

Issue

October 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 OCTOBER AT 10:30 AM

REMINDER: Masks/face coverings are mandatory, regardless of vaccination status. This is for everyone's safety and is in compliance with best practices. As always, these measures are contingent upon New York State and Erie County guidelines and may be reevaluated if there is a significant change in local Covid cases.

This month we lift up and engage what it means to cultivate relationship. Human beings require three things: a sense of belonging, meaning, and purpose. All of these are manifestations of relationship - with ourselves, with one another, and with our sense of the Ultimate.

October 3 Sunday Morning with Jim Scott

Enjoy a morning with UU singer-songwriter, Jim Scott. See article elsewhere in this newsletter for details about the weekend.

October 10 Being the Change Rev. Michelle

Gandhi, whose birthday was 10/2, is credited with saying, "Be the change you wish to see in the world." How are we "being" the change? Dare we think beyond our usual limits? (Today we will share the offering with Hearts & Hands.)

October 17 Blest Be the Tie Rev. Michelle

We are a people of covenant - making sacred promises of how we will be with one another and in relationship to the world. Let's deepen our understanding of these holy connections.

October 24 Good & Holy Trouble Rev. Michelle

Our efforts to create a world community with peace, liberty, and justice for all begin with the decision to stir the pot, to risk being called troublemakers from the status quo.

October 31 Making Time for Death Rev. Michelle

It will catch up with all of us, eventually. On this Halloween/Samhain Sunday, let us gaze with kindness and curiosity at the mystery that is the end of our lives.



MINISTER'S CORNER

“We must remember to go slow. It’s the secret so rarely mentioned. Simply put, relationships are really hard to build when we are running.” (Rev. Scott Taylor)

One of the great learnings for me during the pandemic has been the value of slowing down. Of course, it took months of over-functioning and filling my calendar with countless online activities, as if I could hold the beloved community together by the force of my desire, for me to realize that there was a steep cost to my wellbeing in all this frantic activity.

It was in my monthly conversations with a spiritual director that I discerned that my deepest Self yearns for spaciousness - unencumbered time where I can trade-in frantic activity for relaxed receptivity. As I brought my new insights to the weekly meetings with our Director of Faith Development, Angela, we realized that it would be a gift to ourselves and to the whole congregation if we stopped throwing programs into the ether and simply directed our energy where there was already energy arising naturally. Our mantra emerged: Put energy where there is energy. It’s been life changing and life giving.

A guiding principle came out of this commitment to only put energy where there was already movement and energy: *Simplicity, streamlining, and slowing down create spaciousness*. This spaciousness was not only a gift we were giving ourselves, but a real shift in thought and practice for our beloved community. If we put energy where there is already energy - we can be better stewards of our resources, which include individual health and wellbeing. More isn’t necessarily better - it’s just more, and it crowds out spaciousness. How can you remember to go slow? What spaciousness are you creating in your own life?

With care,
Rev. Michelle

(Rev. Michelle and Angela will be away on retreat Oct 5-7.)

Sharing the Offering

It has long been UU Amherst’s custom to share the offering to support the work of area groups working to bring more compassion and justice to the community. During the pandemic isolation, that was not practical. This month, on Sunday 10/10, we resume this practice of generosity as we share the offering with Hearts & Hands: Faith in Action. See more about their work here: <https://hnhcares.org>

GENERAL NOTE: Submitting Check Requests Online: If you are using the Google form to submit a check request, please notify the Office Administrator (administrator@uuamherst.org). Google sends notifications when a form has been “changed,” but doesn’t specify that a check request has been submitted.

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

Dear Friends,

It is so hard to believe that the summer is coming to a close and fall is in the air! We have much to look forward to experiencing! The goats arrive September 27th and will be here until October 3rd to perform natural landscaping around the ecology center in the back acreage. They will be eating invasive vegetation. Also, in October, Jim Scott is coming to us for an evening of song in the ecology center. A bonfire is planned as well. Jim will be the musician at the service the next day as well.



