

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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The Rev. Rachael Hayes

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NEWSLETTER

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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 consistent style. Thank you!

Printed on recycled paper



Schedule of Services

Sunday, November 3, 10:30 A.M. – *White People Have Work To Do*

The Rev. Rachael Hayes

We are the heirs of systems of oppression. Some of us benefit from these systems, and all of us are harmed by them, though not all in the same ways. White people have the opportunity and responsibility to disrupt white supremacy, whether it comes in the form of white nationalism, structural oppression, or of the voice inside us that says we're not important enough to make a difference. This service is inspired by *White Fragility* by Robin DiAngelo and the letterpress art of Kitty Koppelman.

Sunday, November 9, 10:30 A.M. – *Justice, Equity, and Compassion*

The Rev. Rachael Hayes

The second principle of Unitarian Universalism is “justice, equity, and compassion in human relations.” What does that actually look like, where can we find these values enacted in our community, and how are we called to live this principle?

Sunday, November 17, 10:30 A.M. – *Tasting Grief and Gratitude: A Ritual for the Senses*

The Rev. Rachael Hayes

In our lives, grief and gratitude come side by side. Join us for a sensory ritual celebrating things that matter. *Today is our Dedicated Offering Sunday.*

Sunday, November 24, 10:30 A.M. – *Green Slime and Other Cherished Traditions*

Janis Gray

Let's explore thanksgiving celebrations across different cultures, at the UU Society of Amherst, and within our own families – from wishbone tugs-of-war to weird and wiggly desserts. Tell us about some of *your* traditions!

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 is for Goodwin Memorial African Methodist Episcopal Zion Church, which stands at the end of Woodside Avenue, a small street near the center of town (but off the beaten path) parallel to and one block west of South Pleasant. Our Society is joining with more than a dozen other houses of worship through ION (Interfaith Opportunity Network) to help Goodwin continue serving its present and future congregants. ION sees this fundraising as not only helping Goodwin with its structural problems but also a concrete step toward restorative justice. Historically systematic racism gave white churches privilege and power while denying the same to African-American churches.

This very small and old historic church with about 30 active members is in immediate need of an oil burner costing \$13,000 in order for services to be held this winter. In addition, other repairs and restoration work including better insulation, foundation repair, improved bathrooms and handicap accessibility would cost at least

another \$40,000. Money raised will also go towards matching grants from Amherst's Community Preservation Act account and the Massachusetts Historical Commission.

Goodwin itself has a very long history of standing up for itself. Its roots started in 1869 when some black Amherst College employees did not want to continue worshiping at a predominately white congregation. They wanted to control their own form of worship. With the help of Amherst College after securing the land, members did the hard physical work of building the first African-American Church in Amherst, the Zion church. In the early 1900s they received further assistance from Booker T. Washington in raising money to build the chapel building. Goodwin takes great pride in being part of the African Methodist Episcopal Zion Church. AME Zion is known as "The Freedom Church" because of its involvement in the abolitionist movement and assisting Harriet Tubman with the Underground Railroad. Many of Goodwin's members who are part of their own talented gospel choir also provide leadership and membership in the Amherst Area Gospel Choir. Both of these choirs spread the story of black history in this country.

Two years ago our Society helped the Hampshire Mosque raise money to pave the parking lot for their renovated new site; let's show the same type of support for Goodwin Memorial. This message of support for people of other faiths needs to be made loud and clear today.

On October 20 we raised \$666.80 for the Unitarian Universalist United Nations Office. Here is an update from UU-UNO, which works to represent Unitarian Universalism in international politics:

"While the situation in Kashmir has largely disappeared from headlines in the U.S., it was felt during the high-level debate in September at the United Nations' annual General Assembly. The now nearly two-month long curfew and internet blackout continues to make life in Kashmir extremely difficult and hazardous, with thousands of journalists, academics, activists, and others being arrested and detained arbitrarily, and many young men and boys being disappeared. In September the representatives from many of the world's countries addressed the General Assembly at the UN's NYC Headquarters to lift up issues they are concerned about. Notable among these speakers was Pakistan's Prime Minister, Imran Khan, who spoke to the Indian occupation of the disputed region of Kashmir. On August 5, 2019 India defied UN Security Council Resolutions by revoking the special status of Kashmir, sending hundreds of thousands of Indian troops to enforce the curfew and internet blackout. [In his address to the General Assembly](#), Imran Khan demanded that India lift this 'inhuman' curfew which threatens an all-out conflict between India and Pakistan, two nuclear-armed states. 'When a nuclear-armed country fights to the end, it will have consequences far beyond the borders. It will have consequences for the world,' Mr. Khan said, adding: 'That's not a threat... it's a fair worry. Where are we headed? I've come here because this is a test for the United Nations. You guaranteed the right to determination of the people of Kashmir. You have a responsibility.' It is important for Unitarian Universalists to understand some of the complexity of tensions and powers in the region and the very real danger to human life and freedom - all of this further exacerbated by the proliferation of nuclear weapons."

Minister's Letter

Dear UUSA,

We are growing. We are crossing the boundary from being a small to mid-sized congregation. The board is talking a lot about what this means for us practically, but I'm also thinking about what this means for us spiritually. Milestones are a good time to take stock and reflect.

The time has come when it's impossible to feel close to every person in the congregation. This is not a bad thing. It means that there's something happening here larger than the sum of our individual connections: a sense of belonging, a sense of commitment, a connection not simply one to another but the individual to the larger whole.

And yet, those individual connections are important. During this year, we will relaunch small group ministries (also known as covenant groups or chalice circles in some congregations) as one way to continue to build more intimate connections as we grow. If you would like to be matched with a small group, please take this survey: <https://forms.gle/feW7rZjDGHktdH7c7> (If the survey doesn't work for you, you are welcome to contact the office.) I'm also hearing requests for more social groups. If you are interested in starting a book group, knitting group, or other informal gathering, let us know what makes you feel connected.

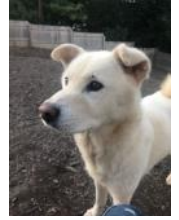
As we gain a little more clarity around the larger *us* of UUSA, it becomes clearer that the congregation's mission is not the same as the passions of the individuals who are part of UUSA. What we can do together is not just what we do as individuals scaled up by 150 people. The power of the congregation is the spiritual resilience to trust that each of us has a place, a purpose, and a role and none of us needs to feel stuck. To paraphrase Rabbi Tarfon in the *Pirkei Avot*, the work is on no one person to complete, but all of us need to participate in it.

Let's lean into this exciting change; embrace the growth that is the evidence that we are offering something good to the community. We have a lot to celebrate. All of those things that brought us to this moment have served us very well. It is healthy to honor that work and continue to ask whether the ways we have done things in the past are the most useful to us as we grow.

In faith,

Rev. Rachael

PS: I would like to introduce to you the newest member of my family! I have adopted a dog. He is a Korean Jindo mix, about 2 years old. I am calling him Yuly.



UUSA Discussion of White Fragility

Following the November 3 Service; 12:00 – 1:30 P.M. Downstairs

You're invited to join the discussion even if you haven't read the book with this title. We will be focused on issues raised both by this best-selling book and related topics that Rev. Rachael will explore in her sermon on November 3.

Facilitated discussions prompted by:

White Fragility: Why It's So Hard for White People to Talk about Racism

by Robin DiAngelo

"whites are operating under the false assumption that we can't simultaneously be good people and participate in racism" (p.49)

And also by the November 3 Sermon:

"White People Have Work To Do"

For those who can't make it to the discussions that Sunday: Please sign up for a Wednesday evening discussion, Nov. 13 from 7:00-8:30 P.M. by emailing pile11@charter.net

Sponsored by the Dismantling Systemic White Supremacy Ministry

Wishing for one more cup of "Joe" before services begin?

The Membership Committee invites hobbits and anyone else arriving early (after 10:00 A.M.) on Sundays to step into the Willie Eaton Social Hall to enjoy **regular or decaf coffee, regular or herbal/fruit tea or (we know it will be especially welcome in hot weather!) cold water.**

Compared to our lobby at that hour, we believe the Social Hall will also be a quieter and less crowded space in which to catch up with friends as they arrive before the service at 10:30 A.M.

Should goodies happen to be laid out already on the long table by our Social Hour hosts, please hold off on your "second breakfast" until after the service. Thank you.



