

# THE AMHERST UNITARIAN UNIVERSALIST NEWSLETTER

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

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## Important Information

**STREET ADDRESS:** 121 North Pleasant Street,  
Amherst, MA 01002

**MAILING ADDRESS:** P.O. Box 502, Amherst, MA  
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**MINISTER :**

**The Rev. Rachael Hayes**

[revrachael@uusocietyamherst.org](mailto:revrachael@uusocietyamherst.org) or leave a message with  
Lea Douville, below. Office hours to be determined.

**OFFICE ADMINISTRATOR:**

**Lea Douville**

413-253-2848 (office) or [office@uusocietyamherst.org](mailto:office@uusocietyamherst.org)

**Hours:** Monday through Friday, 10:00 A.M. –2:00 P.M.

**DIRECTOR OF RELIGIOUS EDUCATION:**

**Rebecca Fricke** 413-687-8722 or [dre@uusocietyamherst.org](mailto:dre@uusocietyamherst.org)

**DIRECTOR OF MUSIC: Brenda Miller**

413-253-7855 or [music@uusocietyamherst.org](mailto:music@uusocietyamherst.org)

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## 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 consistent style. Thank you!

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## Schedule of Services

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**Sunday, September 1, 10:30 A.M. – *The Longing of All Things***

**Anne Cohen and Janis Gray**

Writes author Wendell Berry: “The room of love is another world. . . . so small that two people can hold it in their arms, and yet it is bigger than worlds on worlds, for it contains the longing of all things to be together.”

**Sunday, September 8, 10:30 A.M. – *Many Waters, One Water***

**The Rev. Rachael Hayes**

You are invited to bring a small amount of water from a place in your life to share in our annual water ritual.

**Sunday, September 15, 10:30 A.M. – *Seize the Day***

**The Rev. Rachael Hayes**

*Today is our Dedicated Offering Sunday.*

*A Fall Congregational Picnic will follow the service at Groff Park in Amherst (see page 6 for details).*

**Sunday, September 22, 10:30 A.M. – *Blessings and Backpacks***

**The Rev. Rachael Hayes**

All ages are invited to bring backpacks as we begin our Coming of Age program and think about what the year may hold.

**Sunday, September 29, 10:30 A.M. – Service title and guest speaker to be announced**

*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.*

*Texts of other sermons are available to members and friends of UUSA by request. Send email to: [office@uusocietyamherst.org](mailto:office@uusocietyamherst.org)*

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## Minister’s Discretionary Fund Appeal

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Thank you for your contributions in June during a collection for The Minister’s Discretionary Fund, which allows our minister to help both congregation members and people from the greater community by providing discreet financial support. The fund had been depleted, but together we raised \$545.

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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.

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 first Dedicated Offering of this new congregational year will be on September 15 for **Tapestry Health**. Tapestry serves over 17,000 of your neighbors each year. They include women and children living in poverty, people struggling with addiction in isolation, HIV+ individuals in need of food and housing, and others who have difficulty accessing care. Tapestry can be the lifeline for college students, homeless, or low-income

families that they may need. A representative from Tapestry comes to our Wednesday morning community breakfast to offer Hepatitis C shots for those who may be vulnerable. They also offer a needle exchange at six of their eight locations.

As a non-profit organization Tapestry relies on community support, such as our Dedicated Offering.

### IN MEMORIAM

#### **Ted Alcaide (1935 - 2019)**

Longtime member Ted Alcaide died peacefully on August 8, 2019 at the Hospice of the Fisher Home. He was 83. He had been diagnosed with vascular dementia five years earlier.

Ted and his wife, the Rev. Elizabeth Alcaide, were active members of this congregation for the last 19 years. Ted served on the Board of Trustees and various committees. He was an extremely caring person. He devoted many years to working with the homeless in Cambridge, even after moving to Amherst. He reached out to many in the UU Society and beyond. He was, since the year 2000, a beloved member of one of the original Covenant Groups. The other members of this group will sorely miss Ted's intellect, his openness and honesty, and his unfailing love and support.

In addition to Elizabeth, Ted is survived by his daughter Fawn of Grand Junction, Colorado, son Howard of Orange, MA, and other extended family.

The Rev. Rachael Hayes led a brief but beautiful interment service on August 12 at Wildwood Cemetery. Piper Pichette played the troubadour harp. As we lowered his body into the earth, we all sang "Go Now in Peace" and covered his grave with flowers.

