

THE AMHERST UNITARIAN UNIVERSALIST NEWSLETTER

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

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Important Information

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NEWSLETTER

Copy Editor: Janis Gray, 413-259-1584
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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.
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



Schedule of Services

Sunday, December 1, 10:30 A.M. – *Hope and Positivity: World AIDS Day*

The Rev. Rachael Hayes

Human Immunodeficiency Virus treatment and prevention continue to advance, but unequal access to advancements make HIV a justice issue as well as a medical issue. The dedicated offering for World AIDS Day will benefit A Positive Place, which provides HIV care and prevention services in Hampshire County.

Today is our Dedicated Offering Sunday.

Sunday, December 8, 10:30 A.M. – *Acceptance and Encouragement*

The Rev. Rachael Hayes

The third principle of Unitarian Universalism is “acceptance of one another and encouragement to spiritual growth in our congregations.” What does that actually look like, where can we find these values enacted in our congregation, and how are we called to live this principle?

After the service, there will be an opportunity for those who wish to become members to join our UU Society.

Sunday, December 15, 10:30 A.M. – *December a Time to Remember*

Rebecca Fricke, Director of Religious Education

Come to this Whole Congregation Service to learn about Unitarian Universalists who have helped to establish winter holiday traditions and sing songs and hymns you probably know didn’t know UUs wrote, composed or adapted. In this time of darkness and cold, join us in warmth of community. This service is based on The Original Unitarian Universalist Advent Calendar created by The Rev. Ralph Yeager Roberts on service organized around special holiday songs and traditions established by Unitarian Universalists.

Saturday, December 21, 5:00 P.M. – *Solstice: Quiet Lights*

The Rev. Rachael Hayes

This contemplative evening service is a time to honor the darkness and welcome the return of light with singing and candlelight.

Sunday, December 22, 10:30 A.M. – *Hanukkah is for Rebels*

The Rev. Rachael Hayes

Before the first night of Hanukkah, we pause to remember the lessons of hope, resistance, and resilience in the Hanukkah story.

There is no religious education program today. Childcare will be available.

Tuesday, December 24, 5:00 P.M. and 7:00 P.M. – *Christmas Eve: O Holy Night*

The Rev. Rachael Hayes

We will open our hearts to the holy with songs and candlelight. The early service will feature a time for all ages, and the later service will feature a homily.

Sunday, December 29, 10:30 A.M. – *Wild Imaginings*

Mary Herman, UUA Affiliate Minister

Texts of some sermons are available to members and friends of UUSA by request. Send email to office@uussocietyamherst.org

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), 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.

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.

The November Dedicated Offering raised \$1,245 for **Goodwin Memorial African Methodist Episcopal Zion Church**.

The recipient of our December Dedicated Offering will be **A Positive Place**. World AIDS Day is on Sunday, December 1, 2019. Given that December is always a challenging month for a Dedicated Offering, the committee decided to hold this month's offering on this first Sunday of the month to draw attention to the ongoing AIDS epidemic, both worldwide and in our own community. The theme for this year's World AIDS Day is fitting, "Ending the HIV/AIDS Epidemic: Community by Community."

A Positive Place, a Northampton organization affiliated with Cooley Dickinson Hospital, offers non-judgmental care for those persons in our region (our community) who are HIV-positive. It has been offering confidential and comprehensive HIV care and prevention services in Hampshire County and surrounding areas since 1991.

The idea for this Dedicated Offering came from the newly formed Welcoming Congregation Renewal Committee co-chaired by **Shawn MacLaren** and **Pat Rector**. Note that the money donated by the UUSA will go directly to A Positive Place and not get mixed with the hospital funds. And also note that if you are away for the Thanksgiving weekend you can always give your donation to Lea in the office later in the following week.

The programs of A Positive Place were created to respond to a full-blown medical crisis for people living and dying with AIDS right here in our community. Today the face of HIV and AIDS has changed dramatically as they continue to meet the ongoing needs of those affected. A Positive Place offers services at their downtown Northampton offices and in homes, doctors' offices, hospitals and long-term care facilities, cafes, and other personal and social spaces as needed to serve their diverse clientele. Some of their services include medical and social case management, help with government benefits, health insurance, and drug reimbursement application and advocacy, housing search, support and subsidies; rental and utilities assistance, medical transportation and emergency food assistance. They are a grassroots organization with a consumer advisory board, offering their clients essential services, much of which is not available elsewhere and rely on grant funding as well as individual contributions.

