

Issue

June 2021

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
6320 Main Street, Williamsville, NY 14221
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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 June 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 *Play*. *“Play beckons to us, urging us to live in the present moment, a moment that becomes more luminous when we allow interruptions like work and worry.” (Leslie Levine)*

June 6 Pride Sunday Rev. Michelle

This year the Buffalo Pride week activities will once again be virtual, due to Covid. As we celebrate yet another Pride Sunday in isolation and restriction, I wonder how that reality can make us even more compassionate and proactive allies in the LGBTQIA+ community.

June 13 The Evolution of Faith Development Rev. Michelle & Angela

In case, like Rip Van Winkle, you’ve been snoozing for the last couple of years, you might have missed the evolution of Faith Development (formerly Religious Education, or RE) in our faith tradition and within our congregation. Join us in this service that explores this evolution and celebrates transitions and growth.

June 20 Flower Communion Rev. Michelle & Friends

Today we celebrate the beauty of our gathered community in this treasured UU rite.

June 27 General Assembly Worship UU Association

First Universalist Church of Minneapolis will be the site for this largest annual gathering of UU’s worshipping together. The service will live-stream at noon. NOTE THE TIME. Information to tune in will be sent via All-Church email closer to the date.



MINISTER'S CORNER

“Why is play so elusive for some grown-ups? Because we are so strongly attracted and attached to a profoundly goal-oriented, work-ethic-driven society. Like other forms of non-work, play connotes wastefulness, a stoppage in the way of what needs to be done. Yet often what really needs to get done has more to do with our hearts and spirits and less to do with a deadline or longstanding project. Play beckons to us, urging us to live in the present moment, a moment that becomes more luminous when we allow interruptions like work and worry.” (Leslie Levine)

The Soul Matters theme for this month is Play - something I think we do far too little of (I'm preaching to myself, here). As a grandmother to 6-month old twins, I am relearning how important play is for human development. As the girls reach for their toes, giggle at the stimulation of blowing raspberries on their bellies and necks, and snuggle their 'love' toys, they develop focus and coordination, interaction and joy.

May we remember that play is our first way of knowing the world around us. May we discover the play within our work and honor the work of play, that we might, with Robert Frost, affirm: “But yield who will to their separation / my object in living is to unite / my avocation and my vocation / as my two eyes make one in sight. / Only where love and need are one, / and the work is play for mortal stakes, / is the deed every really done / for heaven and the future's sakes.” (*Two Tramps in Mud Time*)

With care,
Rev. Michelle

Living Green Festival

Last month we announced the exciting news that thanks to a grant from the NYS Convention of Universalists (NYSCU) and matching funds from a generous member of UU Amherst, we are moving forward with plans for a Living Green festival/event (actual name still under construction), beginning 9/27 and running through 10/3.

Planning and implementing this exciting event that invites the community to learn about Green living - including alternative technologies like GOATS to eat invasive plant species - will take lots of planning in the coming months, as well as a sturdy crew of folks to implement. We will need all hands on deck! There are short-term and longer term projects - certainly something that will be a perfect fit for you!

Contact Angela (dfd@uuamherst.org) or Rev. Michelle (minister@uuamherst.org) to get on Team Green!

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.

BOARD REPORT

Last August, I saved this quote to remind me that our church has a mission to make the world a better place. “The Church has an opportunity to show the world what healthy people do in times of crisis. Rather than panic and devolve into self-absorption and self-protection, we run toward the needs in our culture rather than away from them. We refuse to demonize others, but act out the story of the Good Samaritan on a daily basis. Local churches can lead the way to show their communities what ‘love your neighbor as yourself’ actually looks like.”



So how has this manifested?

The Little Free Pantry comes to mind with a change in leadership, Dian Tucker purchasing shelving and the renovation of the back closet to a professional looking pantry. As one of our young people said, wow, they are taking their commitment really seriously. Thank you to the pantry people who have not just maintained the pantry but helped it too thrive in the most challenging of times when the needs of the community were immense.

The Villages: led by Angela Warren and a host of others has helped to keep us all connected and supported.

The Caring for one another team has been amazing. They are really a special group.

