

Issue

April 2021

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
6320 Main Street, Williamsville, NY 14221
634-3010 (x101 for office)
Office Hours Tues.—Fri. 9am to 2pm www.uuamherst.org

Our Staff:

Minister

Rev. Michelle Buhite
Office.....x102
Cell....716-499-8343
minister@uuamherst.org

Director of Faith Development

Angela Warren
Office.....x104
dfd@uuamherst.org

Caretaker

Chris Barry

Finance Clerk

Camilla Lee.....x103
bookkeeper@uuamherst.org

Office Administrator

Elaine Harrigan.....x101
administrator@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

MINISTER'S HOURS

Rev. Michelle continues to work primarily from home. She is just a call or email away, except for Mondays (off) and Fridays (writing & study).

Our Covenant

*Together we promise:
To gather in compassionate
community,
To celebrate diversity of thought and
unity of spirit;
And to seek wholeness for ourselves,
our children, and our world.*

SUNDAY SERVICES APRIL AT 10:30 AM

Our Sunday services continue to be available online. A link is also available on our website. You can view the recorded service anytime on our YouTube channel. A Watch Party/Service/Coffee Hour takes place on Zoom at 10:30 am. Meeting information is sent out by email prior to each Sunday service to join.

Like many congregations in our movement, we follow a shared monthly theme. This month we consider what it means to be a people of *Becoming*.

April 4 “Resurrection, Not Resuscitation” Rev. Michelle

According to Wikipedia, “negative space,” in art, is the space around and between the subject of an image. What can we see in the “negative space” of an empty tomb?

April 11 “Daring Greatly & Rising Strong” Rev. Michelle

I have been deeply inspired by the writings of shame and vulnerability researcher, Brené Brown. Immersing ourselves in these practices can help us become more resilient, leading to more compassion for ourselves and others.

April 18 “Co-Creating the World We Dream Of” Rev. Joe Cherry

What do a theoretical mathematician, an Afrofuturist and wool have in common? This Sunday's guest preacher will attempt to bring these seemingly unrelated ideas together. It's not quite a death-defying high wire act, but he hopes you'll enjoy the theological and practical applications of a school of philosophy and theology that was first articulated almost 100 years ago.

See biography on page

Spring for Change: A Season of Sacred Activism

Sponsored by the UU Ministry for Earth

April 25 “Pathways to Healing & Regeneration” Rev. Yadene Hailu

When you imagine pathways to personal, social and ecological healing and regeneration, what do you see? Who is with you on your journey? What transforms and gives way to new beginnings? Who and/or what are you accountable to along the way?

See biography on page



MINISTER’S CORNER

April, finally! The days are longer and a little warmer, with obvious signs of spring. The month begins with Easter and the miracle of the empty tomb, signaling the end of the season of Lent, a time of introspection and sacrifice. What did you give up for Lent this year?

Did you give up expectations of others? Did you give up criticism of self and others? Did you give up reluctance, reticence, and recrimination? Me, neither. But each flip of the calendar gives us another chance to claim a more whole-hearted life for ourselves and others. This month we will ponder what it means to be a people who are *Becoming*. In process...

transforming... emerging.

Although Lent is over, it is not too late for us to let go of that which no longer serves us. And by “us” I mean ALL of us; all of Life. We can do better. We can *become*, together. I invite you to give up the attitudes, reasoned arguments, and critiques that are holding you back from *becoming*. Let these first days of spring carry you away with joy.

With hope,

Rev. Michelle

Biographies of Sunday Preachers

The Rev. Joe Cherry lives in Greater Cleveland with his husband, the Rev. Denis Paul, and their dog, Toulouse. Rev. Joe grew up in Detroit, and became an adult in Chicago. He was a classmate of Rev. Michelle at Meadville Lombard Theological School. He is currently serving as the Parish Minister to the Unitarian Universalist Congregation of Cleveland.