Minister's Letter

Dear UUSA,

Just like that, we are suddenly in the rush: holiday rush, sugar rush, and the rush to use precious daylight in these shortest days of the year. In all this rush, keep breathing. It will get done, or it won't. Whether the pie is homemade or store-bought, whether the house is decorated with great cheer or full of increasingly indistinct piles of clean and dirty laundry, whether we're feeling jolly or downright Scrooge-like, the holidays will come to naughty and nice alike. My invitation to you is to be how you need to be this year. Be merry, be bright, be joyful, be thoughtful, be quiet; be exactly how you need to be.

The holidays at UUSA this year will be quite a feast for diverse appetites:

- **12/7 *Winter Revelry***. This all-ages party will launch our holiday season with soup, singing, raffles, cookies, and fun. Bring your friends!
- **12/15 Sunday Service: *December a Time to Remember***. Our Religious Education program will lead the Sunday service on 12/15 with singing and a look at how Unitarians, Universalists, and Unitarian Universalists have shaped our winter holidays.

- **12/21 Solstice:** *Quiet Lights*. This contemplative evening service is a time to honor the darkness and welcome the return of light with singing and candlelight.
- **12/22 Sunday Service:** *Hanukkah is for Rebels*. Before the first night of Hanukkah, we pause to remember the lessons of hope, resistance, and resilience in the Hanukkah story. (There is no Religious Education on this day. Children are welcome to go to childcare or attend the service.)
- **12/24 Christmas Eve:** *O Holy Night*. Both of these evening services will have singing and candlelight. The earlier one will feature a story for all ages, and the later one will feature a homily.

Congregational Conversation on **12/15**: I hope you can come to the congregational conversation following the service. We'll check in with one another as a congregation, talk about where we're growing and where we want to grow, and listen to each others' hopes for the congregation.

'Tis the season for charity appeals, I know, and here's one more. The *Minister's Discretionary Fund* needs replenishment. The Discretionary Fund is a source of direct help for community members, and it frequently covers the gaps between other sources of help. I have recently had the opportunity to share these funds with community members on your behalf, and I anticipate that the need in our community will continue during this season of giving. The offerings on Solstice and Christmas Eve will benefit the Discretionary Fund, but I would gladly receive contributions in advance. Please send checks to the office with Minister's Discretionary Fund in the memo line. On behalf of everyone who has received or will receive this direct assistance, I offer my deepest thanks.

However the holidays strike you this year, please know that you are infinitely valuable and deeply loved. Thank you for being part of this community of free faith.

For all the holidays and anydays of this season, I wish you joy.

Rev. Rachael

**Lunch with the Minister:
Friday, December 13 at 12:30 P.M.**

Bring your lunch to the Minister's Study and spend a little time discussing the theme of acceptance.

**IN MEMORIAM
John Barbaro (1946-2019)**

John Alden Barbaro, born in Boston, was a gifted psychologist and artist, beloved husband, treasured father, and active member of our Unitarian Universalist Society. Growing up in Quincy, MA, he attended UMass at Amherst as an undergraduate from 1964 to 1969, and then as a graduate student, where he earned a Doctor of Education in 1982. He married Susan Trottier in 1970, and they founded the private therapy practice High Street Therapy Associates in 1980, where he worked until he became incapacitated by his illness, progressive supranuclear palsy.

Besides our UU Society, John was involved in many local organizations throughout his life: President and Paul Harris Fellow of the Amherst Rotary Club, President of the Bioenergetic Society of CT, Assistant Scout Master of Troop 504, a Mason, a rank of 6th Yodan blackbelt in Aikido, and later a practitioner of Tai Chi. He was an active anti-war protester during the Vietnam War and was a passionate metal sculptor.

John leaves behind Susan Trottier Barbaro, his wife of 49 years; son Gabriel Barbaro, daughter-in-law Kaye Tengco Barbaro, and grandson Theodore Jules Omer Barbaro, of Jersey City, New Jersey; daughter Alethea B. T. Barbaro, son-in-law Daniel Balague Guardia, and granddaughter Nuria Susan Balague Barbaro, of Cleveland, Ohio; his older brother, Lee Barbaro, and sister-in-law, Chiyomi Kiode, of Kyoto, Japan; his younger brother, George Brooks, and nephew, John Woods Brooks, of Tampa, Florida and Louisiana, respectively; his youngest brother, Henry Barbaro and nephew, Lee Barbaro, of Boston; and many dear cousins and friends.

