

Issue

November 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](http://www.uuamherst.org)

## Our Staff:

### Minister

Rev. Michelle Buhite  
Office.....x102  
Cell....716-499-8343  
[minister@uuamherst.org](mailto:minister@uuamherst.org)

### Director of Faith Development

Angela Warren  
Office.....x104  
[dfd@uuamherst.org](mailto:dfd@uuamherst.org)

### Caretaker

Chris Barry

### Finance Clerk

Camilla Lee.....x103  
[bookkeeper@uuamherst.org](mailto:bookkeeper@uuamherst.org)

### Office Administrator

Elaine Harrigan.....x101  
[administrator@uuamherst.org](mailto: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 NOVEMBER 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 hold history. We are who we are because of (in spite of?) those who came before us. We acknowledge our role as Good Ancestors as we affirm: *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.*

### November 7 Sunday Morning with Perry Ground

Perry Ground, educator and storyteller from the Turtle Clan of the Onondaga Nation uses traditional storytelling to promote understanding and appreciation of the history, culture, and beliefs of the Haudenosaunee.

### November 14 Unexpected History

Rev. Michelle

Every family has elements of unexpected history, some that stirs pride, some that causes consternation, and our blended faith family is no different. Let's dive deep and discover how our history has brought us to where we are and how it can help us envision the future.

### November 21 Braiding Sweetgrass, Weaving Gratitude UU Universe-ity

The morning Zoom group that began in January with 30 Days of Love have continued to meet each weekday morning. They will share insights from their recent shared reading of Robin Wall Kimmerer's book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. Live music with Adam Schmidt.

### November 28 This is My Song

Rev. Michelle

A faith journey through music. Live music with Adam Schmidt.



## MINISTER'S CORNER

Do you feel it? The flutter of anxiety, a hollowness, a longing?

I call that feeling “uncertainty” - and it is pervasive. Twenty months into the pandemic and there is still no real sense of when we'll be in the clear, able to take a full breath and move with confidence into the future. I feel it and it keeps me feeling stuck. I am scheduled to take some sabbatical time in the spring and summer, and the uncertainty of what church will look like is a weight that keeps me from moving forward with planning for that time away, calling on colleagues to fill the pulpit and oversee a fraction of the details that are an integral part of every day. The little hamster of my mind keeps racing on the wheel of

uncertainty, getting nowhere, fast.

When I fall off that wheel in complete exhaustion, I notice how you, my friends, are confronting the uncertainty in your own lives. I see hopeful determination as you reach out to neighbors and weave new tapestries of friendship. I see families welcoming church elders into their lives, creating loving, extended families. I see courage and creativity amidst the uncertainty, and I am inspired. You inspire me.

If you are feeling the weight of uncertainty, I encourage you to find easy ways to be courageous, to take the first steps to create connections. Send that note of encouragement to someone who is struggling. Invite that newcomer to meet at church and share a thermos of coffee on the patio. One tiny act of courage can nudge the hamster of uncertainty off its wheel and will give you a broader perspective and renewed hope. Then share your insights so we can celebrate with you.

Warmly,  
Rev. Michelle

---

### Thanksgiving Match-Makers

For those who may not have family nearby or may be estranged, the Thanksgiving holiday can be painfully lonely. Although we are not yet in a position where we can offer a communal meal at church, perhaps we can reach out individually and add a place setting or two to our home gatherings. Obviously this is an individual decision - only you can decide what level of risk may be posed by inviting a church friend to dinner.



If you are willing to participate in a bit of Thanksgiving Matchmaking, you'll find two clipboards on the glass wall in the lobby - one for potential hosts and another for potential guests. Sign up to be matched, or reach out directly to church friends. You can also email Rev. Michelle to be placed on either the Guest or Host list. We can't guarantee that we'll find matches - but we'll never know if we don't create the opportunity.