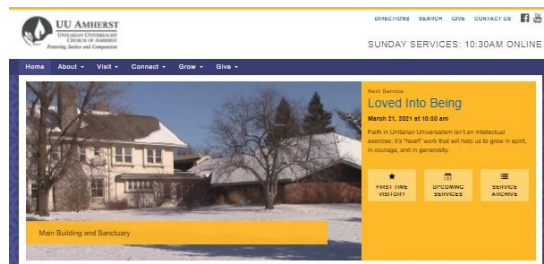
Rev. Yadene Hailu (she/her) is an Ethiopian American, black woman based in Tulsa, OK, USA. She is a writer, speaker, facilitator and project manager. Her community ministry, blk earth, is a love letter to the earth and black people inviting all carbon life to return to rest and right-relationship as it’s baseline. She believes life’s first mandate is to flourish and it’s second is to heal. This is the mission blk earth supports for persons who desire to curate a lifestyle of healing and to shape their relationships/community towards wholeness.

Help When You Need It

This is a reminder that if you are experiencing financial hardship, you can reach out to Rev. Michelle, minister@uuamherst.org, for assistance from the Minister’s Discretionary Fund. This Fund is made possible by the generosity of fellow congregants, and just one more way we demonstrate that no one is alone. We care for one another.

Don’t forget to call your minister!

With health privacy laws, hospitals no longer call churches to let us know when someone has been hospitalized – so it is up to you to contact us if you or someone you know is experiencing health challenges and may want to be contacted. When in doubt, call! Rev. Michelle can be reached on her cell at 716-499-8343.



UUAMHERST.ORG has a new look!

CHECK IT OUT! You’ll find links for E-giving, Sunday streaming services, news and upcoming events, photos of the board, trustees and staff, Covenant and Affinity Groups, and more.

YOUR FEEDBACK IS WELCOME! What are you missing? What needs improvement? What did we do right? Remember, this is our front door to the community so we need to do this well!

Contact Lauraine Marcus or Scott Harrigan with your feedback (or if you want to be part of the Website Team).

BOARD REPORT

What's happening you ask? First, an apology. I am behind in getting the Generosity (Pledge) Drive materials to you. Luckily, we are in good shape (with the PPP loans) that I am able to be thoughtful in approaching this and not feeling pressured by financial insecurity. That said, without the extra \$58,000 that came through these forgivable loans, I would be like a fire hose hooked to a high-powered hydrant (lol). Be on the lookout for mailing next week to begin our journey of generously giving from the heart.



There is still time to contribute to the 3 Foci: Green, Sign and Facilities. Currently we are at \$28,658.78 with the match. Currently we have 45 members and friends who have contributed. We expect another matching distribution from the Endowment Trust of \$12,500.

Be on the lookout for information regarding a **congregational meeting**. We will need to vote on spending up to **\$35,000 for the architect**. The BoT cannot make this decision on its own as per the bylaws. We will need a quorum to move forward. The Facilities task force will be finishing with interviewing the architectural firms by the end of March.

The BoT approved a **tech support fund** for Rev. Michelle to oversee of \$500. There are a lot of you who have needed support with Zoom and other technology. Know that we hear you and are trying to make sure we have things in place to support you; especially those who are reticent to use technology.

Nominating and Leadership reported to the BoT that they have a **full slate of candidates** to fill vacancies that will occur in June. We are grateful for their diligence.

Committee on Mission reported that they are giving mini workshops on the circle way with teams. FD was the first team. There are so many benefits to the **Circle Way**; I hope you are willing to be a part of the circles. The Board will be doing a workshop with the CoM on April 23rd. It is a valuable use of your time and enjoyable as well.

Congratulations to the Pantry Team! They applied for and will be receiving a grant from NRC! This is so exciting as we continue the mission of supporting the wider community. The Pantry Team has done a spectacular job during the most trying of times!

The **Green Team** is working steadily. They are mission bound to help us to align our practices with more environmentally responsible actions. The church year has been focused on Green and working to recertify as a Green Sanctuary Church. It has been incredibly challenging. They are currently searching for community partners to share in a larger community project toward that certification. FD is working with the Green Team to create projects for families that are eco-friendly and fun. Please consider being a part of the green team as it is in our present and future best interest to be exceptional stewards of not only our church but beyond as well. I will leave it to the team to tell you of their exciting ideas. Wouldn't it be wonderful to be on the ground floor?