More exciting news: we are gradually moving to hybrid. This is being made possible by receiving the **Chalice Lighter Grant** for \$20,000. The tech team has been busy purchasing and installing equipment and software. When you see Les, Scott, Chris and Andy, please thank them for the many, many hours they have put into making this a reality! We are blessed to have a talented tech team! **How can you help? Become a Chalice Lighter!** For details, see Eileen McCallister, our Chalice Lighter Ambassador and her team: Cheryl, Marlana, Ellen M., et al. It is the support of many congregants that allow member churches to make their dreams and major projects come to fruition. **How would you feel about helping your fellow UU's manifest their dreams?**

A touchy subject: Following through on pledges. Having led the pledge drive the last few years, it concerns me that people may be pledging beyond their means or simply forget to complete their pledge. I spoke with Rev. Michelle to see if any of the people who are in arrears from last year had let her know that they were in financial struggle, so we could gently write off the pledge and do what we can to support them during times of need.

There are 3 out of 23 that we are aware of that have been unable to complete their pledge. I suspect that the rest are by oversight or a lack of communication to express their needs. We had put up a deficit budget which means we did not have enough revenue to cover costs. Remember we have not been able to do short term rentals or fundraising that augment our pledges. Our costs average about \$25,000 per month. Our un-honored pledges from last year total \$10,297.00.

So, what can you do? Please, check in with Camilla (as there are some long-time members on this list) to see if you are behind. If you are knowingly behind and are not in a position to pay your pledge; contact Rev. Michelle and let her know how the church can support you. If it is an over-sight, create a plan to pay the pledge. If you are in a position to help the church by increasing your giving, please consider that as well. Please know that your gifts are deeply appreciated and in times of need, your church leadership and the community are here to support you.

The Board would like to thank Doreen Park for her service on the Personnel Committee. She has been a valued member of the Committee and will be missed. She is channeling her energy to new areas of ministry.

The Board is looking to create a new task force: The FUNd task force. It will be a team of people who develop activities that are fun for all and some events will raise funds to support the church. We need to create some fun after the many months of isolation due to COVID. Of course, events will be dependent upon our area's COVID numbers.

Facilities (led by Don Tucker and Bruce Becker) is moving forward with a planned meeting of the focus group and Jen Hill from Wendel. I think we have much to be excited about as we look to future planning. The wider congregation will be brought in once the focus group has done its work. Stay tuned!

The Green Team is bringing the goats in 9/27-10/3 and have postponed the Living Green Expo to a later date. Jeanine Moyer leads this effort along with Angela Warren and an amazing team of volunteers.

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Board Report, cont'ed

We have been having an issue with flooding of the first floor of the day care during heavy rain. We are in the process of resolving this problem. Just an FYI Chris Barry has been outside with a hand-held pump during these heavy rains to stave off the flooding. It still overwhelms and then Chris is mopping and cleaning up. He has gone above and beyond his responsibilities. We will end up going over budgeted repair line and hopefully have a permanent fix in the near future. Chris, thank you for all you do!

The Sign Task Force hit a bump with the infrastructure needs (electrical) and dealing with the bedrock that lies beneath the sod. We will need to trench a line to the electrical supply. Options are being explored so we can move forward on this important work. Barry Kent and Richard Rose have been added to the sign task force. Barry is a retired engineer and Richard is a retired architect. We are grateful for their added talents to the task force. Dian Tucker, Scott Harrigan and Emily Garrett round out this task force.

To make sure that we are aligning efforts and creating good communication, Board Officers, or "Exec" (Karen, Don and Bruce) meet with Michelle monthly.

Remember that we want our members to be well informed and to ask questions to clarify understanding. Each month, we have Talk Back Tuesday with the board. It is the first Tuesday of the month via zoom. A link is sent in the all-church email. Keep in mind that Board meetings are open to the public. We meet the second Tuesday of the month in the Emerson Room at 7:00 pm. If you have an item that needs to be addressed by the Board, please send the item to Karen Thompson kkuhn745@gmail.com.