The Board created a medical team to assist us in being safe and to guide our re-opening.

The Board created technical support through Joce Kofke to aid our community who are not well versed in technology to stay connected to our zoom meetings, church services and much more.

In August the Board chose three areas to focus on so that we could accomplish something tangible during the most challenging of times. In partnership with the Endowment Trust, we accumulated \$62,000. The facilities team brought to the congregation the architectural team that will be assessing our next steps. We will be investing \$35,000 to get a product that will inform our future. The sign task force is on the way. Meeting last Saturday, we recognized in our enthusiasm, we brought it forward a little too soon. There is much to be done. The good news is we have some designs to choose from and the devil is in the details! Location, trenching for electrical, meeting with the town to discuss size and location, etc. Two new members were added to the team: retired architect, Richard Rose and retired engineer, Barry Kent. As for the Green Living team, they are moving forward with a planned festival in October, applied for a grant to help support it. Be on the lookout ahead as there are many exciting things to be a part of!

Technology ahead: We are exploring hybrid church: in other words, both on line and in person church. We will need to upgrade our technology. I wrote and received a NYSCU grant for \$1700, but that is the tip of the iceberg. I am in the process of writing a chalice lighter grant for additional funding. It is due August 1st but we will not find out until mid-September. Stay tuned.

Funding the 3 foci: People have been generous and I hope you will consider digging a little deeper if you are able. Some people designated where the money was to go and we must honor that. In so doing, it tied our hands and left the sign underfunded. Why a sign? Well, it will give us the opportunity to have continuous communication to the larger community. We can share not just what we stand for, but events, weddings and other aspects of church life that show us to be a vibrant and hence attractive community to become a part of. Some feel, “it’s just a sign.” It is so much more!

Thank you to the friends who have helped with the generosity drive. Amazingly, we have \$203,000 pledged. The fixed costs currently are \$173,000. That gives us \$33,000 for everything else. At this point, unless we increase revenue, we are looking at a deficit budget. There are still a few outstanding pledges. Please consider getting it in so we can present a true budget and reduce the deficit.

Les, Scott, Lauraine and the technology team have been amazing in keeping us connected with the services and online programming.

Our staff has been incredible through these most challenging times. Thank you to Elaine, Camilla, Chris and Joce. Our gratitude goes to our per diem musician, Adam. Rev. Michelle has been beyond amazing through this turbulent year. We are most grateful to have someone who is not just dedicated, but visionary as well. We are truly blessed.

Board report continued

I am sure I have forgotten many, but please know you are loved and appreciated for all you do for UU Amherst.

As far as re-opening, the medical team along with Rev. Michelle and the Board are working together to create a safe re-opening. As well, we are looking into hybrid services to maintain connection and community with those who are either not vaccinated or those who find it difficult to physically attend.

Lastly, I want to thank this dedicated Board of Trustees: Don Tucker, Scott Harrigan, Wendy Scott, Laurie, Kasnicki, Emily Garrett, and Jeanine Moyer. You have been incredible to work with and I am honored to serve beside you. Completing their terms are Wendy Scott and Scott Harrigan. They will stay as part of the 3 foci teams they have led. We will miss their dedication and hard work on the Board, but know that they will be actively engage in the wider church community.

My best regards,
Karen Thompson, Chair
On Behalf of the BoT

ANNUAL MEETING: Our first attempt at hybrid church

When: June 13th at 12:00 pm

Where: If you are fully vaccinated, you can come to UUCA in the chapel. Proof of vaccination will be gratefully accepted. Although masking is not required for vaccinated people, if you would prefer to mask; we leave that to your discretion. We will do our best to create space between members and the overflow will go into the Emerson Room (via zoom). **Or** the comfort of your home on Zoom. Link will be provided for the live feed.

RSVP to: kkuhn745@gmail.com (It is important to RSVP if you plan to come to the live annual meeting **or** attend by Zoom so we can have member lists prepared so we can take attendance for voting). In person voting you will be issued a voting card. Zoom voting, we will do a poll with raised hands. We will need a quorum so you are needed!