Financially, the **Finance Committee** did a respectable job setting up our spending guidelines via the budget. Your Board, Committees and Teams have been great stewards of our church resources. That said, our building is in disrepair and has been for a long time. Please be thinking about what you can do to help. The first step is the hiring of architects to guide us in making the short term and long-term decisions about our buildings. The 3 Foci fund is a good place to start. We have much work to do to create a building and

Continued on Page 4

Board Report cont'd

grounds that show pride of ownership and are inviting to the community beyond our walls. Currently, we have a leaking roof over the portico, a sign that is in disrepair, peeling paint, and so much more. If you would like to see the Powerpoint that Don Tucker shared with you a year ago, please contact him. It is disheartening to see what is affecting the UU Amherst physical plant. We can no longer play the "wait and see" game...You will have input as we move forward. The church community needs your support financially. The **3 Foci is a restricted fund** that can only be used for Facilities, the Sign or Green Sanctuary. Please consider giving if you haven't already done so. If you have given, we appreciate your leadership.

Remember that the first Tuesday of the month is Talk Back Tuesday with the Board. It is your opportunity to ask questions, listen or just enjoy the camaraderie. I know it is another Zoom, but it is worth the hour of your time. Please look for the link and join us.

I'm sure that there is much I am forgetting. If you have questions or concerns, please let me or another BoT member know.

In shared faith,
Karen K Thompson
Karen (Kuhn) Thompson

WHEN DONATING TO THE 3 FOCI:

Please make your check payable to UUCA with a note in the memo line: 3 foci. If donating online, select "Gift" and enter 3 foci in the box. Thank you for supporting this important work!

COMMITTEE ON MISSION (CoM)

The Committee on Mission was formed under the governance of the Board of Trustees (BoT) in August of 2019. It is comprised of three primary members with one rotating off each year and being replaced by a new member. We also have a member from the BoT and Rev. Michelle oversees our development. We did not start meeting until January of 2020. We introduced ourselves in *The Forward* in April 2020 and included the CoM Mission Statement: The CoM will help the various ministries of the church establish measurable goals that support the church's mission, advocate for them in achieving their goals, and provide feedback through periodic review that will be used to improve and enhance the church's ability to fulfill its mission." We are excited to say that we had our first team meeting on March 7th with Faith Development (FD). We reviewed their mission statement and its alignment with the Church Mission. We will meet again with FD on March 21st so we can 'tweak' their mission statement and set goals toward fulfilling that mission. We are grateful to FD for their cheerful cooperation in being our first team meeting!

Respectfully submitted,
Suzanne Christ, CoM Chair

Contributing to UU Amherst Through E-Giving

The church has implemented **THREE** ways to give electronically:

1. The **Giving** option on the church website (uuamherst.org)
2. A NEW phone app "**GivePlus+**" for your phone
3. Texting a donation to phone # **833 987 1968**
These methods complement the traditional methods:
4. Mailing a check [remember to fill in the Memo]
5. There is the traditional Sunday Plate (when you are in church)
6. Don't forget Legacy Giving – in your will

PLEASE NOTE: If you have not sent in a pledge card because you are not leaving the house to mail one, or you're not comfortable emailing, you can call the Office at 716-634-3010.

HAVE AN ANNOUNCEMENT?

Email: administrator@uuamherst.org
For Newsletter: by 10:00 am on the 16th
For Website: two weeks prior to event
For All Church list serve: daily during the week.
For Weekly Update: Fridays by 10:00 am

Administrator/Office Hours:
Tuesday through Friday—9:00 am to 2:00 pm

FAITH DEVELOPMENT

Dear beloved members and friends,

This month our Soul Matters theme is, "What does it mean to be a people of Becoming?" Some reflective practices to center us: The practice of discerning "what's next?" as we re-enter a "more normal" world. The practice of allowing a certain conclusion to come, or not come. The practice of becoming a community of action, and discerning your personal contribution to this community of faith. A few months ago, I became acquainted with a spiritual practice from the 14th century Christian mystic Julian of Norwich that encompasses this in four words: Await. Allow. Accept. Attend. Each word is physically represented by simple hand motions. Here is the practice:



- Await: Cup your two hands together in front of you. Be quiet. Breathe. Let the presence of what you name divine come to you, or not come.
- Allow: Keep your hands cupped, but spread them apart and raise them up, as if to receive. Is there a "message" coming to you, or not? Here, we need not fret over "where is that coming from?" Is it from subconscious mind, from Spirit / god / God, from memory, even ancestral memory? We do explore these questions throughout our Faith Development, but answers are less important than the actual practice as you move through these four words and motions.
- Accept: Pull both hands into your chest, towards your heart or one shoulder, whatever is most comfortable. If you did receive a message, or not, this motion shows acceptance of this idea / emotion / question / message, or the acceptance that right now is not the time for you to receive. Accept either with gratitude and humility.
- Attend: Stretch out your hands in front of you in a visual representation that you will attend to the work of the message. It is a gesture that shows you will honor this gift, whatever it is, this idea / emotion / question / message, by concentrating on what may be self-work, or community work.

So, then, what does this all mean for this Community of Faith? How do we as a group Await? We practice Deep Listening in all of our small group interactions, especially as we practice the Circle Way. How do we as a group Allow? We brainstorm. We allow ourselves to imagine what may seem impossible. How do we Accept? We practice consensus and the democratic process. When our group makes a decision, we humbly honor the group decision even if we aren't in complete agreement. What do we Attend to? We attend to one another. When we are asked to participate, we will be honest about our capabilities and time constraints. We attend to whatever part, small or big, we have offered to the community. When we need help, we ask. When we see our beloved needs encouragement, we encourage. When we are held accountable through the encouragement of our friends, we resist defensiveness, and are grateful to have someone looking after us. We attend to honoring our commitments to this beloved community.

Blessed be,

Angela Warren, Director of Faith Development

GOOGLE CALENDAR

PLEASE NOTE: Zoom links for general church groups are usually published in the Weekly Update. **If you want to join a Zoom meeting and haven't received a link, please contact the meeting host. *require passcode**

Friday, April 2 (monthly 1st Fri)

7:00 pm: First Friday Soulful Sundown Vespers* Zrev

Sunday, April 3 (monthly 1st Sun)

9:00 am: FD Team Meeting* Zfd

12:00 pm: Little Free Party Meeting* Zadmin

Tuesday, April 6 (monthly 1st Tue)

6:00 pm: Endowment Trust Meeting Zadmin

7:00 pm: Talk Back with Board of Trustees

Thursday, April 8 (monthly 2nd Thu)

7:00 pm: Kent Covenant Group* Zadmin

7:00 pm Board Meeting

Friday, April 9 (monthly 2nd Fri)

8:30 pm: Second Friday Story Hour for Adults* Zrev

Sunday, April 11 (monthly 2nd Sun)

12:00 pm: Poetry as Practice D. Bofinger

Monday, April 12

7:00 pm: PXP Session Zrev

Thursday, April 15 (monthly 3rd Thu)

7:00 pm: Ministry Council Zrev

Friday, April 16 (monthly 3rd Sun)

7:00 pm: Third Friday 8th Principle Chat* Zrev

Tuesday, April 20 (monthly 3rd Tues)

1:30 pm: Caring Committee R. Palmere

Wednesday, April 21(monthly 3rd Wed)

5:00 pm: Finance Committee

7:00 pm: Bofinger Covenant Group D. Bofinger

Sunday, April 25 (monthly last Sun)

12:15 pm: UU Amherst Book Group* Zadmin

Friday, April 30

7:30-9:00 pm: Share Your Talent Open Mic*

RECURRING:

Thursday & Friday, April 1 & 2

8:30 am: UU Universe-ity Sunrise Sessions Zfd

Thursdays, April 1-29

12:00 pm: Lunch with Friends* Zadmin (weekly)

Saturdays, April 3-24

9:30 am: Shared Caring Circle* (weekly) Zrev
Rev. Michelle

11:00 am: FD All Church Activity (4/3); While We Wait, Let's Create (4/10 & 4/24)* Zfd

7:00 pm: Birch Bunch* Zadmin (weekly) Virginia Snider

Sundays, April 4-25 weekly

10:30: Online Church service
(join via UUAmherst website link or
UU Amherst YouTube channel)