Thank you for staying so positive and connecting to one another throughout this pandemic. It has been challenging. The resilience and creativity of our members has made our journey run more smoothly. I hope to see you at church when you feel you are able to safely participate. Please let us know how the hybrid services are working for you. Your feedback and involvement are important!

With appreciation in shared faith,
Karen Thompson on behalf of
UU Amherst Board of Trustees

Board members: Karen Thompson, Don Tucker, Bruce Becker, Linda Gardner, Emily Garrett, Laurie Kasnicki, Jeanine Moyer



Karen Thompson



Don Tucker



Bruce Becker



Linda Gardner



Emily Garrett



Laurie Kasnicki



Jeanine Moyer



COVID CORNER

Is the church going overboard with Covid precautions? The short answer is...a resounding NO! The world is still in the middle of a pandemic and relatively very few individuals have been vaccinated which will lead to multiple variants emerging. The US is presently dealing with the Delta variant. The good news is, the vaccines keep Delta in check. The bad news is, you can still become infected and get sick while "fully vaccinated." That is why our church's medical task

force has decided it is in our best interests to continue masking, distancing, sanitizing, and limiting activities (especially indoor gatherings of larger groups). We are all vulnerable to the ravages of COVID-19, especially the new variants that are emerging. Also remember that influenza is still out there and with the relaxed masking mandates is likely to be a factor in community health this year. I encourage everyone to get their annual flu vaccine and to get a booster Covid immunization, if eligible. Needing a booster does not mean the vaccine does not work. It is the normal course of the vaccination process. Antibodies start to decrease after about 6 months if you are not exposed to the infecting agent, especially early in the immunization cycle (think of the babies immunization series, they are always going in for their baby shots). We are all in this together and can help each other stay safe with reasonable precautions. —Barbara Gauger Kent

FAITH DEVELOPMENT

Dear UU Amherst members and friends,

What does it mean to be a community of Relationship? The theme of Relationship, including Holy Listening, is what we embrace this month as we grow in Beloved Community.



What came to mind for me in thinking on this Soul Matters theme may seem contrary. I have been thinking about what happens when a relationship seems to have come to an impasse? Merriam Webster defines this as: a predicament affording no obvious escape, a deadlock. Also an impassable road or way : CUL-DE-SAC. Interesting that the impassable road is defined as a circle rather than a DEAD END.

Do you remember the story of Old Joe and the Carpenter? It was part of our service on Sunday August 15th. Old Joe and his neighbor disagree about the ownership of a calf who is wandering their adjoining properties. The neighbor reacts by digging a trench along the property line. It becomes a dividing creek, and it seems an impasse in their long term relationship has come. But then comes the carpenter to Old Joe's door. Old Joe doesn't want to be reminded of the apparent end of the friendship, and commissions the carpenter to build a fence. He leaves for the day to gather supplies, only to discover that upon his return, the carpenter has not built a fence along the creek, but rather a bridge to cross the creek, an invitation for the two old friends to reconcile. And they do.

We all have been the neighbor, reacting by division. We have all been Old Joe, who doesn't want to see the rift. And we have all been the carpenter, the one who sees the value of others' relationships, and moves in to help reconcile. A web of Holy Relationships.

This sounds so kindred to Restorative Practice, and to the Circle Way that has been infiltrating our UU Amherst Community culture over the past several years. Who will be the influencer to assure that valuable relationships are restored, not abandoned? Nothing has more effect on our lives than our interpersonal relationships. Nothing. The human need for Belonging is at the top of the hierarchy of needs, and belonging means fostering relationship.

In the words of one of our young adults, Kimmy Martinez, when referring to relationships and their influence on our lives, "Getting down to the nitty gritty of this, you have to have the good intentions. You have to actually want someone to love you, and you want to love someone else. . . You are the best version of yourself that you have even been in your life, and you want to know why? Because we as human beings go through hardships and trauma, but this gets you to the point where you are today. It sucks that we have to be so strong. But it's bittersweet." The sweetness comes from fostering relationships with our beloveds.