Section C. Any person of age 16 or over who has signed the Membership Book shall become a voting member after a 60-day waiting period. An ongoing member will be qualified to vote provided he or she has made a recorded financial contribution of any amount to the church for the preceding fiscal year and has either made a recorded financial contribution to the church or pledged to make a financial contribution of any amount to the church for the current fiscal year. New members and inactive members returning from out of town will be qualified to vote in the fiscal year during which they joined or returned if they have made a recorded financial contribution to the church or pledged to make a financial contribution of any amount to the church for that fiscal year.

What will be covered and voted on (not in order):

- The annual church budget
- Nominating Committees recommendations for:
Board: Bruce Becker & Linda Gardner
Nominating & Leadership Committee: Kim Diana Connolly & Virginia Snider
Endowment Trust: W. John Thompson

Language Change request from the Endowment Trust regarding article 11 of the Declaration **from:** The fiscal year of the trust shall coincide with the fiscal year of the church **to:** The fiscal year of the Trust shall be the calendar year.

REMINDER: 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!

FAITH DEVELOPMENT

Dear UU Amherst members and friends,

June's Soul Matters theme of play reframed as spiritual practice encourages us to remember that we can write our own rules, that we can use escape to restore our freedom, and that we must practice returning to joy.



As we move through this season of reopening slowly and gently, let us not be light on PLAY! Yes, there is much to be done, and much to learn, but to echo Rev. Michelle's observations about how the youngest of us learns this way, before any other way, how to connect and move through the world, let us not forget to play, no matter what age we are. Lightheartedness and laughter need to be welcome as we relearn how to be together. That could be rule number one.

Are you looking forward to an escape coming up? A vacation? A long awaited visit with family or friends that you haven't seen in such a long time? We have begun to hear from members who have been doing just that. This long-awaited mingling certainly is a restoration of freedom to move about the world, to see people's whole faces, to hug, to have your grandbabies or nieces and nephews right up in your lap. Maybe you get to snuggle your friend's pet that you haven't seen in a long time. Blessings to all of you and yours as you explore one another once again! Certainly this is part of returning to joy

Yet this phrase "returning to joy" strikes a strange chord. How do I return to something that always should be present? THIS is why it is practice. We practice work and priorities each day, but what we really need to practice more is centering joy. So much of our culture is defined by what I call "punch the clock" mentality. We seem so much more prone to define ourselves by our work time instead of our play time. Each day I feel the call to prioritize, to decide what on the to-do list must be done first. Who is counting on me? When can I get THAT done? Is this even possible to accomplish? How will it all PLAY out? There is a phrase that I repeat to myself when it feels like I am a hamster in a wheel and I don't know how to stop running. We do without doing and everything gets done. Aka, we "go with the flow."

When our loyal crew showed up for one of our educational / grounds Saturday afternoons last month, we encountered the lawn service. Even though this was our allotted time to work, we had to wait. Did we throw our arms up and go away? No, we took the time to sit with one another and check in. We had some laughs, some stories, some truth telling about how scary our world can be. It was truly a joy to just BE together in a place that we all love so dearly. Then the mower finished the area where we needed to be, and we got to the intended tasks. Our work time was less, but we still did get things done, not least of all, connecting in patience and in joy.

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**

Tuesday, June 1

12:00 pm Lunch with Rev. Michelle (outdoors)

7:00 pm: Talk Back w/Board of Trustees (monthly 1st Tue)

Friday, June 4 UU Amherst Patio

7:00 pm: Open Air Vespers

Sunday, June 6 (monthly 1st Sun)

9:00 am: FD Team Meeting* Zfd

Wednesday, June 9

12:00 pm Lunch with Rev. Michelle (outdoors)

Thursday, June 10

7:00 pm: Board Meeting

7:00 pm: Kent Covenant Group Zadmin

Friday, June 11 UU Amherst Patio

7:00 pm: Open Air Vespers

Sunday, June 13

12:00 pm: ANNUAL MEETING

Tuesday, June 15 (monthly 3rd Tues)

1:30 pm: Caring Committee R. Palmere

Wednesday, June 16 (monthly 3rd Wed)