10:30 am: Watch Party/Service/Coffee
Hour - Zoom

2:00 pm: Red Bud 5 (4/11) K. Thompson

6:30 pm: Young Adult D. Bofinger

Mondays, April 5-26

7:00 pm: PXP Session (4/12 & 4/26) Zrev

7:00 pm: Lighthearted Larches (4/12 & 4/26)
D. Tucker

7:00 pm: Tulip Crabapple* Zadmin (weekly)
L. Marcus

7:30 pm: Marvelous Maples (4/12 & 4/26)
D. Bofinger

Tuesdays, April 6-27

12:30 pm: Women's Group* Zadmin (weekly)

Wednesdays, April 7-28

10:30 am: Willow Village* Zadmin (2nd & 4th
Weds: 4/14 & 4/28) J. Senders

4:30 pm: Meal For Your Mind* (weekly) Zfd

6:30 pm: Cucumber Magnolia* Zadmin (2nd &
4th Weds: 4/14 & 4/28) J. Rautenstrauch

7:00 pm: Sage Circle* Zfd (2nd & 4th Weds:
4/14 & 4/28)

7:00 pm: Red Bud (4/28) K. Thompson

7:00 pm: Northtowns Village (4/21) Y. Stocker

Google Members' Directory

The UU Amherst Directory can be found in a shared folder on Google. If you discover an error, need to update your information, which to have your information removed, or need the link, contact the Office Administrator, at administrator@uuamherst.org or call the office at 634-3010.

EDUCATIONAL ASSISTANCE

In recognition of parents and school age kids being highly stressed with asynchronous and synchronous learning, I have touched base with former teachers to elicit support. One of the new challenges is that there needs to be a second adult on zoom per UUA guidelines for child and adult safety. In the short term, if you need support, please contact those below and we will work on creating a second adult or perhaps the parent or other adult could just hang out in the background with a good book. Here is where we are so far and thank you for your willingness to be in service!

Marlana Rice	Math Gr 7- Precalculus	Zoom, face time
Maggie Andrews	HS Eng. SS, French and counselling	Zoom, in person, phone
Sue Dubill	N-5 any subject	Email help desk
Betty Crump	Stress reduction, life skills/counselling	Zoom
John Thompson	Chemistry/Biology	Zoom
Wendy Scott	English and writing all levels	Zoom, in-person
Karen Thompson	N-5 any subject, HS Bio, MS Gen Sci.	In person, zoom
Les Buhite	MS, HS Social Studies, English	In person, zoom

++++If I missed you and you would like to help the community, please let me know and I am happy to add you. Karen Thompson

Green Task Force Update

We're going green – and greener! As you may know, the Green Task Force is applying for recertification for the UUCA. The last and most extensive part of the requirements is an environmental justice project for the whole congregation to become involved with. We will work with a local underserved group who would like a partner. The aim is to make a significant improvement in their environment, probably in the areas of community gardening or food access. We are now researching groups who might be interested to find out what they suggest in terms of help. A selection of projects is in the works and will be presented in early to mid-April through existing church groups such as Women's and Villages for discussion and then to the whole congregation. The aim is to choose a project by the end of April., then plan to move on it as soon as time permits. A worthy use of your Zoom time! And leading to real accomplishment!

Monthly Chats & Zoom Gatherings with Rev. Michelle

First Friday Soulful Sundown Vespers Friday, April 2 7:00 pm on Zoom (30 minutes)

Gather for a time of quiet restoration and reflection as we share joys, concerns, and sorrows in this 30-minute service on the first Friday of the month. Drop in when you can. See Zoom link in the Weekly Update.

Second Friday Story Hour for Adults Friday, April 9 8:30 pm on Zoom (60 minutes)

Get the kids settled, bring your favorite beverage, and settle in for some adult conversation. This month we'll depart from Edwin Friedman's fables and dive into a story from "The Education of God" by my mentor, David Bumbaugh. We will get an inside look at the character of Noah. Drop in when you can. See Zoom link in the Weekly Update.

