

Issue

January 2022

# 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 JANUARY 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 Live With Intention.

**January 2      The Only Resolution You Need to Make**  
Rev. Michelle

**January 9      Cinema Sunday / All Church FD Activity**  
We are beginning a 2nd Sunday Series, Cinema Sunday, where we will gather and view a justice-related documentary (from [filmsforaction.org](http://filmsforaction.org)) and share conversation in the chapel. As an alternative for families with children and all ages, there will be a story hour and craft in the Emerson Room.

**January 16      Not What I Intended: Intent & Impact**  
Rev. Michelle

**January 23      Soul Matters: Living with Intention**  
Rev. Michelle  
This Sunday will be a "Soul Matters Sunday" where we break into small groups and have meaningful conversation, much like one might experience in a Covenant Group. Opportunities for short-term, 3 month covenant group experiences will begin in February.

**January 30      Seven Weeks Later: Imbolc**  
Rev. Michelle

We called forth the light at Yule, the Winter Solstice. Let's check in and see where we are and what's next.



## MINISTER'S CORNER

I do love a new beginning; a new calendar of empty spaces, full of possibility. I've always loved those pop-up calendar stores in the mall. In the days before crowded malls were a source of anxiety, I would return again and again to those pop-up stores and scope out the new calendars - making plans to return after the holidays when they were more sensibly priced. Sometimes waiting paid off and sometimes it was a source of disappointment. Oh well, you can never go wrong with landscapes or kittens.

The next twelve months are stretched before us - full of possibility and uncertainty. As the pandemic lingers on, it feels like a leap of faith to make plans for the months ahead. Will we really be able to visit people and places? I have to believe we will.

In the coming months Angela and I will be taking some time away from church for rest and renewal. The past 21 months have been challenging for all of us, and keeping church vital and the congregation connected has taken every spark of our creativity. Angela will be taking time between mid-February and mid-March, and I will be taking four months of sabbatical leave, beginning in May. We are tag-teaming our time away so that we can support the joint ministry we have created. Both of us are so grateful to have the support of the Board and the congregation, and we look forward to mapping out the calendar of the months to come and returning from our time away with renewed energy and with our own cups filled so we might share with all of you.

Warmly,  
Rev. Michelle

**JUST A HEADS UP:** If Covid numbers continue to rise, we may need to temporarily return to remote-only services. We anticipate this would be a short-term situation. Fortunately, we now have quite sophisticated virtual services as well as a watch party, now hosted by Kim Diana Connolly. Keep an eye on your email for notifications if this becomes necessary,



Jeanine Moyer and husband, Chris delivering gifts to Gateway-Longview.

### ADOPT-AN-ANGEL GIFT DELIVERY

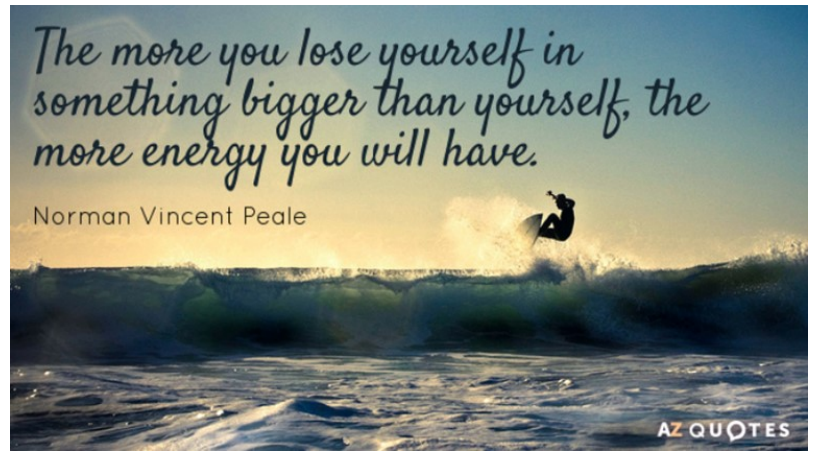
Our church community provided gifts for twenty Angels through Gateway-Longview's Adopt-an-Angel program, along with giving many gift cards to be used by Gateway for any Angels who come into their programs closer to the holiday. Thank you to everyone who participated! Special thanks to Chris Barry for putting up the Angel Tree, Diane Bofinger for collecting the gifts at church the Sunday before delivery, and Angela Warren for helping store the gifts and assisting with delivery. —Jeanine Moyer

## BOARD REPORT

Dear Friends,

We are so grateful for the Chalice Lighter Grant that is allowing us to move forward with hybrid services. Now we are at a stage to help those who don't have technology access. One aspect of the grant is to purchase tablets or computers to teach members how to navigate the internet and stay connected to the church community. If you know of someone who does not have computer/internet access and they would like to use

a loaner device and have a tech person guide them, please let me (Karen Thompson) know so we can move forward in keeping everyone in our community connected and in the know.



