

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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Deadline for submissions: 20th of each month.

Email them to jsgray@crocker.com.

Please understand we cannot cut and paste PDF files into the newsletter, so submissions should either be Word documents, rich text files or written in the body of the email. 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

Join us at <https://bit.ly/2W4iFlg> Meeting ID: 995 3467 6532 Passcode: 203614
Or call in: 646 876 9923 and enter the Meeting ID.

Sunday, October 3 , 10:30 A.M. – *The Grand Harmony: A Look at Our 7th Principle*

Kate Dahlstedt

Kate, our speaker this morning, is a longtime member of our congregation.

Today is the first Dedicated Offering collection for October.

The theme for Rev. Rachael’s three October services is “Many Roads”

Sunday, October 10, 10:30 A.M. – *Indigenous Peoples’ Day: Sacred Footprints*

The Rev. Rachael Hayes

Sunday, October 17, 10:30 A.M. – *Worthy Now: Prison Ministry*

The Rev. Michael Tino of the Church of the Larger Fellowship

Sunday, October 24, 10:30 A.M. – *Many Roads*

The Rachael Hayes

We hope to begin multi-platform worship with this service! See page 3 for details!

Sunday, October 31, 10:30 A.M. – *Gathering at the Village Well*

The Rev. John Pastor

The village well is where the community, this congregation, gathers to be share, to feel welcome and to be nourished by the living waters.

Blessing of the Animals

October 17th
(Rain Date—October 24th)

Outside the UUSA

1:30—3 PM

**Bring your pet, a stuffy or a picture of your
pet to be blessed**

Make some art -Help in the garden-
Make some music-

ALL AGES WELCOME

Please come masked and ready to have fun!



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Please come masked and ready to have fun!

Late-breaking News!

On Sunday, October 24, we hope to begin multi-platform worship from the Sanctuary. A small number of in-person attendees will join the service from the Sanctuary, in addition to the attendees on Zoom. We are still learning how to make this happen. There will likely be a few bumps along the way, but it's very exciting to look forward to this new way of doing worship services.

Do you know we have a UUSA YouTube Channel?

Original content from some services from this worship year have already been uploaded, and others are on the way. To view them, click [here](#) — and don't forget to **SUBSCRIBE!**

Dedicated Offerings

This year, each month will be devoted to a new Dedicated Offering (DO) recipient whose representative will speak on the first Sunday. We will no longer hold a separate offering for the DO recipient but will split Sunday's offering plate 50/50 with the recipient organization. This move symbolizes the solidarity we feel with the organizations we choose to support, and it gives us all more opportunities to contribute. As always, please specify whether the funds you send to the office or by PayPal are for the Plate, your pledge, or some other purpose.

Our October recipient is **Doctors Without Borders (Medecins San Frontieres, MSF)**. MSF is a very large international medical organization which provides care to people whose survival is threatened by violence, neglect or catastrophe. Established in 1971, it has provided lifesaving help to hundreds of thousand of people in 70 countries. It has developed and produced pre-packaged disaster kits ready for transport within hours, including a complete surgical theater the size of a conference table and obstetric kits the size of a two-drawer file cabinet. MSF provides medical care in very challenging situations. There are presently 41,000 doctors, nurses and other aid workers engaged in life-saving work around the world. Providing care in Afghanistan has been a challenge because of the extreme poverty and fragile health care system. MSF has been there before and after the Taliban take over. treating war wounds as well as performing more routine medical services. Facilities that would normally provide back-up services are not open. In Haiti, after the 7.2 magnitude earthquake, (followed shortly by a hurricane) MSF opened an emergency center, added beds and sent a massive amount of medical supplies and increased medical personnel. Additionally, drinkable water supply systems were established throughout the island. Supplies were delivered by air or sea as needed. Elsewhere MSF is responding to massive COVID-10 outbreaks around the world. In India by setting up a 2,000 bed temporary hospital; in Lebanon by helping vaccinate people & opening up 2 new vaccine sites; in Brazil by helping provide care especially in remote areas. Almost wherever in the world a disaster occurs requiring medical assistance, MSF responds. Please support this life-saving work. Thank you.



Join this historic Congregational Conversation!

Thursday, October 14, 7:00 P.M. (on Zoom)

Board members and members of the Reopening Task Force will be available to answer any questions you may have about the UUSA COVID-19 Building Use Policy. Please take the time to read the policy beforehand at:

<https://drive.google.com/file/d/1XL1rxvfc-zNzPRYQAFFcB2D3WU84DgqP/view?usp=sharing>

Thank you!