Third Friday 8th Principle Chat April 16, 7:00-8:30 pm via Zoom

As a follow-up to the worship service on 2/7, we will have an opportunity (Feb-May) to reflect on the proposed 8th Principle: "We affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions." Drop in when you can. See Zoom link in the Weekly Update.

Saturday Morning Shared Caring Circle Every Saturday at 9:30 am on Zoom (30 minutes)

Join this ongoing drop-in group to reflect together and restore your spirit. See Zoom link in the Weekly Update.

UU AMHERST THEATER LOVERS

—Marie Evans

New York State will allow re-opening of live performance spaces beginning April 2, but capacity restrictions will preclude most indoor theaters from welcoming audiences until fall because it just isn't financially feasible to mount full productions. Meanwhile, there are many ways to enjoy theater on the internet.

Jewish Repertory Theatre is streaming staged readings this season. See their website to purchase tickets: jewishrepertorytheatre.com

Beau Jest continues through March 31.

Exquisite Potential runs April 8-28.

MusicalFare is producing/presenting ticketed Live Streams or previously recorded events on demand and FREE Zoom Roundtables. See their website, musicalfare.com, for current offerings.

The cabaret **Same Girl, Same Guy, Same Piano: All New Stuff!** is available through March 26.

Coming soon on-demand: **In Our Own Voices**. This event will be available to watch beginning March 26th.

With selections from the Golden Age to modern songs, this powerful night of beautiful voices is sure to uplift and inspire you. FREE videos are also offered on their YouTube channel.

Ujima Company, Inc is presenting a One-Act Festival of three plays.

The second, **Biop-see**, airs March 26 & 27 at 8 pm, and March 28 at 6 pm. Tickets at www.ujimacoinc.org.

Free videos: **SPOKEN: In Her Own Words**, parts 1 and 2, **Hair On Fire**, parts 1, 2 & 3, and **#ArtThatHeals** (6 parts) are available on-demand on their YouTube channel.

O'Connell & Company is producing virtual shows (tickets available on the website oconnellandcompany.com) including

March 19-28 - **Diva By Diva: A Celebration of Women: The Purple Wave**

April 16-25: **Kennedy: Bobby's Last Crusade**

May 14-23: **ART**

UB Department of Theater and Dance (THD)

March 26-28 - THD's traditional spring 2021 musical will be a newly conceived virtual music theatre revue titled **Living in a Topsy Turvy World: The Theatre of Gilbert and Sullivan**.

April 9-11 - Susan Glaspell's one-act drama, **Trifles**

April 23-25 - **Pipeline** by Dominique Morisseau

Tickets for any of these: <https://www.showtix4u.com/events/18238>

Theatre of Youth is offering Virtual Workshops during K12 spring break April 5-9, and April 14 and 16.

More information at www.theatreofyouth.org.

Irish Classical Theatre Company's next production will be **The Year of Magical Thinking**, streaming

April 9-25. Website: irishclassical.com

Road Less Traveled Productions' podcast, **Off Road with Peter Palmisano**, continues, with new episodes about every 2 weeks, on the Podbean hosting service (also available to listen from the website: <https://www.roadlesstraveledproductions.org/podcast-off-road-with-peter-palmisano>).

Second Generation Theatre has a blog on their website and hosts FREE readings DIGITALLY! Each reading will be followed by a discussion with the director, actors, and led by SGT Literary Director, Katherine Boswell. Upcoming:

Monday 4/19 @ 7 pm - **The Thanksgiving Play**

Monday 5/3 @ 7 pm - **Do You Feel Anger?** by Mara Nelson-Greenberg

AlleywayTheatre - encore productions are available on-demand - visit website for details

The Kavinoky hopes to return to live in-theater productions in September. In the meantime, digital offerings are available through their website, www.kavinokytheatre.com, at \$15 per event.

Lancaster Opera House presents new episodes of **Broadway Brunch** on WEBR radio, 1440 AM, at noon on Sundays. Past episodes are available for listening on their website. (continued on next page)

Theater Lovers cont'd

The Paul Robeson Theatre of the African American Cultural Center has welcomed a new Artistic Director, Yao Kahlil Newkirk. During his recent interview on WBFO's Theater Talk (3/5/21), he shared his vision for non-traditional theatrics, using media and immersive experience, in addition to more conventional plays. We'll be watching to see what's available next.