5:00 pm: Finance Committee

7:00 pm: Bofinger Covenant Group D. Bofinger

Thursday, June 17

12:00 pm: Lunch with Rev. Michelle outdoors

7:00 pm: Ministry Council Zrev (monthly 3rd Thu)

Friday, June 18 UU Amherst Patio

7:00 pm Open Air Vespers

Sunday, June 27 (monthly last Sun)

12:15 pm: UU Amherst Book Group* Zadmin

RECURRING:

Saturdays, June 5-26

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

11:00 am: While We Wait, Let's Create (FD All Church 6/5; While We Wait, 6/12 & 6/26)* Zfd

1:00 pm: Green Living—see schedule in Weekly Update (church grounds)

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

Sundays, June 6-27

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 (5/13) K. Thompson

6:30 pm: Young Adult D. Bofinger

Mondays, June 7-28

7:00 pm: Lighthearted Larches (6/7 & 6/21)
D. Tucker

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

7:30 pm: Marvelous Maples (6/7 & 6/21)
D. Bofinger

Tuesdays, June 1-29

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

Wednesdays, June 2-30

10:30 am: Willow Village* Zadmin (2nd &
4th Weds: 6/9 & 6/23) J. Senders

7:00 pm: Sage Circle* Zfd (2nd & 4th Weds:
6/9 & 6/23)

7:00 pm: Red Bud (6/23) K. Thompson

7:00 pm: Northtowns Village (6/16) Y. Stocker

Thursdays, June 3-24

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

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

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

ENDOWMENT TRUST

Our investments continue to perform well. Details will be forthcoming in the report for the Annual Meeting. A new trustee will be elected at that meeting. We will miss Jerry Kent, who is wrapping up his 5-year term, and has served as our Treasurer. Jerry brought deep knowledge of our congregation's history, having grown up in this church and been a church Board member and treasurer as well as completing previous unexpired terms with Endowment. He personified our motto: "We pick fruit from trees we did not plant. We drink water from wells we did not dig. This is as it should be, so long as we dig and plant for those who will come after us." -Marie Evans, for Lauraine Marcus, Elaine Cusker, Joe Rautenstrauch, and Jerry Kent

COMMITTEE ON MISSION

We found our committee springing forward during the month of May. On May 11th Suzanne attended the final scheduled meeting of the Board of Trustees (BoT) with Committee Chairs present. Gratitude was expressed for the contribution Board member, Jeanine Moyer has made to CoM and a hopeful plea that she will continue as a member from the Board on CoM for the 2021-2022 church year. We met with the Faith Development (FD) team on May 16th to finalize work on their goals both for the present and the future. Our next endeavor is to plan a meeting with the Board of Trustees (BoT) after the new members are in place for the 2021-2022 year. We hope to give the members an opportunity to experience the Circle Way of conducting a gathering and for discussion on the proposed 8th Principle. We are excited about choosing our next team to guide in formulating their Mission statement and goals.

—Suzanne Christ, Committee on Mission Chair

Monthly Gatherings with Rev. Michelle

Open Air Vespers

**Friday, June 4, 11 & 18 7:00 pm at UU Amherst Patio
(30 minutes)**

Gather for a time of quiet restoration and reflection as we share joys, concerns, and sorrows in this 30-minute service.

Lunch with Rev. Michelle

**Tuesday, June 1; Wednesday, June 9; and
Thursday, June 17 12 noon**

Bring a brown-bag lunch and let's meet outside at church for some socially-distanced connecting! The only thing that is provided is excellent company!

**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.

Preparing for Our Return

There is much to be done to prepare for our return to our building! Rooms can use some freshening of paint (including colors), and we need to reimagine how we will use our fellowship hall (Emerson Room) to make it functional and safe. The preparation will require two teams: Deciders and Doers. Where are your energies best celebrated?

Deciders: have a voice in paint colors, room layout, etc.

Doers: express your love for your church by doing the tasks (painting, window washing, grounds, etc).

Contact Rev. Michelle to be part of either team. Respond by June 7.