I was informed at the last board meeting that our PPP loans have been forgiven. That means we do not have to pay back the \$58,000. That's huge when we were running a deficit budget!

Don and Bruce et al have been working with Wendel on the space and utilization study of our facilities. The focus group met for the last time with Wendel on December 14<sup>th</sup>. There is a significant report. 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. In the short term, we are creating a capital reserve account. This will be a brokerage account where we will be able to accept contributions easily through people's IRAs, Mandatory Retirement Distributions and accept stocks, etc. The brokerage we will engage has agreed to do free seminars on legacy planning and on charitable giving. The initial plan is to take 5% of our revenue and invest it. We have increased our rentals by 10% to help defray increases in utilities, etc. More news regarding the capital reserve fund (which can only be used for Capital projects) will be forth coming as the facilities team and the board develop informational meetings to inform the congregation and to hear the congregations' voices as we contemplate and discuss next steps.

During this challenging time, our staff has been amazing in navigating all the uncertainty. Please take time to send a note of gratitude or a phone call. They have worked diligently and without complaint throughout the pandemic. Our staff includes: Rev. Michelle, Elaine, Camilla, Chris and Angela. Beyond our staff, our hybrid service team includes, Les, Andy and I'm sure others. Adam our pianist has helped to keep the music flowing. We have so much for which to be grateful. There may be people I've left off. Please just reach out when you see someone. It makes our lives easier...It encourages us all and create a culture of appreciation. Three-foci: The sign: One major stepping stone is the power source. The task force has gotten three quotes so things are moving forward.

continued on next page

Board Report continued from page 3

In my mind a year ago, I thought we would have the sign in, the green 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 mean time, I will try to keep you all up to date where we are. Remember **Talk back Tuesday with the board** is the first Tuesday of the month and I send out a Zoom link via all church email. 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

## CLOTHING MINISTRY

We would like to thank everyone who has or will donate clothing to the UUCA clothing ministry. We had a successful mini drive on December 5th. There are several ways to donate to this ministry. Firstly, we will be having monthly mini drives before and after the church service on announced Sundays. Look to your Friday newsletter or the Foreword for dates. Our January drive is planned for Sunday, January 9, 2022. Members of our ministry will be present to accept donations. Second, we have donation bins in the coat closet off of the lobby and outside the Whitney Young Room on the second floor of the RE wing. We check these bins on a regular basis. And thirdly, you can call any member of the core group (Dian and Don Tucker, Pam and Jerry Kent, or Barbara and Barry Kent) to arrange a donation. At the present time we are looking for winter appropriate items like scarves, coats, sweaters, mittens, gloves, boots, etc. All items should be in like new or gently used condition. Our mission is to keep clothing out of the landfills, reducing the need for new items to be produced (helping the environment) while providing people in need with clothing without the requirement that they meet and document arbitrary standards (compassionate care). With your help we will succeed.

**REFUND THE PANTRY**

### TIRED OF RETURNING YOUR CANS?

email [refundthepantry@gmail.com](mailto: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!



The collection bins are being put away for the winter. However, Bob & Kathy Wack's granddaughter, Mariel Gousios, will continue to pick up members' CLEAN bottles & cans from their residences. If interested, contact her at [refundthepantry@gmail.com](mailto:refundthepantry@gmail.com).

## FAITH DEVELOPMENT

Dear UU Amherst members and friends,

What does it mean to be people who live with Intention? This month's Soul Matters resource makes a distinction between the usual language of New Year self-improvement resolutions and the inner work of intention: ". . . living with intention seems to be more about creating a quiet space that allows us to connect with who we already are, a space that protects us from the pressure to accomplish and instead makes room to ask questions of integrity." How do we continually recognize who we already are by looking within? What if resolutions to "do" were informed more often by this inner search to "be" a person of integrity?