Shakespeare in Delaware Park will not be performing on the hill in Delaware Park, but they will go on tour this summer, presenting **Shakespeare and Love** at outdoor venues, and a walkthrough experience in another part of Delaware Park. Stay tuned!

Torn Space Theater presented a live, outdoor show, **Silence**, last summer. Access a recording of it FREE (donations welcome) on their website.

Don't forget to listen to Theater Talk on WBFO FM 88.7 on Friday mornings, or on the web at <https://news.wbfo.org/term/theater-talk>

UU AMHERST BOOK CLUB

Meetings are last Sundays at 12:15 pm on Zoom:

March 28: common read - *The Water Dancer*, debut novel by Ta-Nehisi Coates, who is Just Buffalo Literary Center's BABEL speaker for April 22

April 25: TOPIC - reader's choice (read whatever you want)

May 30: common read - *The Parable of the Sower* by Octavia Butler, our first foray into Science Fiction (written in 1993, it's set "in the 2020s, when society has largely collapsed due to climate change, growing wealth inequality, and corporate greed").



Share Your Talent Open Mic

Friday, April 30

7:30-9:00 pm

- Sing a song
- Play an instrument
- Perform a magic trick
- Show a craft or art project
- Tell a story
- Read a poem

If you would like to be a part of this fun event, either as audience or as a talent, please contact Lauraine Marcus of the Tulip Crabapple Grove Village, cornell_marcus@yahoo.com or 725-8819. For those who want to sing, YouTube has minus tracks for hundreds of songs (accompaniments without words).

COVID CORNER

It has been a full year since Covid lockdown. When this started, I thought "we are lucky it happened now, it is easier to follow lockdown rules in Western New York in early spring." I was lucky that I was working in an essential business and could get out to work and see people (socially distanced, masked, and sanitizing my hands). Now I am waiting for my first vaccination appointment and hoping for nicer weather so I can meet friends outside again. Last year the UU Amherst, following guidance from the UUA, decided to limit in person activities until a date to be determined by our medical team. The UUA now suggests we limit in person activities until the science says it is safe to be together. Vaccination, social distancing, mask wearing, and sanitizer will ensure our safe journey into the future. Until then, enjoy our virtual activities and services, look forward to the Spring season of renewal, and remain vigilant in your everyday activities. Please strongly consider vaccination. If you need help with getting an appointment, ask friends who have been successful or reach out to church leadership. Your health and safety is of great concern to us all.

—Barbara Gauger Kent



CARING FOR ONE ANOTHER RECIPES Provided by Christine Boczarska and Faith Pham

Christine Boczarska and Faith Pham are sisters and dedicated members of our Caring For One Another group. They provide occasional meals to church members on an as-needed basis. With the meal they generally include a “goodie bag” and a card on behalf of the Caring Group. They often submit healthy recipes for the monthly *Foreword*. The recipes are easy and usually use fresh vegetables.

Different Mashed Potatoes

10 large potatoes, any variety. Yukon golds are recommended
1 clove of garlic, minced
1 small onion, minced
1 bay leaf
4 Tbsp unsalted butter, or more to taste
1/2 cup whole milk or half and half or more to taste Salt and pepper to taste



Boil peeled potatoes in water to cover, to which you have added the minced garlic, onion and bay leaf. When potatoes are soft when pierced with a fork, remove from heat and drain off the water, retaining the garlic and onion. Remove the bay leaf. Mash the potatoes, adding the butter and milk, until smooth and well mixed. Salt and pepper to taste and mix in. Serve plain, with parsley garnish, with gravy, cheese or butter pats or your favorite way to enjoy mashed potatoes. A new, tasty twist to a standard recipe. The ingredients are easily adjusted to accommodate vegan preferences. Enjoy!