UU AMHERST THEATER LOVERS

—Marie Evans

Live, in-person performances are slowly and safely returning! There are still options to attend some events virtually. Here's a roundup of some upcoming events. - Marie Evans

Irish Classical Theatre Company irishclassical.com

In Performance & Conversation – W.B. Yeats Poems: Words & Music, an intimate virtual concert event, to celebrate the official release of the spoken word album of the same name. A collaboration between Vincent O’Neill, ICTC Artistic Director Emeritus; Mary Ramsey, lead singer/songwriter of 10,000 Maniacs; and Joseph Hassett, the performance will be filmed onstage at The Andrews Theatre, and be available to stream **June 4-27**. To celebrate the album release and opening night of the concert, ICTC will host a live and interactive, virtual "Watch Party" on **June 4**. This premiere event will be hosted by ICTC Executive Artistic Director, Kate LoConti Alcocer, and will include commentary from the Artists, and a Q&A session, in addition to a viewing of the filmed performance.

Second Generation secondgenerationtheatre.com/tickets

Songs for a New World will be streaming on demand **June 10-27**

Artpark with Torn Space Theater will present a new collaboration featuring a Bengali cricket match and an automobile ballet on the “Niagara 1979” painted lot called “**Intersection/Prototype**” (**June 18 and 20**). Find information about this and other unique experiences in the park alongside the Niagara Gorge at artpark.net.

O’Connell & Company

Kennedy: Bobby’s Last Crusade

June 18 – 27, 2021 | Friday & Saturday 7:30PM EST | Sunday 2:30 PM EST

Written by David Arrow, Directed by Mary Kate O’Connell

Video production by Devin Chavanne, Starring Daniel Lenzian as RFK

1968 was one of the most turbulent years in American history. This play portrays Bobby during his electrifying campaign for U.S. President. Told from Kennedy’s perspective, the play follows Bobby from his announcement to enter the race on March 16, 1968 to the fateful last speech on June 4 at the Ambassador Hotel in Los Angeles. Kennedy’s words are remarkably relevant and incredibly prescient of the politics and concerns of today. Filmed on location at The Saturn Club

Alleyway Theatre alleyway.com

Celebrate summer with live theatre, **Buffalo Quickies, June 17-July 10**. Safe, socially distanced, and (mostly) outdoors. Storefronts along Main Street will be transformed into distinct theatrical worlds, each containing a short play. Small audience groups will watch from seats on the sidewalk, and listen through headphones, as the actors perform behind the storefront glass. Audiences will then rotate to the next window to peek in on another story, seeing all six in a single evening. Alleyway’s 30th annual short play festival features five 10-minute world and regional premiere plays and one 20-minute world premiere musical. Tickets required.

Shakespeare in Delaware Park has a modified format this year. Tickets are required. See the website for details. shakespeareindelawarepark.org/

A Midsummer Night's Walk, guided through Delaware Park on Tuesdays, Wednesdays, and Thursdays, **June 29-August 12**

Shakespeare & Love, a touring production that will visit parks and other public sites around Western New York, from **July 9** through late August.

Visit these theater company websites for on-line content, both free and paid streaming:

musicalfare.com/

aaccbuffalo.org/paul-roberson-theatre

ujimacoinc.org/

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

UU AMHERST BOOK CLUB

Book Club meets the last Sunday each month, at **12:15 pm**, via Zoom.

Common read book for **May 30: *The Parable of the Sower*** by Octavia E. Butler (science fiction novel, Marie Evans will facilitate the discussion)

June 27 topic: **Mysteries** (choose any book you'd like that fits the topic; Wendy Scott will lead our conversation)

Contact Grace Little or Marie Evans for more information.



Computer Technical Support for UU Amherst Members

Joce Kofke is our technical support person who will help you with computer issues—anything from how to get on Zoom to connecting your laptop to a printer. To set up an appointment, email them* at tech@uuamherst.org. If you don't have email, call Elaine in the

Business office at 634-3010 and she will provide Joce with your contact information.