☞ **And . . . calling all Committee Chairs (and other leaders of UUSA)** ☞

Please save Wednesday, October 27 at 7:00 P.M. for a meeting of UUSA Chairs — details to come!

In Memoriam
Joyce (Joy) Southwell
February 20, 1938 - August 29, 2021

Joy Southwell, 83, an accomplished social worker and therapist, and lover of all plants and animals, passed away in August after a brief decline. She was born in Northampton, Massachusetts, and lived for most of her life in Amherst, where she was a member of our UU Society and choir before relocating to Florida to be near her son, Brian MacDonald, and granddaughter, Davika MacDonald. After the death of her son, she moved back to Amherst in 2020. She leaves her granddaughter and her infant great-granddaughter. The Rev. Rachael Hayes led a burial ceremony on September 3 at Wildwood Cemetery in Amherst.

Music Notes



As much as we were all hoping for some joyous singing IN PERSON this fall, alas it will have to wait a bit longer.

I hope everyone is singing along at home with the hymns.....please?!

That said, I am excited about some new music projects for this year. Stay Tuned!

I encourage everyone to sing in the shower, listen to your favorite music as often as possible, and keep tuning in to Sunday Services. There is much more to music than aerosol particles!!

Brenda

Religious Education Ministry



Young Adult Group - Monthly in person and online gatherings for Young Adults, aged 18-35. Contact Johnny at youthandya@uusocietyamherst.org for more information.

Youth Group - Monthly in person and online gatherings for high school students (9th-12th grade). Contact Johnny at youthandya@uusocietyamherst.org for more information.

Preschool (3yr and up) and **Kindergarten through Sixth Grade** This fall DRE **Rebecca Fricke** and **Jacy Armenti** are leading RE lessons outside at Wildwood Elementary School playground. RE time will feature Joys and Sorrows, Chalice lighting, getting-to-know-you games and a short RE lesson. All adults and children must be masked and symptom free. Parents and guardians are encouraged to participate in small group parent-led discussions in a different area of the playground. Please email dre'at' uusocietyamherst.org to introduce yourself and fill out the registration link [here: https://forms.gle/scrLZ6wRWdt6d6C7A](https://forms.gle/scrLZ6wRWdt6d6C7A).

Check out **Rebecca Fricke's** Director of Religious Education Blog for past descriptions of Sunday activities. Rebecca's blog includes written descriptions, website links and photos. Any questions? Ask! Want to get involved? Email Rebecca at dre@uusocietyamherst.org.

<https://u2canuu.wordpress.com/>

Green Sanctuary

Connecticut River Annual Source to Sea Clean Up

For this year's event, teams of Amherst UUs "beavered away," in member **Ron Grosslein's** words, at three sites along the river bank, one in Whately and two in Deerfield. On Saturday, September 25, he notes, one team "broke our social distancing rule" to pose at the end of the day for the photo below right by member **Steve Rice**. From left: **Sophie Rogers, Kate Rice, Lily McIntire, Jeff Clark, Jay Stryker, Pete Rogers, and Ron Grosslein**. "Lily wins the prize for the dirtiest kid," notes Ron. "Wait, she was the only kid — but she still wins. Many thanks to all who worked on this project!"



"The previous weekend," Ron adds, "four of us made a stab at recovering an old agricultural trailer that was embedded in the ground in the woods off Herlihy Park in Whately.

"**Elliott Kelly, Jeff Clark, Charlie Atwood and I** pried away with tree trunk levers against firewood fulcrums and raised the thing out of the ground. We'd come equipped with a generator and some sawzalls, intending to cut it up in place into pieces small enough to hand carry out to the parking lot.

"Then Elliott noticed that against all expectations, the wheels still turned, and there was still some air in the tires — so we winched and pulled and cursed and dragged it out in one piece. Now that's a trophy item of trash!"

Getting UUSA to Nearly Carbon Neutral

A few months ago, the Green Sanctuary Committee invited members of the congregation to join us during a Zoom social hour. We asked for input on how our congregation can address the oncoming climate crisis. We are working on several of those ideas, but the one that is the focus of this article is bringing our meeting-house building as close to carbon neutral as possible.