A memorial service will be held at a later date. In lieu of flowers, donations may be made in John's name to Cure PSP, 1216 Broadway, 2nd Floor, NY, NY 10001.

Message from the President

Hello friends,

As we immerse ourselves in a season of giving, please consider the ministries of our congregation. Consider the impact of what we do here simply by gathering together with the intention of worship. Consider the many ways we reach out to each other and to the larger world when we are not in our sanctuary. Consider the people we help support through salaries. Consider the message we embody as Unitarian Universalists in an ever-changing world that needs us to stay awake and alert. Consider how you yourself give back in time and talent and money.

My own Unitarian Universalist path has deeply influenced every aspect of my life — from being a family member to being a team member at my place of employment to being a volunteer in this community and others to being a person who wants to make a positive difference in the world. I am deeply grateful to this faith and all the systems that surround it for helping to shape who I am. Unitarian Universalism is all about fostering relationships of deep respect, encouraging freedom that also recognizes responsibility, and so importantly, nurturing awe and with that awe hope.

When I work at the job that pays me money, I am also working for our congregation, because a part of that money becomes a part of the congregation. I regularly drop a check for my annual pledge into the collection plate and I write another check for the designated offering. Sometimes I just reach into my wallet and drop cash into the plate because I know my money at this congregation will help sustain HOPE.

We are establishing a yearlong Stewardship Ministry to help sustain our mission and our congregation — and our staff and building and the Wednesday Breakfast program and religious education for all ages and, and, and . . . Stewardship, of course, is more than just collecting monetary funds. Stewardship means taking care of something. I would add in the case of our Society, stewardship is taking care of a system of thinking and being that will move us all forward for generations to come. Stewardship in our case is sustaining hope. If you have interest in helping our congregation with this ministry, please contact any member of the Board and let them know. We need you.

In this season of giving, in this part of the year that reminds us of the nurturing closeness of the dark and the wondrous elation of the light, consider dedicating time to helping our congregation raise funds and embody the spiritual practice of generosity — in all forms — through the Stewardship Ministry.

May we all embody our Unitarian Universalism together as we continue to expand the embrace of life-changing acceptance and love and most important HOPE.

Yours in faith, Karen

Membership

Please welcome our newest members, **Megan** and **Philip Grandin**, who signed our Membership Book on November 10. They and their two children live in Montague.

Immediately after the Sunday Service on December 8, the Membership Book, our minister and two witnesses from the Board of Trustees will be available for those wishing to join our UU Society now. If you are interested in becoming a member at that time, please let **Rev. Rachael** (revrachael@uusocietyamherst.org), **Anne Cohen** or **Janis Gray** know!

Religious Education Ministry



May this holiday season be filled with gratitude, light and love. This December in the RE program we will enjoy:

- The Whole Congregation service on December 15 will be organized around special holiday songs and traditions established by Unitarian Universalists.
- Elementary will continue to work on learning the 7 UU Principles using drama, art and action.

In the preschool **Jacy** will talk about families and start to explore the different winter holidays celebrated around the world.

Thank you to **Jenn Chylack** for helping me provide programming for our six Coming of Age Youth and to **Rev. Rachael** for coming to the first 10 minutes of our morning sessions. So far this year we have explored the themes of community and UU beliefs. In the month of December we will be talking about Spirituality and Practice.

If you are interested in getting involved with RE please come and talk to me. We welcome new ideas and new perspectives.

Please note we will have childcare on December 1 and 22, but there will not be childcare or RE on December 29.

Finally, I want to say how grateful I am to the volunteers who are putting time and energy into making the RE program vibrant.

YoUUs,

Rebecca Fricke, DRE

Dismantling Systemic White Supremacy

The UUSA Dismantling Systemic White Supremacy group invites interested members and friends to join them on December 9 at 11:30 A.M. in Classroom A to view an InDEEP webinar led by [Michael Bell](#) and [Suzanne Hawkes](#) entitled *Courageous Conversations: Habits of White Supremacy in Organizational Culture*.

In preparation for the webinar, please complete the pre-reading, "[white supremacy culture](#)" by Tema Okun and the [webinar worksheet](#).

Men's Discussion Group Forming

Men are warmly invited to contact **Bill Cooksy** to express interest in joining a Men's Discussion Group.