### 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](mailto: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. '

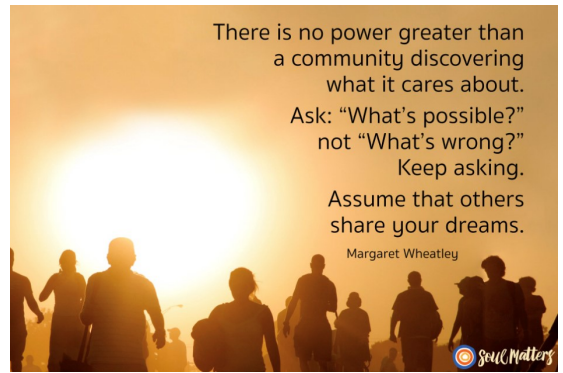
### Don't forget to call your minister!

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,

I am so excited that we are able to be together in service not just in person but live through hybrid as well. We still have work to do on the internet side of the hybrid (live stream) portion of the service. Just know that it is being addressed and the tech team is working hard to bring the service to you at home live with the same quality that the people who attend receive. We are so grateful for the chalice Lighter Grant that is allowing us to move this project forward. The gathering of the goats for green landscaping was a huge success. Thank you to the members who acted as goat tenders as they ate their way through the invasive plants that were over-taking our Ecology Center.



The board has been hard at work. Bruce and Don have been working with Citizens Bank to make sure our PPP loan was forgiven as per government guidelines. A banking misstep led to some confusion where we thought we would have to pay one third of it back plus interest. Their efforts saved us over \$6,000.

Don and Bruce et al have been working with Wendel on the space and utilization study of our facilities. The focus group is meeting on October 20<sup>th</sup> with Wendel and we will be exploring next steps. Given the size and scope of what is needed in the near future, the board is seeking out a consultant to structure and help implement a well-thought out plan. We recognize that it is too complex for us to do on our own. Stay tuned, as we move forward, we will need everyone! Just know that everything will be transparent once we are beyond this first level of focus group involvement. No major decisions will be made without congregational input.

Thank you to Rev. Michelle for bringing in Jim Scott for the Saturday camp fire sing along and the Sunday service.

Although many of the teams have been busy throughout this pandemic, I would like to especially recognize the Caring team. Their efforts are often unnoticed. To me, this caring community we call church has the caring team's mission at its heart. This team is always here for anyone in our community who needs support or just a cheery card, phone call or meal. To the caring team, know that you are appreciated more than words can say. Thank you.

Thank you to the medical task force for keeping us informed and safe throughout this tender time. It is good to know we have knowledgeable support in our corner.

Three-foci: The sign: although the task force is moving forward, connecting with the town on permits, getting quotes etc. One major stepping stone is the power source. What we currently have as our church power supply is what would be used at your home. In the past we have blown circuits while cooking for our Easter brunch. Because of too many heat elements. We need a 3-phase supply for more like a commercial property. Wendel also identified this as an area to address. The question then becomes do we put in the power supply before the facilities project or put the sign and power supply first? This is to be determined but has slowed the efforts in getting the sign up. Green Team: the green festival has been delayed due to COVID restrictions. We want to make sure people and vendors can attend. The goats came and did an amazing job. Facilities are moving forward and in the weeks and months ahead there will be congregational outreach and input to steps forward, what we envision and prefer.

Continued on next page

## Board report, continued

In my mind a year ago, I thought we would have the sign in, the festival under our belt and all focus would be on facilities. Sometimes the best laid plans (like home improvement projects) hit unforeseen snags. In the long run, I think we will be better off with well thought-out versus spontaneous project implementation. I am just like a kid on Christmas morning. I want to open it all up and see with excitement what we created together. In the short term, I will try to keep you all up to date where we are. We are going to move the funds into a savings account until it is spent for its purpose. It is silly not to get interest on that money for the church. Thank you for your donations and your patience!

Stay safe everyone! See you at church or online.