We have already done several upgrades to the meetinghouse, including adding cellulose insulation to the walls and attic above the sanctuary, sealing up leaky holes in the buildings, and installing a solar photovoltaic system. To get to carbon neutral, our next step would be to stop bringing natural gas into the building to energize five furnaces and a large hot water tank and replace that with electricity from our solar system to power heat pumps for heat and eventually hot water.

Reducing Natural Gas Usage We invited Sam Pomeroy, our current HVAC contractor, to talk to us about possibilities and costs. Sam explained that there are two ways to reduce our gas consumption. One option is to totally replace the furnaces with heat pumps, which would be extremely expensive over \$80,000 per furnace and might not even be completely feasible. The second option is to add heat pumps to each furnace to offset 50-75% of gas usage. That would cost about \$10,000 per furnace and could be done incrementally, such as one a year for five years. The Green Sanctuary Committee proposes this alternative and would seek the guidance of

the congregation as to when to begin this process.

Unfortunately, there is not a feasible electric alternative to our large gas-heated water heater at this time.

Increasing Solar Power Generation Given that our electric use would increase with the addition of the heat pumps, we also have asked a professional architectural engineer to evaluate whether additional solar electric photovoltaic panels could be added to the south roof of the sanctuary building. We contacted David Vreeland PE (Professional Engineer), who has offered to do that evaluation *pro bono* (a very generous offer). We do not have the results yet, but we hope that will allow us to design and add enough solar generation to our south roof to cover the increase in required electric demand, as well as much of the existing use.

More details will be coming on these alternatives. Both projects will need to be a capital campaign to cover the costs. Given the horrendous fires, hurricanes, and floods that so many parts of the United States have experienced this past summer due to the climate crisis, we are hopeful the congregation will help us move forward in decreasing our dependency on fossil fuels.

Social Events

Weekly Men's Breakfast The Wednesday morning Men's Breakfast held at Kelly's is *postponed until future notice* due to the prevalence of the highly contagious COVID-19 Delta variant in Amherst.

The Women's Circle is a supportive and social group of UUSA women and open to all. It meets at noon on the second and fourth Thursdays of the month. The group is now meeting both in person *and* on Zoom! Please contact **Sophie Rogers** if you have any questions or comments, or want to get on the email distribution list. If you do not have access to our UUSA directory (with Sophie's contact information), please contact **Lea** in the office.

Finance Committee

The Finance Committee will meet on Monday, October 18, at 7:15 P.M. on Zoom.

Our Caring Ministries



To pay attention, this is our endless and proper work.

Mary Oliver

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 Cave, Lauren Croce, Kate Dahlstedt, Gabriela Horvay, Sophie Herman, Mary Latham, Karen Mack, Lynn Sussman, and Gordon Wyse.**

Our Pastoral Care Team Coordinators are **Fran Plumer** and **Charlie Atwood**. Other members are **Elizabeth Alcaide, 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.

As always we send love and support to all of you who are struggling with illness, bereavement, or difficulties of any kind in your lives or the lives of your loved ones. We remember those who have suffered in so many ways from the ongoing corona virus pandemic, from the situation in Afghanistan, and from all the injustices in the world.

Ministry of Membership and Welcome

Introducing the Ministry of Membership and Welcome **Libby Stanforth, Ellen Pile, and Becky Lockwood** met several times over the summer after the Board asked them to work on a new Ministry of Membership and Welcome. **Karen Mack** recently joined to make us four. Our scope covers:

Outreach
Ingathering
Fulfillment

We have agreed on a covenant that inspires and guides our work. Here it is:

Love guides this ministry. We believe that building healthy and loving relationships is a spiritual practice. We make a commitment to attend meetings and start and end meetings on time. We covenant to listen deeply, speak compassionately, express gratitude, and embrace our unique diversity. We endeavor to communicate honestly and with respect, particularly when we are in conflict. When we hurt one another, we will try to make amends, forgive, and reconnect with an intent to repair, change, and grow. Our purpose is to make UUSA visible and welcoming to the greater diverse multicultural Beloved Community and to develop a deeper, richer sense of belonging at UUSA. In celebration of the common purpose that unites us and with the aspiration of Beloved Community before us, we will do our best to abide by this covenant.

We are busy establishing short-term priorities and are especially focused on welcoming visitors and newcomers right now. Expect to hear more about the Ministry of Membership and Welcome in future months. We are happy to hear your thoughts or answer your questions as the Ministry launches.