Membership

Are you wondering about becoming an “official” member of the Unitarian Universalist Society of Amherst? Please join Rev. Rachael and representatives from the Membership Committee on Saturday, November 9, at noon until about 2:00 P.M. for lunch, conversation, and a crash course in all things UU and the benefits of membership. (You won’t be expected to join simply because you came to this class!) Please RSVP to **Janis Gray** so we can plan how many to expect for lunch, as well as know about any dietary restrictions or childcare needs.

Immediately after the Sunday Service on November 10, the Membership Book, our minister and two witnesses from the Board of Trustees will be available by the pulpit 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!

Save these dates!

Lunch with the Minister Thursday, November 12, at 12:30 P.M.

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



Parents as Spiritual Guides Sunday, November 17, 11:45 A.M. - 12:30 P.M. – Classroom A

Childcare and snacks provided in Classroom B

Rev. Rachael, Rebecca and Jacy will lead a 45-minute session on parenting in the UU tradition. Topics and questions for parents and guardians will include: What do you think your spiritual role is? How do you serve as a guide and what would you like to learn and do differently? How would you like to help your children develop their faith? What rituals does your family have and what do you want to create in the future?

Come let’s start a conversation which hopefully will continue throughout the year.

Music Notes



Choir news We took an in-choir survey about possibly changing our rehearsal schedule, and decided to keep the rehearsal time the same as it’s been (Sundays 8:45 - 10:00 A.M) for the time being.

If others in the congregation would like to join the choir, please see Music Director **Brenda Miller** or email her at music@uusocietyamherst.org.

Message from the President

Hello friends,

You might notice that members of the Board of Trustees are wearing badges that say “Ask me about the UUSA Board of Trustees.” Please do ask these good people about their service to the congregation through board governance.

As you might know, each Unitarian Universalist society is an entity wholly governed by itself. Our faith does not have a creed or overarching authority. We are free to choose our own path forward. However, The UUSA Board is well aware of our interdependence with the people of our congregation and community; and we are well aware of our responsibility to them. And so the Unitarian Universalist Society of Amherst (UUSA), has a (working and evolving) mission:

The Board is tasked with the fiduciary leadership of the UUSA; that is, the Board is in an ethical relationship of trust with the congregation to shape the vision and long-term goals of the UUSA. The Board ensures that the UUSA is externally effective, internally efficient, and fiscally sound. The Board creates policy that helps ensure the Congregation’s mission—and this policy is subject to the Congregation’s approval.

The Unitarian Universalist Association of Congregations states: “Governance is spelled out in the fifth Principle, which calls for ‘the use of the democratic process within our congregations.’” No matter what the UUSA Board decides, ultimately it is up to the congregation to approve. Below you will find an outline of the topics we will be discussing in addition to our normal decision-making:

- October: Explore and define Mission
- November: Revisit Mission
- December: Consider Stewardship as it meshes with Mission
- January: Revisit Stewardship
- February: Consider Outreach (publicity) as it meshes with Mission
- March: Revisit Stewardship and Outreach as they mesh with our Mission
- April: Consider Expansion and Mission
- May: Revisit ideas for Expansion
- June: Annual Meeting

Many of you are aware that our sanctuary is full nearly to overflow. Common wisdom says that if a sanctuary is full beyond 80%, newcomers feel uncomfortable about entering and settling in. Growing our congregation means expanding our message—of hope, responsibility, tolerance, faith exploration—to even more people seeking a reasonable, loving path. It also means looking at how we might expand our ways of meeting in order to expand our numbers.

Look for the UUSA Trustee badges and ask questions. We will be glad to listen and share our thoughts.

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



Religious Education Ministry

Let’s embrace the darkness together and find small ways to share the upcoming holidays with those of us who are less fortunate.

Preschool: Fall is a good time to explore family and friends and talk about our UU 7 Principles. **Jacy, Casey** and **Tess** have an endless amount of good energy for our littlest members.

Elementary: Every Sunday I work with K-6th graders to tackle a different UU topic through art, drama, and other kinds of activities. This November we will continue to learn about our UU Principles and Sources. So far we have covered river clean-up activism, the 1st Principle, mindfulness, and we have been upstairs to worship with everyone several times.

Coming of Age: This year 7th - 9th graders are working through the UU Coming of Age program. We have had several sessions. In the month of November we will be tackling UU Beliefs. The program will culminate in a trip to Boston and a youth-led worship.