Let our boundaries not be fences that can't be reconciled. Let us circle and listen to the call to bring all of our relationships into the best order that they can be, in our families, in our church community and in the wider web of our lives.

In Faith, Angela Warren, UU Amherst Director of Faith Development

Angela's days off are Tuesday and Friday.

OCTOBER CALENDAR

PLEASE NOTE: As the church begins to expand into both online in and in-person events, we will continue to identify those events which are Zoom only and those that are taking place at the church. Zoom links for general church groups are published in the Weekly Update unless they are hosted on a private account. **Those events taking place in person will have the room identified after the event. MASKS ARE REQUIRED FOR ALL ATTENDING IN-PERSON MEETINGS REGARDLESS OF VACCINATION STATUS.**
*require passcode

Saturday, Oct 2

7:00 pm: Jim Scott Concert — **Ecology Center**
(Jim will also be at Sunday service, Oct. 3rd)

Sunday, Oct 3 (monthly 1st Sun)

12:00 pm: Food Pantry Meeting Zadmin

Tuesday, Oct 5 (monthly 1st Tues)

12:00 pm: Talk Back with Board

Tuesday, Oct 8

7:30 pm: Havurah Music Service **Chapel & EM**

Sunday, Oct 10 (monthly 2nd Sun)

12:00 pm: Poetry as Practice LR & Zoom
D. Bofinger

Tuesday, Oct 12 (monthly 2nd Tues)

7:00 pm: Board Meeting **EM**

Thursday, Oct 14 (monthly 2nd Thu)

7:00 pm: Kent Covenant Group Zadmin

Tuesday, Oct 19 (monthly 3rd Tue)

1:30 pm: Caring Committee LR R. Palmere
6:00 pm Endowment Trust Meeting **DR**
7:00 pm: Green Justice Team Zfd

Wednesday, Oct 20

5:00 pm: Finance Committee
7:00 pm: Bofinger Covenant Group D. Bofinger

Thursday, Oct 21 (monthly 3rd Thu)

7:00 pm: Ministry Council Zrev

Saturday, October 30

6:00 pm: Samhain Rite & Bonfire
UU Amherst Ecology Center
Celebrate the turning of the Wheel of the Year
as we journey through the waning of the year.

Sunday, Oct 31 (monthly last Sunday)

12:15 pm UU Amherst Book Group LR

RECURRING:

UU Universe-ity Sunrise Sessions continue
M-F, 8:30 am Zfd Link provided in Weekly Update
Tues & Thur, book discussion, time extended by
15 minutes.

Saturdays, Oct 2-30

9:00 am: Outdoor Education/Work Day see
schedule in Weekly Update (church grounds)
9:30 am: Shared Caring Circle Zrev
7:00 pm: Birch Bunch* Zadmin (weekly)
V. Snider

Sundays, Oct 3-31

10:30: Church service—in-person or watch
service on UU Amherst YouTube channel
6:30 pm: Young Adult D. Bofinger

Mondays, Oct 4-25

7:00 pm: Lighthearted Larches (10/12 & 10/26)
D. Tucker
7:00 pm: Tulip Crabapple* Zadmin (weekly)
L. Marcus
7:30 pm: Marvelous Maples (10/12 & 10/26)
D. Bofinger

Tuesdays, Oct 5-26

12:30 pm: Women's Group Lunch LR

Wednesdays, Oct 6-27

10:30 am: Willow Village* Zadmin (2nd &
4th Weds: 10/13 & 10/27 J. Senders
7:00 pm: Sage Circle* Zfd (2nd & 4th Weds:
10/13 & 10/27) S. Christ
7:00 pm: Northtowns Village (10/20) Y. Stocker

Thursdays, Oct 7-28

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

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

Jim Scott In Concert October 2nd, 7:00 pm

*“Gather the Spirit, harvest the power,
Our separate fires will kindle one flame...”*

Do you recognize this beloved hymn? How about this one: “May your life be as a song, resounding with the dawn to sing awake the light...”