*Joce's pronouns are they/them

COVID CORNER



Welcome to June 2021. The CDC released new guidance concerning COVID19 and mask wearing in May. Everyone is now confused...do you have to wear a mask, inside, outside, social distance...have you been vaccinated? Can we restart church? NY just lifted the mask mandate, our medical team needs to take a look at the new guidelines and then plan accordingly for the safe re-opening without leaving out members of our congregation who were unable to get vaccinated (people at high risk of complications and the youngest among us). The UUCA leadership will evaluate the new rules and decide when and how to reopen the campus. I am so grateful that we have effective vaccines for a virus that we have known about for less than 2 years. It is really an amazing accomplishment. I encourage everyone who is eligible to get vaccinated, continue to participate in church activities virtually, and be ready to safely return to in person activities.

—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.

Adas Polo o Morgh

About two hours prep and cooking. Serves 4 to 6. This recipe can be made as a vegetarian dish or with chicken added. Adjust to your preference.

1 cup basmati rice
1/2 cup brown lentils, rinsed and picked over
4 to 6 boneless, skinless chicken thighs
1/4 tsp ground black pepper
Kosher salt
6 Tbsp ghee or unsalted butter, divided
1 medium yellow onion halved and thinly sliced
1/2 raisins, preferably golden
5 dates, preferably Medjool, pitted and quartered
(or 1/2 cup dried apricots, if preferred)
1/2 tsp ground cumin
1/4 tsp ground cinnamon
2 pinches saffron



In a medium bowl combine rice and lentils. Using very hot tap water, rinse grains 3 or 4 times. Cover grains with very hot tap water and set aside.

Season chicken with pepper and 1 tsp salt and set aside.

In a large Dutch oven or heavy-bottomed lidded pot set on high heat, melt 4 Tbsp of ghee or butter. Add onion and cook, stirring often with a wooden spoon, until onion is crisp and brown, 10 to 15 minutes. Stir in raisins and dates, remove from heat and allow them to soften, about 2 minutes. Transfer mixture to a small bowl and set aside. Return pot to high heat. Add chicken thighs in a single layer and cook 2 to 3 minutes on each side. Transfer chicken to a plate. Lower heat to medium. Drain rice and lentils and add to pot with 2 cups of water, the remaining 2 Tbsp of ghee or butter, 1 tsp salt, cumin, cinnamon and saffron. Increase heat to high and gently stir with a wooden spoon to incorporate the spices. Bring mixture to a boil.

Meanwhile, wrap the pot lid in a clean kitchen towel, waffle weave or terry cloth, securing it to the pot's handle with a knot or rubber band. (Necessary to absorb the steam.) Nestle chicken thighs on top of rice mix. Tightly cover pot with wrapped lid and lower heat to medium low. Steam until chicken is tender and rice is fluffy, 40 to 45 minutes. Check at 30 minutes to see if more water is needed; add 1/2 cup or more if needed.

To serve, add some of the onion-raisin mixture to the rice and serve the remainder on the side. Accompany dish with a fresh green salad and you have an aromatic dinner.

AMHERST LITTLE FREE PANTRY

Over the weekend of March 27th & 28th, the Pantry team came together to expand the storage system with industrial shelving donated by Don and Dian Tucker. The new "Pantry Distribution Center," was cleaned, new shelving installed, and a large supply of items purchased thanks to the Muslim Affairs



PANTRY NEEDS: [PAPER or PLASTIC PACKAGING ONLY, no glass, no fresh food]

Here's what we have trouble keeping in stock lately:

Chef Boyardee canned pasta

Juice, especially 8-12 oz plastic bottles

Pasta sauce (plastic jars or cans only, please!)

Granola bars

Baby and toddler foods

Canned chicken, salmon, sardines, corned beef

Non-standard canned vegetables such as mushrooms, beets, yams

Dish detergent

Deodorant

Shampoo

Diapers in size 4 or 5

Pet food

THANK YOU to everyone who donates supplies or funds!

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).

Just a reminder that Bob & Kathy Wack's granddaughter, Mariel Gousios, is collecting bottles and cans and donating the proceeds to the Pantry. She has offered to pick up members' bottles & cans from their residences. If interested, contact her at refundthepantry@gmail.com.

REFUND THE PANTRY

TIRED OF RETURNING YOUR CANS?

email refundthepantry@gmail.com if you would like your bottles and cans to be picked up and brought to a bottle redemption center, with the money made donated to the amherst little free pantry!





UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

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