A celebration of Ted's life is planned for 10:30 A.M. on Monday, October 14, when the autumn leaves will be in their glory.

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### A Message from the President

Hello friends,

The Board is primed to begin an exciting new year with our settled minister **Rachael Hayes**. We will have a retreat together in September facilitated by the New England UUA to help us all get to know each other and set our priorities for the year.

Among those priorities is establishing ongoing financial stewardship through a committee dedicated to this task. This Stewardship Committee will replace our Pledge Drive Task Force and work closely with the Membership Committee, Fundraising Committee, and **Rev. Rachael** to help all friends and members of this beloved community understand the importance of ongoing financial support for our good works and beautiful meetinghouse.

Just outside the office, there is a Board Bulletin Board where you can find the schedule for Board meetings (third Wednesday of each month at 7:00 P.M.), approved minutes, a financial dashboard report, and other information that might be of interest. You can also find a photo that identifies Board members (also check out the "Our Elected Leaders page on the website). Please always feel free to ask Board members questions and make suggestions.

Requests to be included in the Board agenda must be made by the first Wednesday of the month. All reports must be submitted in writing by the second Wednesday of the month, to ensure all Board members will have an opportunity to read the report. Time at the Board meeting is limited to responses to reports. You can send requests to [karenmargaretfisk@gmail.com](mailto:karenmargaretfisk@gmail.com) and [scarewrice@gmail.com](mailto:scarewrice@gmail.com).

As always, our most important yearly goal is to continue to embody this thriving and beloved faith community shored up by the principles and sources of a remarkable and reasonable faith: Unitarian Universalism.

Yours in faith, Karen

## FROM THE TRANSITION TEAM

Join us and **Rev. Rachael** for a look at our UU Society of Amherst history and share *your* history. You can look for answers to the following fascinating questions – or maybe answer them yourself! When and where did the first Vietnam War protest happen in Amherst? When was the stained glass angel installed? When did you first suspect you were a UU'er? When did you first begin attending UUSA services? What are your hopes for our UUSA future?

Starting Sunday, September 22 at Social Hour, you will have a chance to discover this trivia on our time line set up in the Willie Eaton Social Hall. The time line will be up for three weeks for you to add your comments. On the final week, Sunday, October 6, we will come together for a potluck lunch and share our findings.

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## Membership

**Our Membership Book is 100 years old this year!** And it's showing its age. We are grateful to **Hardy Ballantine**, a member and professional bookbinder, for volunteering to repair this treasured tome.

**Are you wondering how you can receive a "permanent" name tag?** This summer we learned that some people believe they must become "official" members of our UU Society before they can receive nicely printed name tags (in plastic sleeves that can be pinned or clipped to clothing), rather than the temporary, stick-on kind. Not so! Anyone is welcome to a permanent name tag. If you would like our office administrator, **Lea Douville**, to print one up for you, ask someone at the Welcome Table after the service, or just stick your "temporary" name tag on a 3x 5 card in the little green pot that you can find on the narrow table under the name tag "wall" in the entry way. **The next Sunday, check that same table** – your shiny new tag will likely be ready and waiting for you to wear it.

### **How we can help our UU Society be even more welcoming!**

The Office of Youth and Young Adult Ministries, Unitarian Universalist Association, has come up with suggestions for greeting young adults during social hour. But our **Membership Committee** and **Rebecca Fricke**, Director of Religious Education, agree that some of these can be applied to interactions with people of *every* age and background! We've adapted a few of the ideas here:

*Avoid asking:* **"How old are you?"**

*Why:* Is age so important?

*Say instead:* **"What did you think of the service today?"**

*Avoid asking:* **"What do you do?" or "What year are you in school?"**

*Why:* For those who are un- or under-employed, work is a tricky question; assuming someone is a student also implies you think they are of a certain age or life stage. Give them the chance to talk about whatever is meaningful, which might not be school or a job.

*Say instead:* **"So tell me about yourself..."**

*Avoid asking:* **"Are you new here?"**

*Why:* A young adult may have been attending for years, you just haven't met them. Or, a relative newcomer may have attended services several times! This question can seem to say you think they don't belong here.

*Say instead:* **"I'm not sure we've met, my name is . . ."**

*Avoid saying:* **"We need more young people like you!" [Or more families with young children, or more individuals who identify as people of color, LGBTQ+, or . . . ]**

*Why:* Like everyone else, they want to be seen for who they are, not as a token for a particular demographic.

*Say instead:* **"Great to meet you!"**

*Avoid asking:* **"Have you met our other [person who also identifies with that demographic]?"**

*Why:* They may want to meet people of any demographic.