AMHERST LITTLE FREE PANTRY

Here is what the Pantry especially needs:

BREAKFAST ITEMS including full size cereal boxes, granola bars and pancake mix

DRINKS especially shelf stable milk, nondairy milk apple juice, kids juice boxes, hot chocolate and coffee

SOUPS especially chunky soups with meat like chicken noodle and rice and beef vegetable

BAKING ITEMS including flour and sugar as well as cookie and cake mixes

CANNED MEAT including tuna, beef, chicken, ham and corned beef hash

CANNED FRUITS

PERSONAL CARE ITEMS including bar soap, chap stick, shampoo, deodorant, tampons, panty liners, toothbrushes, toothpaste

HOUSEHOLD ITEMS including laundry pods dish soap

PASTA AND SAUCE in cans or plastic jars (no glass)

PET FOOD, canned only

DIAPERS sizes 2, 4 & 5

A current list of items needed is provided in the Weekly Update on Fridays.

Food donations can be placed in the two large clear bins in the back of the church outside the main entrance. Financial contributions can be made online at the church website, uuamherst.org, by clicking the Donate button and selecting the Pantry option. Checks can also be sent to UUCA, 6320 Main Street, Williamsville, NY 14221. Please write “Pantry” in the Memo line.

For questions or comments please email amherstlittlefreepantry@uuamherst.org.
Like us on Facebook: [amherstlittlefreepantry](https://www.facebook.com/amherstlittlefreepantry).





U.U.—U.N.NEWS

18 February 2021

According to the U.N. Charter, the primary purpose of the U.N. is to eliminate the scourge of war and promote human rights—in a word, the maintenance of international peace and security. However, the U.N. at present does not have the power to maintain world peace. That is because the U.N. does not possess its own effective system of collective security to keep the peace, thereby allowing for universal and complete disarmament under U.N. auspices. The world spends over a trillion dollars a year on armaments. The United States of America spends at least 700 billion dollars per year on such instruments of death and destruction. Other U.N. Member States are not blameless either. The human family needs a change of heart and needs to convert its swords into ploughshares under U.N. auspices; otherwise, the future of humanity is bleak, indeed.

During January 2021, U.N. Secretary-General Antonio Gutierrez addressed the 193 Members of the U.N. General Assembly on this matter. In his first address of the new year to the U.N. General Assembly, he called for action to address threats to world peace in the world's hotspots, action to promote sustainable development and action to protect the Earth. "We are capable of global citizenship and all U.N. Member States must also do their part to empower the U.N. itself." The U.N. should not have to plead with its 193 U.N. Member States to support its main purpose: the maintenance of international peace and security.

U.N. Secretary-General Gutierrez deplored the continuing violence in Syria, South Sudan, the Central African republic of the Congo, Iraq, Afghanistan, Palestine, etc. "The international community must also focus greater attention on the interrelated threats of organized crime, terrorism, piracy, extremism, and trafficking in drugs, people and arms," he said. This includes continuing to strive towards achieving a nuclear-weapons-free world. U.N. Secretary-General Antonio Gutierrez also emphasized the need to make progress towards achieving the U.N.'s Sustainable Development Goals (SDGs) and the U.N.'s Agenda 2030. The current, virulent global pandemic must be eliminated in a scientific manner. This is a matter of the utmost urgency.

U.N. Secretary-General Antonio Gutierrez also warned all 193 U.N. Member States against succumbing to the myth that sustainable development is incompatible with robust action to control climate change and global warming. "Evidence shows that the goals of eradicating poverty, promoting inclusive growth and keeping global temperature increases below two degrees Celsius, are mutually reinforcing," U. N. Secretary-General Antonio Gutierrez argued. A voluntary climate change treaty (the Paris Agreement on Climate Change) has been adopted by the international community and should be implemented as soon as possible.

Humanity's major problems—world peace, universal disarmament, sustainable development, global warming, war, terrorism, militarism, poverty, natural and manmade disasters, diseases and human rights violations, etc. are interrelated and need an effective U.N. to solve them. Unfortunately, these are the actual problems of our troubled, interdependent world and they have not yet been solved. There is no time to lose. The human family needs to get its house in order or perish. This sad situation may not be pleasant to contemplate, but it is the truth. The insurgency against science, reason, logic and truth must cease. What human beings have created, human beings can change.

David Slive, U.N. Envoy



UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

6320 Main Street
Williamsville, NY 14221
634-3010
www.uuamherst.org