As always,  
Karen Thompson, Chair  
UU Amherst Board of Trustees



Karen Thompson



Don Tucker



Bruce Becker



Linda Gardner



Emily Garrett



Laurie Kasnicki



Jeanine Moyer

## Spotlight on... Ministry Council

When UU Amherst made the transition to policy governance in 2018, the elements of church life were divided into two “pies,” Governance and Ministry. The Governance pie includes the committees that inform and engage in the work of the Board of Trustees: Personnel, Finance, Committee on Mission, Nominating & Leadership Development, and Campus Support (buildings/grounds).

Under the supervision of the Minister, the Ministry pie includes these areas of ministry: Relationships (Welcoming, Caring, Restorative), Spiritual Growth (Faith Development, Worship, Music), and Action/Service (Justice Teams). Members from these various ministry teams meet monthly as a Ministry Council.

The Ministry Council is collaborative and supportive, helping us to stay missional and to keep the bigger picture of church life front and center. Proposals for new ministry teams, as well as social gatherings and fundraisers go through Ministry Council for approval, after which time they can be promoted and placed on the church calendar. The Council is mindful of finite resources of time and energy, as well as the importance of alignment with the Church’s mission. The Ministry Council meets via Zoom on the 3rd Thursday of each month. Any proposals for activities should be sent to Rev. Michelle (minister@uuamherst.org) at least one week prior to the next Council meeting.





## FAITH DEVELOPMENT

Dear UU Amherst members and friends,

What does it mean to be a community that Holds History? Beloved UU musician Lea Morris has teamed up with the Soul Matters ministry team to create a thematic video for each of this church year's Soul Matters themes.

For this month's theme of Holding History, she chose a song called Untold Story by Ullas Pakkan: "It doesn't matter who you are. It doesn't matter what you do. It doesn't matter what you need, or what you're going through. Don't you hold it all in, Cause everybody ought to see. Don't let your truth be drowned out. Yours is a voice we need. We need to hear you. We need to know you. Show us your dance, cause everybody ought to see. Sing out your song now. Tell us your story. Live in your own way. Be a part of our history. It doesn't matter where you go. It doesn't matter where you've been. Or who has shut you out, cause we're gonna let you in. It doesn't matter what you know, You are fruit from our family tree. Shout your truth to the rafters. Yours is a voice we need. We need to hear you. We need to know you. Show us your dance, cause everybody ought to see. Sing out your song now. Tell us your story. Live in your own way. Be a part of our history. . . in the making. History's in the making."

Some of you have been part of the evolution and history of our congregation for decades. Some for a few years. Some for a few months. Maybe you just got added to our email list and this is your very first UU Amherst newsletter. All of us have a place in this beloved community.

Over the past few years many people in our congregation have been participating in various iterations of small group ministry, also known as Covenant Groups or Chalice Circles in Unitarian Universalist churches. How does deep listening and sharing contribute to the health, history, and longevity of a church community? Well, Rev. Michelle and I might call it magical, but what really happens when we hold one another in care and in confidence is that trust and genuine love grow and become able to deepen relationship. We meet nurturing and tenderness as our relationships grow, and then we become ready together to move into the world with those same demeanors, encouraging us to live into our 3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations. Weaving the tapestry of our experiences here is what we do, as we continually bind ourselves together in faith and in friendship.

### Upcoming in Faith Development at UU Amherst:

- Continuing All Church FD Activities - All season wreaths (Nov. / Dec. - time and locations TBD) It's time to collect the raw materials for wreath making! - You will need pine cones, seed pods, dried flowers, acorns, etc. Gather them for your own project or contribute to the collective by dropping them off at church in the green bin that lives on the living room porch. Questions? Call, text, or email Angela (716) 380-0416, dfd@uuamherst.org.