*Say instead:* **"Can I introduce you to my friend?"**

## Religious Education Ministry

Our official Religious Education (RE) September start is coming up on September 8th! As in the past, our elementary RE program will vary from one week to the next. We will be mixing cooking, mindfulness, art, science, and literature activities in with our discussions about the UU faith and practice. **Jacy** also has a wonderful program planned which will care and nurture our youngest members of the congregation in the preschool, birth through Pre-K.

This year we will be offering **Coming of Age for 7th-9th graders**. Coming of Age starts with a bonding experience and ends with a pilgrimage to Boston to learn about UU heritage. One of the most important aspects of this curriculum is time devoted to learning spiritual practices such as prayer, meditation, social justice, art – focused time to leave behind any stress and concentrate fully on being at peace. The beginning of the year is ritually started with a ceremony in church and the end of the year is marked by the kids sharing their credos – or personal faith statements — with the congregation. Please talk to me if you are interested in your youth participating or if you have questions about the program.

This fall I will be meeting with high school youth to work with them on how to make the most of their UUSA experience. High school is a stressful time and it is important for our programming to be as meaningful as possible. Youth and parents can reach out to me at any time.

As many of you know, 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.

Rebecca Fricke, Director of Religious Education  
[dre@uusocietyamherst.org](mailto:dre@uusocietyamherst.org) or 413-687-8722

### Dates to Put in your Calendar:

- RE Sidewalk Sunday – September 1, 10:30 -11:30 A.M.
- Water Communion and first official day of RE – September 8.
- Welcome Back Picnic – September 15 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 Annual Source to Sea Cleanup – Saturday, September 28.**

### Help keep the Connecticut River clean at the annual Source to Sea Clean Up with the Connecticut River Conservancy

#### Saturday, Sept 28, 9:30 A.M. to noon

This is a project for UUSA congregants of all ages, the Green Sanctuary Committee, and the UUSA Youth Group. Please bring work gloves, rain boots, shovels, and rakes. We'll be working in steep and muddy areas, and on the lookout for ticks and poison ivy. Sounds rough, yes? But there are lots of jobs, not all of which require great agility.

The UUSA has participated in the Source to Sea Clean Up for many years – and it is making a difference. The Source to Sea Connecticut River Clean Up is a great way to be outside, in the water, and with friends doing good work. Please join us.

Sign up at a Sunday service, or email:

**Ron Grosslein**

**Karen Fisk**

**Rebecca Fricke** [dre@uusocietyamherst.org](mailto:dre@uusocietyamherst.org)

We'll email you the location(s), weather issues, etc. as the date approaches.

For a look at the larger effort, follow this link:

<https://www.ctriver.org/our-work/source-to-sea-cleanup/>.

See you at the river!

# UUSA Fall Congregational Picnic

## Sunday, September 15th

Groff Park, 83 Mill Lane, Amherst

Immediately following the Service from 12—2 pm\*

\*If it is raining we will picnic in our social hall.

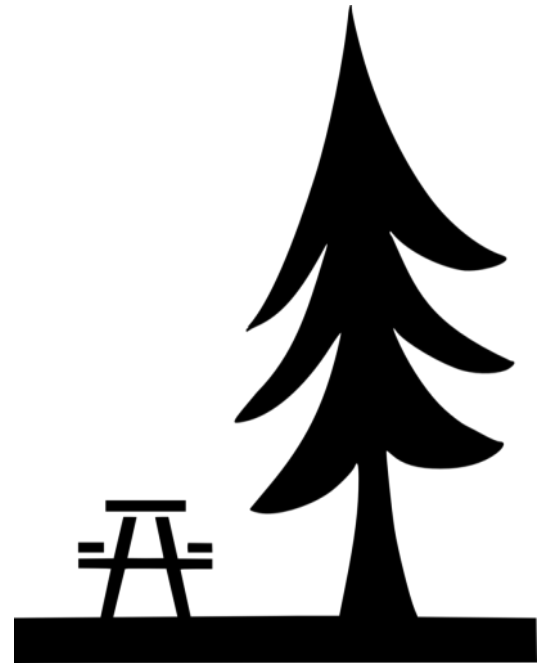
Suggested Food Contributions by Last  
Name:

A-E: Desserts

F-K: Appetizers

L-S: Main Dishes

T-X: Salads



Come Enjoy Community and the Start of the  
New Year!