The intent is for the group to follow UU principles and to be organized along the lines of the many, already existing small group ministries, which are also often called covenant groups. Details remain to be worked out.

Other covenant groups are also being organized, and further information about these will be announced soon.

Social Events

The Women's Lunch Group meets on the second and fourth Thursdays of the month at noon for spirited conversation over local, inexpensive cuisine. The luncheon December 12 will be at 30 Boltwood (formerly The Lord Jeff) in Amherst. Its holiday decorations are always a treat! 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**.

The Men's Breakfast Group meets on Wednesdays at 7:00 A.M. at Kelly's Restaurant (314 College Street, Amherst). Contact **Michael Sussman** for details.

Social Action

Just One Thing On December 8, a collection for the Amherst Survival Center will occur. As the days get colder the demands for food increase. The specific foods needed will be listed in the weekly announcements closer to that date. Our Society has always been very generous helping those in need. Thank you for your continuous support. For information contact **Mary Beth Seminario**.

Sanctuary The **week of January 13** our help is needed to provide suppers for Lucio Perez and three of his children. Lucio has been in sanctuary at First Church for more than two years. The support of more than 200 people, including those from many faith groups, has made it possible for him to challenge decisions ordering him to leave this country. This backing has helped him weather the emotional turbulence of dealing with ICE and the courts while separated from his wife and children.

Two people are needed for provide meals for Lucio and his children on both Monday, January 13, and Thursday, January 16, and one is needed on Tuesday, January 14 for Lucio. Many different people in our Society have had the privilege of supporting this very humble and deeply religious man and his family. At the end of October **the RE K - 6 children and their families, Martha Nelson, Maria Lydia Spinelli and Carolyn Thomas** brought meals. If you can help, please contact **Mary Beth Seminario**. 413-253-0894. Thank you.

Cookies and Singing and Soup, oh my!



Join us for the 1st annual
**Winter Revelry at
the UUSA**
Saturday, Dec. 7
5:00-8:00pm

★**Holiday Concert & Sing-a-long** 🎵

★**Hearty Soup & Salad Supper**

★**Cookie Walk**

Take home a delicious box of holiday treats!

★**Gift Basket & 50/50 Raffles**

Basket preview & tickets available during social hour

Advance Reservations Recommended!

Adult \$15 / Children \$5

Adults \$20 at the door

Bring friends & family!

Cash & Checks accepted



Mitten & Glove Drive

Scarves and Socks, too!

All through the month of December, the UUSA community is invited to donate new mittens, hats, scarves and warm socks this holiday season, by placing them under the Christmas tree in the Sanctuary during the month of December. We will donate them to the Amherst Survival Center at the end of the month. Thank you!



ION Corner

This fall the Interfaith Opportunity Network (ION) members have worked together to help the Goodwin Memorial African Methodist Episcopal Zion Church repair its boiler as well insulate the very old building and make the entrance and bathrooms handicap accessible. Over \$25,000 was raised at the October dinner and concert. Additional money is still being donated. Much of this money will be used as a match for grants sought from both the Town of Amherst's Community Preservation Act account and the Massachusetts Historical Commission. ION continues to set an example of faith groups supporting one another and the community. In November 2017, ION members came together to raise money to help pave the parking lot of the new location on Rte. 9 in Hadley of the Hampshire Mosque, and last year we supported the Amherst ABC House's 50-year anniversary. For further information contact **Mary Beth Seminario**, UUSA ION representative.

Green Sanctuary

The Common Share Food Co-op is coming to town! The Co-op now has 645 members and needs 1000 total to secure funding and move ahead with plans for a store in Amherst.

The store will feature local, organic, sustainably grown produce, meat and dairy products, as well as conventional food. The location will be reachable by public transportation. It will provide for one-stop shopping by carrying a full line of groceries and household products. Common Share Food Co-op will be owned collectively by its members and workers, who will have a strong voice in its governance. Finally, the Co-op will be a gathering space to bring members of the community together.

The Green Sanctuary Committee enthusiastically supports Common Share Food Co-op and urges you to join! Becoming a member is easy and affordable. The Co-op will benefit the environment, contribute to economic and social justice, promote physical health, and build community—one more step toward the important goal of sustainability.

For more information, visit info@commonsharefood.coop

UUSA Winter Open Studio



Do you paint? Would you enjoy some company while you paint?

Want some helpful feedback on your work? If so, this is for you!

