, visit, run an errand, find professional assistance, and help in any way we can.

Our Caring Circle coordinators are **Catharine Porter** and **Clare Bertrand**. Please contact one of them or your own Caring Person for rides, food, and simple needs. Caring Circle members are **Clare Bertrand, Linda Callahan, Carolyn Cave, Sue Kelly, Karen Mack, Martha Nelson, Catharine Porter, Susan Rice, Chas Stevenson, Lynn Sussman** and **Gordon Wyse**.

Our Pastoral Care Team co-coordinators are **Mary Wyse** and **Pete Rogers**. Other members are **The Reverend Elizabeth Alcaide, Charlie Atwood, The Reverend Cindy Frado, Bo Mack, Fran Plumer,** and **Libby Stanforth**. Please contact one of them for more complex or personal needs.

Ongoing thoughts to **Vicki Hinson-Smith** and **John** and **Susan Barbaro**.

We were saddened in August with three deaths and one departure. **Bob Johnston** passed away; our hearts go out to **Millis Mershon**, his wife of many years. **Paul Rothery** passed away, with his wife **Carol Rothery** by his side; our hearts go out to her as well. And **Sylvia Stoneham** also passed away. She was a regular, long-time member who had not been able to attend for several years.

**Charlotte Rockland** moved back to New York City. Her lively, loving way will be missed.

From your Minister, Caring Circle, Pastoral Care Team, and Small Groups.

#### SMALL GROUP MINISTRY

Have you considered joining a UU covenant group (also known as a small group)? **Anne Louise White** will facilitate an intergenerational group, which will meet at the Meetinghouse on the first Thursday of every month at 7:00 P.M., starting on October 5. Mark your calendars, and please let us know if you are interested by contacting Anne Louise at [annieluigie@gmail.com](mailto:annieluigie@gmail.com)

We also have a number of openings in existing groups. Please contact either Anne Louise White ([annieluigie@gmail.com](mailto:annieluigie@gmail.com)) or **Mary Wyse** ([mshwyse2@gmail.com](mailto:mshwyse2@gmail.com)) about these.

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## Membership

**Membership Directory and Family Album** A directory and separate “Family Album” with photos were emailed to our members and friends in June. Those who do not use email should have received printed copies via the U.S. Postal Service.

A limited number of printed copies are available on the Welcome Table during Social Hour.

**Do you wish you’d been included in our UU Society “Family Album”?** We know a number of individuals, couples and families were not around when the photos were being taken by **Sandy Sladen** and **Margaret Manson** over the course of a number of Social Hours last fall.

We will be happy to prepare a “second edition” of the album. If you were not in the first one, just submit a (fairly recent!) photo of your own to **Janis Gray** at [jsgray@crocker.com](mailto:jsgray@crocker.com), bring it to her on a Sunday, or mail it to her at 219 Wendell Road, Shutesbury MA 01072 (be sure to write your name(s) on the back!). Janis can scan a photo submitted in person or by postal service and return it to you.

### **UUSA Safety Policies – Effective Sept 1, 2017**

Policies to help provide a safe and enjoyable environment in our Meetinghouse apply to ALL RENTERS AND OTHER USERS OF OUR BUILDING, ***INCLUDING MEMBERS OF THE UUSA AND THEIR GUESTS***, and are effective September 1, 2017.

At least two adults must be present in the same room whenever a child or children are present.

Each renter or other user of UUSA space is responsible for seeing that the person or persons admitted by the user are there to attend the user’s program or event. This means, among other things, that:

- 1) The user is responsible for monitoring persons entering to be sure they are there to attend the program, meeting or other event, and that they go only into the areas of the building being used in connection with the user’s program, meeting or event;  
and
- 2) If the user is not able to monitor persons entering the building once the program, meeting or event begins, then the user must lock the exterior doors. (Users may share their cell phone number or post the number on the door to facilitate late entry.)

## Crafting for Connections at the UUSA



Anointing Oils—October 21

Beads of Gratitude—January 20

Traveling Table-Top Altars—April 7

Saturdays from 9-11

*Create Simple Projects and Learn Practices for Creativity and Contemplation—  
led by Kelly Aiken and Rebecca Fricke*

Please RSVP for each craft gathering two weeks prior to the event—[FrickeDRE@gmail.com](mailto:FrickeDRE@gmail.com) or  
413-687-8722

Separate material fee for each activity.

For ages 14—100

**\*\*Part of the UUSA Lifespan Education Program\*\***

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### Social Events

**The Women's Lunch Group** meets every other Thursday at noon for spirited conversation over local, inexpensive cuisine. The next luncheon is scheduled for Thursday, September 7 at 12:00 Noon at The Monkey Bar/Bistro 63 (63 North Pleasant Street, Amherst). We welcome every woman, whether new to our Society or a longer-time member or friend. It is not necessary to RSVP, but if you have questions, need help finding a ride, or want to be on the e-notification list, contact **Sophie Rogers** at 413-772-9814 or [sophiesailing@gmail.com](mailto:sophiesailing@gmail.com).

**The Men's Breakfast Group** 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.