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## Fundraising



### Holiday Revelry – Songs, Soup, & Sweets

Mark Your Calendar! Sunday, Dec. 8, 5:00 – 8:00 P.M.

Join us on Sunday, December 8, at 5:00 P.M. for a festive evening of community fun. We'll start the evening with a concert and sing-a-long led by our fabulous music director, **Brenda Miller**, and friends. A hearty soup and salad supper will follow, complete with special holiday beverages. Gift baskets of all sizes created by the Basket Brigade will be available. The evening will wrap up with a Cookie Walk (think cake walk), where all participants will take home a box of delicious holiday cookies. This is a UUSA community builder and fundraiser so mark your calendars for December 8, 5:00 P.M. Plan on bringing another family or a friend! For more information, please contact: **Mary Herman** or **Sue Kelly**.

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## Social Action



**Get Your Hands on a Copy!** Robin DiAngelo's book, *White Fragility*, was a hot topic of conversation at UUSA this summer. In the fall, you'll have a chance to say more about what the book evoked in you (in facilitated conversations) and how its messages relate to our congregation's practices, habits, and organizational structure. Book available at bookstores, free at local libraries (heavy demand, but you might get lucky), and ask **Rebecca Fricke** or **Lea Douville** for a loaner copy.

**Just One Thing** On **September 8**, the second Sunday of the month, our first fall collection for the Survival Center will occur. As we begin our formal congregational year, let's make this a HUGE offering for community people in need. Soups and stews are always in demand, but anything that you give is most appreciated. A more detailed list of needed items will appear in the weekly announcements two weeks before. Thank you as always for your continued support. For information contact **Mary Beth Seminario**.

**Sanctuary** The week of August 11, **Maria Lydia Spinelli**, **Mary Beth Seminario**, **Martha Nelson**, **Brian Yellen** and **Susan Rice** brought main courses, salads and desserts to Lucio Perez and his children on three nights. Lucio has been in Sanctuary at First Church since October 2017. Eleven houses of worship and more than 200 people help with evening meals, transportation for his family between their home in Springfield to the church, accompaniment at the church and money for the family's daily living expenses and legal costs. If you'd like to help in any way please contact **Mary Beth Seminario**, UUSA representative to Amherst Sanctuary & Solidarity Network.

## ION CORNER

The Interfaith Opportunity Network (ION) is helping Goodwin Memorial AME Zion Church raise money to fix their boiler and make other needed repairs at their Woodside Ave. historic church in Amherst. On Saturday, October 26 at a benefit concert will be held at First Congregational Church. Entertainers will include Annie Patterson with others, Amherst Gospel Choir, Leverett Community Chorus, and a youth group. More people and groups are being sought. Before the concert a separate dinner will be held.

Our Dedicated Offering Committee has decided that our UU Society will support Goodwin by providing a Dedicated Offering this November.

Stay tuned for additional information about all of the above.

Mary Beth Seminario, UUSA representative to ION

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## Our Caring Ministries



"The beauty of the living world...has always been uppermost in my mind...I have felt bound by a solemn obligation to do what I could – if I didn't at least try I could never again be happy in nature...there would be no peace for me if I kept silent."

– Rachel Carson (1907 – 1964)

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. 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.

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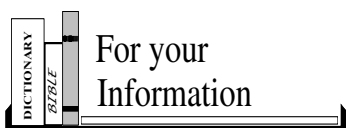
## Social Events

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**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.

**The Women's Lunch Group** meets on the second and fourth Thursdays of the month at noon for spirited conversation over local, inexpensive cuisine. Our luncheon September 12 will be at Johnny's Tavern, 30 Boltwood Walk, Amherst. 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**.

**Fall Congregational Picnic** Sunday, September 15, noon, at Groff Park in Amherst (see page 6 for details).



**Prevent a Fall!** UUSA member **Pat Rector** is co-teaching a FREE eight-week session on "Fall Prevention" on **Tuesdays, starting September 17, from 1:30-3:30 P.M.** at Applewood at Amherst, 1 Spencer Drive. Applewood is located across from the Eric Carle Museum. Before her retirement, Pat headed the outreach and education centers of clinics affiliated with Upstate Medical University in New York.

According to a study published by the *Journal of the American Medical Association*, the rate of mortality from falls more than doubled from 2000 to 2016. But most falls are avoidable. Learn how to reduce your risk and that of others.

Open to the public. Sponsored by Highland Valley Elder Services. Pre-register with Kelley Murphy at 413-253-9833. Class size limited, so register early.