These are just two of Jim Scott’s many original songs that UUs love to sing. Jim is a long-time UU (he describes himself as an original U - since his family was active in a Unitarian church before the merger that created UU), and a virtuoso guitarist and composer. Jim’s love for the Earth and his faith community can be heard in every lyric and anecdote.



From his website: “Performing solo, Jim draws on his large and varied repertoire of songs. With virtuoso guitar work and an easy, honest presence, he delivers his musical message straight to minds and hearts. Jim’s primary focus is delivering his themes of peace, justice, and care for the earth, but he’s been known to digress into all genres from Jazz standards to just about anything.”

Rev. Michelle and Les first met Jim in 1992 when he came to Jamestown Community College to stage the east coast premiere of his musical, *The Tree and Me*. *When he first arrived in Jamestown, he stayed with them, stretched out on the floor of their 2-year old daughter’s nursery (he is very tall!). UU connections are long lasting!*

Weather permitting, we’ll have a **Campfire Concert** in the Ecology Center behind the church, Saturday, October 2 (indoors if the weather doesn’t cooperate), at 7:00 pm. Jim will join us again for worship on Sunday morning, October 3rd. Please bring a mask in case we need to move indoors — they are required for all indoor gatherings, regardless of vaccination status.

There is no admission fee - this is not a fundraiser - it is a FUN-raiser! Invite your friends! It’s been a long time since Jim has passed this way in his musical travels - so don’t miss out on this opportunity to enjoy great music and good fellowship!

Adult Story Hour to Resume

Friday, October 1, 2021, 7:30pm
Via Zoom

We resume the relaxing and thought-provoking practice of listening as a story is read. We’ll pick up where we left off with the story of Abraham as shared by David Bumbaugh in his book, *The Education of God*.

Topic: Adult Story Hour

Time: Oct 1, 2021 7:30 PM

Zoom link:

<https://us06web.zoom.us/j/88235022800>

Meeting ID: 882 3502 2800



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

Contributing to UU Amherst

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**
4. Mailing a check [remember to fill in the Memo]
5. There is the traditional Sunday Plate
6. Don’t forget Legacy Giving – in your will

UU AMHERST THEATER LOVERS

—Marie Evans

Our first outing for 2021-22 will be **Sunday, October 24**, to **Jewish Repertory Theatre**, for the **2:00 pm** matinee of "**Photograph 51**."

COVID-19 Safety Protocol: in order to keep everyone as safe as possible, all who attend the show will either have to be vaccinated or present the results of a negative test within 72 hours of arrival at the theater. Also masks will be worn inside the theater by all audience members.

There is no longer an option to purchase individual tickets at a discount, unless you are a member of the JCC. The box office ticket price is \$42. **If we are able to gather a group of at least 15, I can order the tickets together at a price of \$30 each. Please let me know by Wednesday, October 6, if you'd like to be part of the group, so if we meet the goal I can notify JRT to reserve a block of seats for us.** (716-636-5770, or evans.marie@gmail.com)

Playwright: Anna Ziegler

Directed by: Katie Mallinson

Starring: Jacob Albarella, David Hayes, Dan Torres, Kristen Tripp Kelley, and Adam Yellen

This engaging and critically acclaimed play tells the fascinating and little-known true story of Rosalind Franklin, one of the great female scientists of the twentieth century, and her quest to map the contours of the DNA molecule. A chorus of physicists relives the chase, revealing the unsung achievements of this trail-blazing, fiercely independent woman. This intelligent, exciting, and quickly-paced show explores ambition, isolation, and the race for greatness.

At this writing, **Lebro's** is open Sundays from 3:00-8:00 pm, so our usual **4:00 pm dinner** (pay your own way) after the show should be fine. It's the Buffalo Bills bye week, so the bar might be less rowdy than some autumn Sundays.

For those who would like to attend the show at another time, it runs **OCTOBER 21 - NOVEMBER 14**, with showtimes on Thursdays at 7:30 pm, Saturdays at 3:30 pm and 7:30 pm, and Sundays at 2:00 pm. Tickets at <https://www.jccbuffalo.org/event-list/category/jewish-repertory-theatre/>

AMHERST LITTLE FREE PANTRY

PANTRY NEEDS: We encourage donations of healthy, nourishing foods.