Since I said "yes" to the call to be your Director of Faith Development in August of 2019 we have been through so much together. Soon after that we entered into this prolonged period of uncertainty brought with a novel virus that has changed the way we come together in fundamental ways, most notably physical separation. The first wave of Covid served a whole new way of "doing church," and the new way is still developing.

We have been intentionally offering Faith Development for all ages for some time now, in an effort to create a multigenerational worshipping community. Though much of our FD programming continues to be on pause, we are happy to announce that our creativity will continue to enhance and inform what we do moving into the future. We had a great turnout for holiday crafting in December, and the FD Team has plans to continue these creative opportunities in our Emerson Room for all ages each 2nd week of the month. These will serve as an alternative to 2nd Sunday Cinema Series in the chapel.

Upcoming Crafting and Storytime:  
January 9th - Snowflakes  
February 13th - Fleece Scarves  
March 13th - Seeds and Pinecones

It is with deep appreciation and humility that I thank Rev. Michelle, the Board of Trustees, and this entire congregation for offering me an upcoming time of pause from February 13th through March 13th. During this time, I will set intentions for rest and renewal, but also to look forward to the cusp of a new growing season where we can emerge even more into our place on the 11 acre campus that is our UU Amherst home. Let's learn both outside AND inside!

With intention,  
Angela Warren, UU Amherst Director of Faith Development  
***Angela's days off are Monday and Friday***

### 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.

## DECEMBER 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, Jan 4th** (monthly 1st Tues)  
7:00 pm: Talk Back with Board

**Friday, Jan 7th** (monthly 1st Fri)  
7:30 pm: Adult Story Hour Zrev

**Sunday, Jan 9th** (monthly 2nd Sun)  
10:30 am: All Ages Crating & Storytime EM  
11:30 am: Poetry as Practice Reeb & Zoom  
D. Bofinger

**Tuesday, Jan 11th** (monthly 2nd Tues)  
7:00 pm: Board Meeting EM

**Wednesday, Jan 12th**  
1:30 pm: Caring Team LR  
7:00 pm: Covenant Group

**Thursday, Jan 13th** (monthly 2nd Thu)  
7:00 pm: Kent Covenant Group Zadmin

**Tuesday, Jan 18th** (monthly 3rd Tue)  
6:00 pm: Endowment Trust Meeting

**Wednesday, Jan 19th** (monthly 3rd Wed)  
1:00 pm: 3rd Wednesday Covenant Group Zoom Zrev  
5:00 pm: Finance Committee  
7:00 pm: Bofinger Covenant Group D. Bofinger

**Thursday, Jan 20th** (monthly 3rd Thu)  
7:00 pm: Ministry Council Zrev

**Sunday, Jan 30th** (monthly last Sun)  
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

**Sundays, Jan 2-30**  
10:30: Church service—in-person or watch service on UU Amherst YouTube channel  
6:30 pm: Young Adult D. Bofinger

**Mondays, Jan 3-31**  
7:00 pm: Lighthearted Larches (1/3, 1/17, 1/31)  
D. Tucker  
7:00 pm: Tulip Crabapple\* Zadmin (weekly)  
L. Marcus  
7:30 pm: Marvelous Maples (1/3, 1/17, 1/31)  
D. Bofinger

**Tuesdays, Jan 4-25**  
12:30 pm: Women's Group Lunch — Zoom

**Wednesdays, Jan 5-26**  
10:30 am: Willow Village\* Zadmin (2nd & 4th Weds: 1/12 & 1/26 J. Senders  
7:00 pm: Sage Circle\* Zfd (2nd & 4th Weds: 1/12 & 1/26) S. Christ  
7:00 pm: Northtowns Village (1/19)

**Thursdays, Jan 6-27**  
12:00 pm: Lunch with Friends\* Zadmin (weekly)

**Saturdays, Jan 1-29**  
9:30 am: Shared Caring Circle Zrev  
7:00 pm: Birch Bunch\* Zadmin (weekly)  
V. Snider

### 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



## 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)



### UU Amherst Book Club

In January, we are all reading the same contemporary book, *State of Terror*, by Hillary Rodham Clinton and Louise Penny. We meet Sunday, January 30, in-person at noon in the church Living Room. Contact Grace Little for more information.