Parent Support: **Rev. Rachael, Jacy** and I will be leading a special UU Parenting session on November 17 from 11:45 A.M. - 12:30 P.M. Childcare will be provided. Classrooms A and B.

Although there is no official youth group at the UUSA, we do have youth who are participating on the Board, in planning worship with Rev. Rachael, helping the DRE with various special programs, attending High School OWL at First Church, volunteering in the UUSA Preschool and gearing up to be part of the UU-UNO Spring Symposium.

Finally, thank you to the families who are signed up for our RE programming! If you know of families who would like to join us – the more the merrier!

Rebecca

Director of Religious Education

(dre@uusocietyamherst.org or 413-687-8722)

ADULT PROGRAMMING

“Perspectives on Aging in the Valley,” the second outreach/inreach event in the Outreach, Integration and Retention Task Force’s One Night Stand series, was attended by 20 people in late October. The new director of Amherst Senior Services, Mary Beth Ogulewicz, JD, LCSW, shared her collaborative vision for the engagement

of seniors in Amherst and the nearby area.

Drawing insights from her wide-ranging professional and personal experience, she offered a vision of programming and services that will continue to be robust in the Amherst Senior Center, but certainly extend beyond it, particularly to meet the needs of marginalized or underserved communities.

Ogulewicz (pronounced oh-guh-LEV-its) agrees with author Louise Aronson, who coined the term “elderhood” to describe a time of life that may extend from age 55 to over 100 years, due to medical advances and healthier lifestyles—a much wider span than the other core sectors of a lifetime: infancy, childhood, adolescence, and adulthood. “The stereotypes of aging do not capture the possibilities inherent in elderhood, which may, of course, involve some serious losses,” she said, “but can also be a vibrant time of discovery, a deepening of connections, and spiritual and physical activity that support new paths of personal and social development.”

For many of the attendees, it was their first visit to the Meetinghouse, but evidently not their last. Interaction with Mary Beth and participants was lively and thought-provoking. A sizable number of visitors asked to be informed of future events at UUSA.

Ogulewicz also announced the town manager’s appointment of UUSA member **Pat Rector** to the Amherst Council on Aging (ACOA). Pat will serve a three-year term and welcomes seniors’ thoughts on how Amherst could better enrich the quality of life for this sector of its population.

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 November 14 will be at Ginger Garden, on Route 9 and University Drive in Amherst in the Big Y shopping plaza. 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.

Fundraising



Join the fun! Room for 60!

TEA, TREATS & TRIVIA!

Saturday, November 2, 2019, 3:00-5:00 P.M.

Hosts: **Polly Peterson, Catharine Porter** and **Jon Solins** at the Amherst Woman’s Club. No need to cross the Atlantic to enjoy a delicious afternoon tea in the British style. Join us at the Amherst Woman’s Club for a yummy buffet of teatime treats (hot chocolate, too!), and a chance to match wits with friends and neighbors in a lively mash-up of trivia questions about British culture from Beowulf to the Beatles, Macbeth to Monte Python, the Mad Hatter to Meghan Markle. . . costumes optional! All ages welcome! Room for 60 guests!

Details:

Please send/bring check to the UUSA office (\$20/person), with “Auction” in the memo line. Please RSVP to Lea in the office, a few days in advance of the event office@uusocietyamherst.org | 413-253-2848

AN INTIMATE EVENING WITH TWO SINGER/SONGWRTITERS

Where: UU Society of Amherst, 121 N. Pleasant St, Amherst, MA

When: Saturday, November 16, 2019, 7:00 – 9:00 P.M.

Sliding Scale: \$10-15/person

Join us at the UU Society of Amherst for a concert of original music provided by artists **Dave Dersham** and **Jason Threlfall**. Dave Dersham's lyrics are fiercely honest, wonderfully articulate and paint a unique image of Americana, with well-crafted songs of hope and challenge. Jason Threlfall paints reflections of love found, love lost, and everyday challenges that test the human spirit.

“Dave Dersham's songs are rich and earthy. Listen closely – you'll catch quick turns of phrase and wry humor in one song and honest and dark explorations of the human condition in the next.” – Matt Smith, Club Passim



Mark Your Calendars !!