[PAPER or PLASTIC PACKAGING ONLY, no glass, no fresh food] Here's what we have trouble keeping in stock lately:

Peanut butter (have plenty of jelly)	Gluten-free products
Chef Boyardee canned pasta	Non-standard canned vegetables
Juice, especially 8-12 oz plastic bottles	such as mushrooms, beets,
Pasta sauce	yams
(plastic jars or cans only, please!)	Dish detergent
Granola bars	Deodorant
Baby and toddler foods	Shampoo
Canned chicken, salmon,	Diapers in size 4 or 5
sardines, corned beef	Pet food
Shelf-stable dairy and non-dairy milks	
Cereal (single-serve & family size)	



The Pantry does not distribute OTC medication or first aid supplies for liability reasons. 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. Refund containers are now placed near the composit bins for CLEAN bottle and cans. Mariel 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!



BECOME A CHALICE LIGHTER

A chalice lighter responds to three calls a year for contributions that are pooled to fund special grants for UU churches in the Central East Region (CER). Contributions can be in any amount-\$20 or more per call is recommended, but whatever you can afford will be thankfully accepted. As our congregation is receiving a grant of \$20,000 to upgrade our technology, you can see how your contributions are valuable. Helping neighboring congregations to realize their dreams is a splendid way to cooperatively grow the faith. To sign up just go on line to: www.uua.org/central:east/programs/chalichelighters/cerclsignup

ENDOWMENT TRUST

Since August 2019, the Endowment's **investment strategy** has been 50% Fixed Income (Bonds) and 50% Equity (Stocks), to allow more liquidity as the church began to address Facilities needs. A more standard mix would be 60% stocks / 40% bonds, which was our prior position. In simplistic terms, stocks are for growth, potentially adding value more rapidly, but with greater risk of loss; bonds generally earn lower returns, but are stable, conservative products. (The 50/50 distribution was beneficial when the stock market lost value as the COVID-19 pandemic began in March 2020, resulting in lower losses than 60/40 would have.) The market value of our endowment at the close of business on September 14 was \$1,138,001.64.

We hold shares in one "socially responsible" investment fund, Parnassus Core Equity Investment, which comprised 5.08% of our portfolio as of September 14. (Percentages fluctuate due to stock market performance and our annual rebalancing of investments. Since only half of our investments are stock indexes, that means Parnassus is about 10% of the stocks we own.) Having this type of investment was specified in a bequest several years ago. Parnassus is a low cost index fund that considers both what products/services companies provide (screening out tobacco, firearms, and alcohol) AND corporate culture (how employees are treated). It has kept pace with, or out-performed, the S&P 500.

For our October 19 meeting, we have asked our investment advisor to get information about other socially responsible options. Another thing that's happening nationally is that some congregations have been putting their endowment funds into Community Investing, sustainable ways to finance local businesses in need while earning return on investment.

Congregation members may contact me if you'd like to attend the October meeting. We plan to meet in person in the church Dining Room.

- Marie Evans, Chair, for Trustees Joe Rautenstrauch, Elaine Cusker, Lauraine Marcus, and John Thompson

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.

Orzo and Vegetables

1 lb orzo, cooked (1/4 lb is sufficient for two).
Also then reduce the other ingredients by at least half)
4 Tbsp olive oil
1 medium sweet onion chopped
1 medium zucchini sliced in half moons
1/2 red bell pepper diced
2 tsps salt, more as needed
1 tsp pepper, more as needed
1 to 2 tsps cardamom
Pinch cayenne pepper to enhance flavor (does not add heat)
1 tsp lemon zest
1/4 cup lemon juice
1/3 cup ribboned fresh basil
A sprinkle of chives to serve



Cook orzo al dente according to the package, in a large pot with 1 to 2 Tbsps of olive oil to prevent sticking. Set aside (rinse with cold water to cool if making a cold salad). Saute onion in 3 Tbsps olive oil, about 5 minutes in large skillet. Add zucchini, red pepper, salt, pepper, cardamom and cayenne, cover and let vegetables steam, about 5 minutes. Add cooked vegetables to orzo, with lemon zest, lemon juice and basil and chives. Stir. Add more salt, pepper and olive oil as needed to keep the orzo from sticking together. This dish requires a good dose of salt to get the flavor right so don't be shy. Serve.