In Faith,

Angela Warren, UU Amherst Director of Faith Development

Angela's days off are Tuesday and Friday



## NOVEMBER 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**

**Tuesday, Nov 2** (monthly 1st Tues)

**7:00 pm:** Talk Back with Board

**Friday, Nov 5** (monthly 1st Fri)

**7:30 pm:** Adult Story Hour Zrev

**Sunday, Nov 7** (monthly 1st Sun)

**12:00 pm:** Food Pantry Meeting Zadmin

**Tuesday, Nov 9** (monthly 2nd Tues)

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

**Wednesday, Nov 10**

**7:00 pm:** Covenant Group LR

**Thursday, Nov 11** (monthly 2nd Thu)

**7:00 pm:** Kent Covenant Group Zadmin

**Friday, Nov 12**

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

**Sunday, Nov 14** (monthly 2nd Sun)

**11:30 am:** Poetry as Practice Reeb & Zoom  
D. Bofinger

**Tuesday, Nov 16** (monthly 3rd Tue)

**1:30 pm:** Caring Committee LR R. Palmere

**7:00 pm:** Green Justice Team Zfd

**Wednesday, Nov 17** (monthly 3rd Wed)

**1:00 pm:** 3rd Wednesday Covenant Group Zrev

**5:00 pm:** Finance Committee

**7:00 pm:** Bofinger Covenant Group D. Bofinger

**Thursday, Nov 18** (monthly 3rd Thu)

**7:00 pm:** Ministry Council Zrev

**Sunday, Nov 28** (monthly last Sunday)

**12:00 pm** UU Amherst Book Group LR

Continued

**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, Nov 6-27**

**9:30 am:** Shared Caring Circle Zrev

**7:00 pm:** Birch Bunch\* Zadmin (weekly)

V. Snider

**Sundays, Nov 7-28**

**10:30:** Church service—in-person or watch service on UU Amherst YouTube channel

**6:30 pm:** Young Adult D. Bofinger

**Mondays, Nov 1-29**

**7:00 pm:** Lighthearted Larches (11/9 & 11/23)  
D. Tucker

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

**7:30 pm:** Marvelous Maples (11/9 & 11/23)  
D. Bofinger

**Tuesdays, Nov 2-30**

**12:30 pm:** Women's Group Lunch — Zoom except for 2nd Tues, 11/9 in LR & DR

**Wednesdays, Nov 3-24**

**10:30 am:** Willow Village\* Zadmin (2nd & 4th Weds: 11/10 & 11/24 J. Senders

**12:30 pm:** Outdoor Education/Work Day—continues as weather permits

**7:00 pm:** Sage Circle\* Zfd (2nd & 4th Weds: 11/10 & 11/24) S. Christ

**7:00 pm:** Northtowns Village (10/17)

**Thursdays, Nov 4-25**

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

### HAVE AN ANNOUNCEMENT?

Email: [administrator@uuamherst.org](mailto: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



#### From Page 1, November 7th service

Perry Ground, educator and storyteller from the Turtle Clan of the Onondaga Nation uses traditional storytelling to promote understanding and appreciation of the history, culture, and beliefs of the Haudenosaunee. His presentations and publications have been featured by the National Museum of the American Indian, Brooklyn Museum of Art, Iroquois Indian Museum, and at museums, parks, schools, universities, and festivals throughout the country. He was recently appointed as the Frederick H. Minett professor at Rochester Institute of Technology.



#### Share your Talent Open Mic/Zoom Session

Friday November 19 7:30-9:00 pm

All Ages Welcome

A fun evening to be with friends and/or to

- ★Sing a song with or without music★
- ★Play an instrument★
- ★Perform a magic trick★
- ★Show a craft or art project or photos★
- ★Tell a story or a joke★
- ★Read a poem (original or not)★

If you would like to be 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 of you who may want to sing, YouTube has minus tracks for hundreds of songs (accompaniments without words).

#### Adult Story Hour

Friday, November 5, 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 Moses as creatively shared by David Bumbaugh in his book, *The Education of God*.