Social Action



Not Bread Alone Can you give a few hours to help prepare or serve a tasty lunch on Halloween weekend, Saturday, October 30? Our Society is responsible for helping to create this original noontime meal at Not Bread Alone (NBA), the soup kitchen at First Congregational Church Amherst. Safety and health COVID precautions are in place. Temperatures are taken, gloves worn and social distancing is maintained. Food is packaged inside for outdoor distribution. There is no inside dining. As we work under the direction of the kitchen crew chief, no experience required. We staff the kitchen in shifts. Cooks 9:30 -12:00; Packagers 11:15 - 1:00; Servers 11:45 - 1:30; Clean-up 12 - 2. NBA is located in the lower rear of First Congregational Church with access off the Spring St parking lot. If you would like to help, contact **Mary Beth Seminario**. (Lea in the office can give Mary Beth's email address if you do not have access to our directory). THANK YOU !!!

Moving forward into a new year As our congregational year begins anew, the Social Justice/Social Action Committee is looking forward to a new productive year. We welcome all members of this faith community who wish to work toward securing a better society for all. As Rev. Rachael told us, "Sharing the energy creates energy."

Our first meeting was held on Zoom September 19, immediately after the service. Attendees quickly raised a number of topics of concern, including aid to Afghan immigrants, criminal justice, racial justice, the climate crisis, food justice, and the 8th Principle.



After some discussion, the rapidly developing issue of people from Afghanistan who may be arriving in our area was identified as an immediate need that we could initially address by forming a circle of care. If you are interested in being part of this effort, please contact **Gabriela Horvay**, who is collecting names. (Lea in the office can put you in touch if you do not have Gabriela's contact information.) In the meantime, donations of kitchen items, toiletries, linens, baby clothes and diapers can be left in a collection box inside the Kellogg St. door of the meetinghouse. If you need the door code, please contact **Lea**.

To make a financial contribution at the present time, you might want to visit:

Catholic Charities of the Springfield Diocese: welcomehomenorthampton.org/donations

Jewish Family Services of Western Massachusetts: <https://www.jfswm.org/new-americans/refugee-resettlement-integration/>

ION Corner

ION (Interfaith Opportunities Network) continues its partnership with Native peoples in beginning to repair some of the harm caused by European colonization of the homelands of Native peoples of the Northeastern United States. We are supporting the following actions: 1) “Listening to the Call of the Great Spirit: Facing 400 Years and Walking into the Future” walk led by monks of the New England Peace Pagoda. Because of COVID, this fall’s walk will be a series of shorter walks ending at the Boston Common, possibly on October 31. As details become available, they will be publicized in our weekly announcements. 2) Support the MA Native Mascot Bill, S2493/H581, which would prohibit the use of Native peoples as the names and mascots of public schools sports teams. Native peoples have described the pain and shame that these mascots create for them and especially for their public school children. ION invites faith congregations and their members to ask our state legislature to repair the wrong that is still being done. 3) Follow-up to Faith Roots of Reparations workshop with an early winter workshop, “Roots of Injustice: Seeds of Change - Towards Right Relationship with Native Peoples.” This two-hour workshop traces the historic and ongoing impacts of the Doctrine of Discovery, the 15th century justification for European subjugation of non-Christian people.

Respectfully submitted, **Mary Beth Seminario**, our UUSA ION representative

Farewell to Arts Night

Our UU Society has participated in Amherst Arts Night, later called Amherst Arts Night Plus, since about 2007. Initially members of the Stained Glass Committee chose to be present in the sanctuary on the first Thursday of each month to raise public awareness of our Tiffany and La Farge stained glass windows, which were then in serious need of restoration.

In this free cultural event held in and around downtown Amherst, other participating venues hosted gallery openings, concerts, lectures, and various creative events.

UUSA’s participation went on hold shortly before we began renovations to our building, but resumed after the Tiffany was restored in 2014 through a generous grant from the Town of Amherst’s Community Preservation Fund Program. (UUSA sold the La Farge in 2013 to a collector who then donated it to the Boston College Museum of Art, where it has since been restored and is now on permanent display.)

Janis Gray has been the primary curator of the Tiffany during Arts Nights, accompanied at times by other members of UUSA, most recently **Linda Callahan**, **Jay Stryker** and **Tom Fricke**. The lockdown that arrived with COVID-19 shuttered Arts Night in 2020 and the first half of 2021, except for a few virtual or outdoors events. In September 2021, Janis received the following email:

“After nearly 20 incredible years of art and community in Amherst, the governance committee has jointly decided to discontinue the operation of Arts Night Plus.