Note: you can add any vegetables you have on hand such as cherry tomatoes, celery, carrots, garlic, beans, both fresh green beans or canned garbanzos, olives. Whatever you prefer. It is a great dish for picnics or other gatherings.

COMMITTEE ON MISSION

We are pleased to say we continue to meet our goals as some members of our committee had the privilege of joining with the Caring For One Another team on September 14th. Using the Circle Way of Communication the Caring team developed a draft for their mission statement in alignment with the Church and Ministry Council's Mission Statements. This will be reviewed at Caring's regular on September 21st. Caring's progress was phenomenal considering it was their first time using The Circle Way in this manner. We will all meet again on October 12th at 2 pm to finalized Caring's draft mission statement and to begin establishing their measurable goals using the SMART tool (specific, measurable, achievable, relevant, and timely). Gratitude to all involved in this accomplishment!

- Suzanne Christ, CoM Chair



U.U.—U.N.NEWS

10 August 2021

2021 United Nations Message

24 October is United Nations Day; that is because the United Nations Charter was adopted on that day in 1945 in San Francisco, California. United Nations Headquarters in New York City was not finished until 1952. 2021 is the seventy-sixth anniversary of the United Nations. President Franklin Delano Roosevelt, America's thirty-second President, is considered to be the "father of the United Nations." Every year, U.N. Day is celebrated at U.N. Headquarters in New York City and throughout the world. The United States of America should also participate in the celebration by dismantling its global empire and global military machine and by thoroughly making the United Nations the focal point of our foreign policies.

What are the purposes of the United Nations? The main purposes are to save succeeding generations from the scourge of war, to reaffirm faith in fundamental human rights, to recognize the dignity and worth of the human person, to acknowledge the equal rights of men and women and nations large and small, to encourage respect for international law, to promote better standards of life in larger freedom and to maintain international peace and security.

The United Nations is a noble, humanitarian experiment. Despite all the criticism of the organization, the United Nations has been a relative success. It has prevented another world war, promoted social progress and is in the process of realizing its purposes, principles and reforming itself.

Why is the actual United Nations so different from the U.N. Charter itself? This is a difficult question to answer. Almost all 193 United Nations Member States do not want to subordinate their sovereignty to the United Nations. Consequently, the five permanent members of the U.N. Security Council do not want to elect a first-rate U.N. Secretary-General committed to realizing and strengthening the U.N. Charter. Also, the U.N. is a complex bureaucracy and its international civil service and peacekeepers have many inadequacies. There are also many other problems and dilemmas hampering the United Nations.

All this must change. To realize the U.N. charter, the United Nations must possess the power to eliminate the scourge of war and promote human rights. To accomplish this, the United Nations must create its own effective system of collective security and a better means for promoting human rights. At the present time, universal and complete disarmament and world peace under U.N. auspices are, unfortunately, unfulfilled dreams.

Nevertheless, on United Nations Day, 24 October, all 193 United Nations Member States and all people should resolve to translate the United Nations Charter into reality in our troubled, interdependent world. The future of humanity depends on an effective United Nations and its ability to maintain international peace and security. The time to make this happen is now; otherwise, the future of humanity is bleak, indeed. As H. G. Wells wrote in *The Outline of History*, "human history becomes more and more a race between education and catastrophe." The problems facing humanity are grave, but human reason and ingenuity can solve them. The United Nations must be made to work and for this to happen, the United States of America must get behind it. There is no reason why the history of the future cannot be brighter than the history of the past.

—David Slive, U.N. Envoy



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