**Topic:** Adult Story Hour

**Time:** Nov 5, 2021 7:30 PM

**Zoom link:**

<https://us06web.zoom.us/j/82259778221>

**Meeting ID:** 822 5977 8221



#### 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 BOOK CLUB —Marie Evans

UU Amherst Book Club will meet at noon on October 31 in the Living Room at church to discuss *Braiding Sweetgrass* by Robin Wall Kimmerer. At that time, we'll decide on a reading topic for November.

### Lending Library

If you're attending services at church, please stop in the Emerson Room and browse the glass curio cabinet in the Emerson Room. We lend materials on the Honor System (there's a spiral-bound notebook to sign out books). Most of the books are UU-related (like *The Unitarian Universalist Pocket Guide* and *Out of the Flames*) or topics of religion and philosophy from various world religion perspectives, including atheists (*Intro to Buddha, Islam, The Book of Mormon, The Quran, Restless Souls, Can We Be Good Without God?*). Some are books that have been read by church groups or referenced from the pulpit, like *The Gifts of Imperfection* and *An Indigenous Peoples' History of the United States*. There are also biographies and autobiographies of personalities both famous and local, including *Susan B. Anthony*, Barack Obama's *Dreams from My Father*, and several volumes by our own church members, Laura Pedersen and Joan Lorch Staple.



If you're looking to purchase books to keep, check out the Used Books on the shelves in the church Living Room, which include secular topics. Most cost about 50-cents, and the proceeds support our Amherst Little Free Food Pantry.

---

## 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)  
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  
Shelf-stable dairy and non-dairy milks  
Cereal (single-serve & family size)

Gluten-free products  
Non-standard canned  
vegetables  
such as mushrooms,  
beets, yams  
Dish detergent  
Deodorant  
Shampoo  
Diapers in size 4 or 5



The pantry crew gave the space a loving touch-up in October.

**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](http://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](mailto: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](mailto:refundthepantry@gmail.com).



## 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](http://www.uua.org/central:east/programs/chalichelighters/cerclsignup)

## ENDOWMENT TRUST

In 2010, an Endowment Memorial Tree was dedicated to acknowledge contributors to the Endowment Trust. The tree is mounted on the wall in the northwest corner of the solarium. The tree was conceived by former trustee, Ellen Doyno, and constructed by Hinni Martens (from wood from the old Emerson Room). A loose-leaf binder on the table under the tree lists all donors for each year.

Each of the leaves on the tree identifies a donor (or a couple) who has donated \$500 or more to the Endowment Trust through their wills, personal gifts and donations honoring or in memory of relatives, friends or UU Amherst members. Individual donations are cumulated until a designated giving level is reached and a leaf is put on the tree for that donor. Each color leaf represents a different level of giving: \$500 and over, \$2000 and over, \$5000 and over, \$10,000 and over and \$20,000 and over.

Together we have built a lasting memorial to ensure the financial security and continuance of our church. It has helped in emergencies and with special projects. In the last year, we reached one million dollars. As it continues to grow, the Endowment will provide a foundation for our beloved congregation's future dreams.

Your Endowment Trustees are - Marie Evans, Chair, Joe Rautenstrauch, Lauraine Marcus, Elaine Cusker, and John Thompson

—Lauraine Marcus for the Endowment Trust

## 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.

This recipe is good for any meal, breakfast, lunch and dinner. It is vegetarian but you can add bacon or sausage on top or served on the side. Thanks to Moosewood Cookbook for their wonderful meal.

### Vegetable and Cheddar Cheese Strata

2 Tbsp butter at room temperature.	1/2 tsp dry mustard
1 medium red bell pepper, thinly sliced.	5 slices white bread
1 1/2 cups grated sharp cheddar cheese.	3 large eggs
1 Tbsp Dijon mustard.	1/4 tsp pepper
1 cup chopped green onions	
2 cups whole milk	
1/2 tsp salt	

Heat oven to 350 degrees. Melt 1 1/2 tablespoons butter in heavy skillet over medium heat. Add bell pepper and sauté until just tender, about 4 minutes. Mix in green onions and sauté 1 minute more. Remove from heat.