### Lending Library

Looking for a free book to read during the long winter evenings? If you're at church for a service or meeting, check out the Lending Library in the glass curio cabinet at the north end of the Emerson Room fellowship hall. Sign out whatever you'd like in the spiral notebook. Lending Library books tend toward spiritual themes, both fiction and non-fiction; sacred texts, memoirs, and best-practices guides.

(Secular novels and books about social justice issues can be found in the church Living Room on the bookshelves. These are for sale for a free-will donation that benefits the Amherst Little Free Pantry.)

### “A Love Song for Hal”

#### Free Livestream Benefit Concert Friday, January 7th, 7:00pm

Enjoy 25 musical artists who will perform in this special event for Hal Walker who is struggling with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. Some of you may have attended a concert here several years ago with Hal who is now unable to perform due to his chronic illness. Donations will help to support Hal; a portion of proceeds being donated to the Open Medicine Foundation which is researching ME/CFS. To join the livestream, register at [ALoveSongForHal.com](http://ALoveSongForHal.com).

### Ministry Council

The Ministry Council meets via Zoom on the 3rd Thursday of each month. If you'd like to attend the meeting, contact Rev. Michelle for the Zoom link. Any proposals for activities should be sent to Rev. Michelle ([minister@uuamherst.org](mailto:minister@uuamherst.org)) at least one week prior to the next Council meeting, and a representative from the proposing group must attend the meeting to answer questions and help the Council say 'yes' to your idea.



### 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](mailto: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

## THEATER LOVERS –Marie Evans

Next up at Jewish Repertory Theatre is THE TREASURER, by MAX POSNER, Directed by Saul Elkin, running February 3-27.

This darkly funny, sharply intimate portrait chronicles the strained ties between a son and his aging mother. In the wake of her husband's death Ida Armstrong is broke, lonely and fading fast. After spending a large chunk of her children's money, her estranged son is forced to take on the role of The Treasurer: an arrangement that becomes untenable the more he questions his devotion to her. A hit in New York City and across the country, this poetic and thought-provoking show explores the bonds and divisions of families later in life, as well the possibilities of forgiveness and change.

I'm planning a **group outing** for **Sunday, February 20**. The show is at **2:00 pm**, and we'll go to dinner together (pay-your-own-way) at 4:00 pm at Lebro's. Contact me if you'd like to be included, and also if you plan to attend a different performance. Individual discount order forms are available.

–Marie Evans (evans.marie@gmail.com, (716) 636-5770)

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## ENDOWMENT TRUST

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*You may Wonder: How does Endowment handle dividends and donations?*

**DIVIDENDS** are a distribution of profits by a corporation to its shareholders, representing income into our stock investments. Until recently, they were collected in a brokerage “cash” account (earning money market interest rate) until they exceeded one-half percent (0.50 %) of the value of our portfolio, at which time they were used to buy more shares or bonds, based on ET's investment strategy. When we changed our investment strategy proportions in October, the Trustees directed our financial advisor to automatically reinvest the money into the same product that earned them, rather than take a cash payout. The rate of return from the stock is usually higher than the best bank interest rates

**DONATIONS** (monetary gifts from individuals) are collected in our checking account, which is not an interest-earning vehicle. Once per month, the Treasurer transfers any funds over a balance of \$5,100 to the investment account (managed by our financial advisor), who invests these monies based on ET's current investment strategy, to buy more stocks or purchase additional bonds.

*As a refresher, Endowment's investment strategy is 60/40, meaning 60% of our funds are in stocks and 40% in bonds. The portfolio is “rebalanced” periodically during the year to maintain those proportions, due to income from dividends or donations.*

The Endowment Trustees next meet on Tuesday, January 18, 2022, at 6 pm in the church Dining Room. Please let me know if you'd like to attend, or contact one of the Trustees beforehand if you have questions or concerns.

–Marie Evans (Chair), for Joe Rautenstrauch (Treasurer), Elaine Cusker (Recording Secretary), Lauraine Marcus (Corresponding Secretary), and John Thompson (at-Large)

### 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





## COVID CORNER

Mask mandates are back and this time they are even more restrictive! As of December 10, 2021 if the church doesn't require 100% vaccination to enter, masks are required for everyone over age 2 (unless medically unable to mask). Unmasking to eat is permissible only if you are in a venue that normally serves food or drink and only while you are actively putting the food or drink into your mouth! This is a NYS Department of Health regulation (which is supported by the Governor) which means it can be enforced by state authorities if local authorities refuse. Why??? Because the Covid rates in New York State are rising rapidly and the hospitals are being overwhelmed.