Unitarian Universalist Society of Amherst

Saturday, December 7, 5:00 p.m.

\$15/Adults; \$5/Children 3-17

Bring your family and friends and join the fun at our family-friendly Winter party & fun(d)raiser.

concert & sing-a-long with Brenda and friends

bonanza of themed gift baskets

yummy soup & salad dinner

cookie walk 🍪 leave with a box of holiday cookies!

50/50 raffle



Social Action



Just One Thing On **November 10**, the second Sunday of the month, there will be a collection for the Amherst Survival Center. As more people need the food the Center provides, any assistance our Society provides helps a lot. The specific items needed will be listed in the emailed weekly announcements closer to that date. For information, contact **Mary Beth Seminario**, mbsem@comcast.net, 413-253-0894.

Not Bread Alone On Saturday, **November 30**, our Society is responsible for **providing lunch** at Not Bread Alone, the soup kitchen in the basement of First Congregational Church, Amherst. A few days before, many of us will have had a very filling Thanksgiving meal. Can you help other people enjoy a nourishing meal? **Seven more people are needed** to create a very tasty meal, serve it as well as clean up. We work in shifts: cooks 9:30 A.M. - 12:00 P.M.; servers 11:45 A.M. - 1:15 P.M.; cleanup crew 12 - @ 2:30 P.M. No experience is needed as we work under the direction of the kitchen manager who tells us what to do. Meet new people, have fun and do good!! If you can help, please contact **Mary Beth Seminario**, mbsem@comcast.net, 413-253-0894. THANK YOU!!

Green Sanctuary

Local Climate Activism

Sunrise Movement

By Allison Brau

In the past few months, a youth-led climate justice movement known as the Sunrise Movement has exploded across the country. The movement, founded in 2017, gained traction and made national headlines last November, and this year has grown from only fifteen hubs to over 200 local chapters.

The Amherst hub, of which I am a member, recently brought people to Boston for the September 20 Climate Strike, and we are looking forward to the next global climate strike in early December. Stay tuned! We are also working with the town council to push for local climate action.

In the long term, the movement's goals are to put the climate crisis front and center in the national conversation, help the public feel the crisis, get out the vote for the next election, and build to an overwhelming strike in 2021 to put immense pressure on our elected officials to take action on the climate crisis. To sign up for the National Sunrise Movement newsletter, visit sunrisemovement.org. Sign up for the Amherst Sunrise Movement mailing list at bit.ly/amherst-sunrise-signup.

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:**

Nov. 1 and 15	Feb. 7 and 21
Dec. 6 and 20	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/123DPsJI6SkODszWUcyz_jhRXto7es8ux_IahiJb5w0I/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**.

Our Caring Ministries



“A bird doesn’t sing because it has an answer,
it sings because it has a song.”

Maya Angelou

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, the Rev. Rachael Hayes, Carol Johnson, Pete Rogers,** and **Mary Wyse**. Please contact one of them for more complex or personal needs.

Elizabeth Alcaide would like to thank those who attended her husband **Ted’s** Celebration of Life Ceremony last month and everyone who made generous contributions to UNICEF in his memory. We collected \$2,520 to donate to help meet the basic needs of the world's most vulnerable children.

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 ones.

Denominational Affairs



Great News! The asbestos remediation at Greenfield All Souls Unitarian Universalist Church is complete, and its members are back in their building and “back to business.”

ARISE & DANCE
FOR CLIMATE JUSTICE!
A benefit for Arise for Social Justice
www.arisespringfield.org

Live Music by: **JO SALLINS**
with Special Guests: **Heshima Moja**
Jordan Johnson, Ed Linehan, & Matt Penza

Featuring:
**Exciting Jazz Standards, R&B Classics,
Spicy Latin Dance Rythms & Much More!**

"With all the things I do, regardless of the age of the audience, the setting or style of music, I owe my entertaining skills to James Brown. If people are not enjoying themselves, then what's the point?"
- Multi-instrumentalist, Jo Sallins

SATURDAY, NOVEMBER 2, 2019 • 7:30PM-10:30PM
The Veterans of Foreign Wars Hall
18 Meadow Street • Florence, MA 01062

Admission at the door \$25-\$15 sliding scale • Cash Bar & Free Snacks