Spread 1 1/2 tablespoons butter thinly on bread. Cut bread into 1/2 inch pieces. Layer half of the bread in an 8x8x2 inch glass baking dish. Cover with half the cheese, then half the bell pepper mixture. Repeat the same layering. Beat eggs, milk, Dijon mustard, dry mustard, salt and pepper in medium bowl to blend. Pour over strata. Bake until lightly browned on top and set in the center, about 45 minutes. Let stand 10 minutes, cut into squares. Serves 4 to 6.



Note: We added sautéed zucchini and mushrooms to the red pepper mix. This takes longer to bake, about 10 or 15 minutes more. Serving with a salad makes a complete meal. Enjoy.

---

## 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



## COVID CORNER

As someone who spent the last 23 years of my medical career immunizing people and obtaining informed consent for the immunizations, I know a thing or two about the process. This month I want to share how vaccines actually work and, hopefully, bring reassurance to those who might be concerned about the safety of the Covid vaccine.

First, it is absolutely amazing that we have effective vaccines within a year of identifying a new virus. The Covid vaccines were developed on the backs of previous research, so there really was years of research into the vaccines before the final (spike) portion was targeted. Also, the goal of the vaccine was to keep people from getting deathly ill, not preventing infection. They have been working remarkably well.

The FDA planned to provisionally approve any vaccine that was deemed safe and at least 50% effective. To put this in perspective, all other approved vaccines are about 90-95% effective. This means that if 100 people are immunized, 90-95 will develop an immune response and 5-10 will not. It does not mean that everyone that is immunized will be 95% protected. Everyone gets immunized to protect that 5%, plus any people that are deemed unable to be immunized. Those people who do respond will do so “on a bell curve”; some people will produce a lot of protection and some very little, most will be in the middle.

After an immunization, your body decides if it will recognize the immunization as foreign to you and produce an immune response. If it does, it will start making antibodies (if you have a fully functioning immune system). You need to wait a certain number of weeks for the next shot so your body views the next immunization as a new and unique exposure and will either start making antibodies or increase the number of antibodies it already makes. Some people never produce an immune response (either antibodies or Covid fighting immune cells). Why do some people need boosters?

The people targeted for boosters (older individuals, people with underlying medical conditions known to do poorly if infected, people known to have a high incidence of exposure, etc.) are those who we know do not respond well to immunizations, are more likely to become very ill or die due to Covid, or those who cannot prevent exposure to Covid by staying home. We know that 6 months after immunization or infection, antibody levels start to decrease, this is normal. We know that most immunized people will fare well if infected with Covid, but those with a poor or no immune response will become very ill, fill the ICU's and may die.

The Medical Task Force evaluates what is happening in the county, the country, and the world and makes recommendations to the BOT in an effort to keep our church members healthy. We are very conservative because we know that another Covid variant may be right around the corner, many people are not getting the vaccine, and we don't know who the “5%” non-responders are. So, if you are eligible, get your vaccination/booster, wear your masks, wash your hands, and don't get too close to people outside your “bubble.”

—Barbara Gauger Kent

**WE ARE:**  
**ALL CONNECTED**  
**STRONGER TOGETHER**  
**LOVE'S HANDS IN THE WORLD**  
**CALLED TO CREATE JUSTICE**  
**RESPONSIBLE FOR ONE ANOTHER AND THE EARTH**



**UU AMHERST**

UNITARIAN UNIVERSALIST  
CHURCH OF AMHERST

*Fostering Justice and Compassion*

6320 Main Street  
Williamsville, NY 14221  
634-3010  
[www.uuamherst.org](http://www.uuamherst.org)