Come join the UUSA Winter Open Studio for painters of all media and all levels in our beautiful Social Hall this winter. Paint or draw whatever you'd like: bring photo references, finish something you started, bring still life materials to paint, or just make up something. You can come to one or come to all sessions – it's up to you!

We paint from 9:00 A.M. to 12:00 P.M., then share a bag lunch and friendly critique from **12:00 P.M. to 1:00 P.M. on the first and third Fridays of each month:**

Dec. 6 and 20 Feb. 7 and 21 Mar. 6 and 20 Jan. 3 and 17 Apr. 3 and maybe 17

Here's what you need to do:

- **Let us know you are coming** by copying this link and pasting in your browser: https://docs.google.com/spreadsheets/d/123DPsJl6SkODszWUcyz_jhRXto7es8ux_lahiJb5w0I/edit?usp=sharing
- **Bring \$5 to \$10 cash** to help cover the cost of heat and lights.
- Bring a **shower curtain or drop cloth** to protect your table and the floor under you.
- Bring your **stuff**: paints, brushes, canvases, portable easel, etc.
- Bring your **lunch and beverage**.

Questions? Contact **Susanne Personnette**.



Viewed from the distance of the moon, the astonishing thing about the earth, catching the breath, is that it is alive...If you had been looking for a very long geologic time, you could have seen the continents themselves in motion, drifting apart on their crustal plates, held afloat by the fire beneath. It has the organized, self-contained look of a live creature, full of information, marvelously skilled in handling the sun.

Lewis Thomas, *The Lives of a Cell*

Our **Minister, Caring Circle** and **Pastoral Care Team** are all available to help during difficult times.

Our Caring Circle coordinator is **Catharine Porter**. Please contact her or your own Caring Person for rides, food, and simple needs. Other Caring Circle members are **Linda Callahan, Carolyn Holstein, Gabriela Horvay, Mary Latham, Karen Mack, Martha Nelson, Lynn Sussman, Gordon Wyse** and **Naomi Yanis**.

Our Pastoral Care Team coordinators are **Fran Plumer** and **Charlie Atwood**. Other members are **Rob Fuderich, Gene Herman, Rev. Rachael Hayes, Carol Johnson, Pete Rogers, and Mary Wyse**. Please contact one of them for more complex or personal needs.

We send love and support to all who are struggling with illness, bereavement, or difficulties of any kind in your lives or the lives of your loved one.

SAVE THE DATE!

UUSA Congregational Conversation

Sunday, December 15, 12:15-1:30 P.M.

Please stay after service December 15 for a Congregational Conversation. Join all for a hearty spread provided by the Religious Education Ministry and Board of Trustees in the Willie Eaton Social Hall. Then return to the Sanctuary to reflect on the various transitions our congregation is currently engaging.

One particularly obvious transition is our size. Our membership numbers put us in the category of “mid-sized,” bigger than the “small” congregation we have been for decades. This growth means we are offering a safe and nurturing community for more people than ever before — which is certainly joyful news. Our growth also means that some of what we have always known is changing.

What opportunities and what challenges accompany our growth? What is likely to stay the same and what might change? And — as we continue to grow and spread our reasonable and embracing faith — what will be challenging to let go of and what will be exciting to take on?

We will have opportunities to praise what is going well and discern ways things could improve. Please join us in a guided conversation with members of the Board and Rev. Rachael.

Childcare is available

For your convenience, this form is also available (in pink) on the table in the foyer!



*Help Decorate
Our Sanctuary
for the Holidays!*



Purchase a poinsettia plant to be used to decorate the sanctuary for our holiday worship services. After the holidays, you may either bring your plant home or arrange to have us deliver it to a home-bound person in our congregation or the community.

Please fill out this form and return it to the meetinghouse with payment.

By mail to: Unitarian Universalist Society of Amherst
P.O. Box 502, Amherst, MA 01004-0502

Or **place it in the collection plate** during the service,
Or **return it to the Office Administrator's mailbox** outside the office on the lower level.

PLEASE RETURN BY:
TUESDAY, DECEMBER 10TH
(so that we can place an accurate order with the florist)

Name _____

I would like to purchase _____ poinsettia plant(s) at **\$15.00 per plant.**

Total Amount Due: _____

Please enclose payment with this form.

Make checks payable to "UUSA" (write 'poinsettia' in the memo line)

Plant Dedication(s) (optional):

In **honor of**

or **in memory of**

I would like to bring my plant(s) home.

Please deliver my plant(s) to a home-bound person.