“We wanted to reach out to you in advance of a public announcement, both so that you are not surprised and also to extend our heartfelt appreciation for your years of involvement. With your help, Arts Night became a beloved community event. Highlights include:

- Over 2,000 exhibits and events in downtown Amherst
- Seven seasons of traveling performances by area musicians
- Artist-centered events like the Studio & Supply Sale
- Curated broadcasts on Amherst Media during the COVID Spring of 2020
- Windows Into Art, a walkable exhibit in Fall 2020 featuring over 90 artists in Amherst storefronts.

“The decision to dissolve the current operation was not an easy one. As you know, managing the core operations and organizing additional events is a labor of love from our team of volunteers. Arts Night began requesting additional support and exploring alternative organizational models beginning in the Fall of 2019, after its two long-standing leaders expressed the desire to retire. Then COVID further transformed the landscape downtown and venues shut down. Our final decision was prompted by the continued need of two leaders to step down, and the recognition by the two interim co-chairs that

changes in their personal and professional circumstances meant leading Arts Night would be unsustainable for them.

“Thank you again for countless magical Thursday evenings. We hope this is not an ending, but the beginning of a new chapter.

“Sincerely, Elizabeth Bradley, Co-Chair

“Shoshona King, Co-Chair

“Eric Broudy, Treasurer Amy Crawley, Chair Emerita”

Here We Have Gathered

*Here we have gathered, gathered side by side,
circle of kinship, come and step inside!*
(Hymn #360, Singing the Living Tradition)

A look back at UUSA based on October newsletters from 25, 15 and 5 years ago:

October 1996:

Shelter Sunday October 27 The eighth annual Shelter Sunday will be held on Sunday, October 27 from 1:00-4:00 P.M. Shelter Sunday raises funds for local charities serving the homeless and hungry. Volunteers go in groups of two or more door-to-door asking for \$1.00 or more from residents in the Amherst area. Most Amherst residents are very familiar with this fund raiser and give in a generous, friendly way. Proceeds this year will be divided between four local agencies: Not Bread Alone (a weekend soup kitchen in the First Congregational Church), the Town of Amherst Charitable Fund, the Grove Street Inn (the only shelter for single men and women in the Northampton-Amherst area), and the Amherst Survival Center.

Shelter Sunday is organized by Amherst Friends for the Homeless, **a group founded by members of our Society’s Social Justice Committee** for the purpose of establishing a shelter for single women. [*Emphasis added 2021 — Ed.*] Amherst Friends of the Homeless became incorporated as a community organization. The first Shelter Sunday raised \$15,000 and a women’s shelter, Rosemary’s Place, became a reality. This shelter was closed when the Grove Street Inn opened. But Shelter Sunday lives on and continues to raise about \$12,000 each year. Our Society has always led the way in supplying volunteers for this good cause. We hope that many friends and members will respond again this year. Sign-up sheets will be available at the back of the sanctuary beginning October 9, or you can call **Betsey** or **Chad Johnson**.

Betsey Johnson

October 2006:

Small Group Ministry Small group ministry is one of the best things we have going here at UUSA.

Just ask those people who are already in a small group! If you are looking for a way to better get to know eight or nine of your fellow Amherst UUs, to be part of a sincere and caring group of people that meets on a regular basis, and to have opportunities for deeper conversation and sharing than is possible at Social Hour, please consider joining a small group.

Diane Westfall and our minister, **Alison Wohler**, invite anyone who is interested in being in a small group to sign the interest signup sheet in the Meetinghouse office or to speak to one of them personally.

Currently, interest only is being sought. Selection of days and times for meeting will come later. There is already an existing list with names of people who previously expressed interest, but for whom a mutually convenient time for meeting was not found.

This is a great opportunity to deepen your spiritual journey — so let us know if your life is calling for small group ministry.

October 2016:

The Amherst Block Party on September 15 was a big success and fun. Thanks to many UUSA volunteers we were able to talk to people about our Society, hand out information, share about our RE program, invite

children and young people to enjoy our coloring activity, and invite people in to see the stained glass window and the organ. We could not have done it without the support of the **Rev. Cindy Frado, Jacy Armenti, Steve and Susan Rice, Clare Bertrand, Tom and Rebecca Fricke, Chas Stevenson, Mary Beth Seminario, Ashley Carter, Anne Perkins, Sandy Sladen and Jay Stryker** on organ.