Earlier this month, a friend of mine (diabetic) had a stomach issue and couldn't keep down food or drink. After a phone conversation with their doctor, it was decided that they needed IV fluids and went to the local ER (after a detour to an Urgent Care Center where they determined IV fluids were necessary but not available unless in the ER). At the ER they were triaged and determined that their medical issue was not dire, nor were they an easy fix (these categories were seen first). After several hours of waiting they went to second triage where they were tested, it was determined they did indeed need an IV and they were treated in the hall because there were no beds available. Almost 12 hours later, they were sent home, feeling better.

Why were there no beds in the ER? Actually, this is not a new problem, especially at this time of year. How does Covid come into play? You see, earlier this fall health care workers needed to be vaccinated in order to work in hospitals and nursing homes. There are not enough vaccinated workers to staff the nursing homes, therefore the nursing homes cannot accept new patients (there are strict patient to staff ratios by law) so hospital patients who no longer need acute care cannot be released from the hospital which frees up beds which will then be filled by the people in the ER needing acute care and freeing up ER beds for the people waiting in the hallways and the waiting room. Plus, more people are being infected with Covid19 even though vaccines are readily available.

Our health care workers are exhausted, a new variant has been identified, people are experiencing Covid fatigue, countries are going back into lockdown and our church is doing it's best to keep everyone safe and healthy.

—Barbara Gauger Kent

## COMMITTEE ON MISSION

Happy New Year 2022 Everyone! We are excited and hopeful as we face a new 365 days of good health and much happiness. CoM members took a hiatus for December since we had completed our work with the Caring For One Another Team. Our endeavors at the beginning of the New Year will be to meet with the Board of Trustees (BOT) for an experiential introduction to The Circle Way of communicating at meetings or possibly any gathering. Our committee also looks forward to sharing with the Amherst Little Free Pantry Team use of the Circle Way to review/establish their Mission Statement and set measurable goals. We are grateful as this new time starts, for all the support and understanding CoM members have received this past year.

Blessings to all of you and your loved ones,  
Suzanne Christ, CoM Char



SHUTTERSTOCK

## 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. Each month you’ll find one of their healthy recipes here in *The Foreword* often incorporating fresh vegetables and even gluten-free. **This is a recipe repeated from the January 2021 issue of *The Foreword* because you can never have enough fruitcake!**

### Fruitcake Cookies

By Ina Garten

Soak fruits and nuts the day before. Refrigerate the dough for 3 hours  
Prep 30 minutes, bake 20 minutes at 350.

1/2 lb dried figs (I used dates)	6 oz chopped pecans
1/4 lb raisins	Kosher salt
2 oz candied cherries, coarsely chopped* (*can use soft dried cherries)	1/2 lb (2 sticks) unsalted butter at room temperature
2 oz dried apricots	1/2 tsp ground cloves
1 Tbsp honey	1/2 cup granulated sugar
2 Tbsp dry sherry	1/3 cup light brown sugar, firmly packed
1 Tbsp freshly squeezed lemon juice	1 large egg



Snip the stems off figs and coarsely chop. In a medium bowl combine figs, raisins, cherries, apricots, honey, sherry, lemon juice, pecans and a pinch of salt. Cover with plastic wrap and allow to sit at room temperature overnight. In the bowl of an electric mixer fitted with a paddle attachment, cream the butter, cloves, both sugars on medium speed until smooth, about 3 minutes. With the mixer at low speed add the egg and mix until incorporated. Then add the flour, slowly and 1/4 tsp salt until just combined. Don’t over mix! Add the fruits and nuts, including any liquid to the bowl and stir in by hand. Divide the dough in two and place each half on the long edge of a 12 x 18 sheet of parchment paper or waxed paper. Roll each into a log about 1 1/2 inch thick. Refrigerate the dough for several hours or until firm.

Preheat oven to 350 degrees. Cut the logs into 1/2 inch slices with a small, sharp knife. Place slices 1/2 inch apart on untreated cookie sheet and bake for 15 to 20 minutes until lightly golden.

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## AMHERST LITTLE FREE PANTRY

### "Category of the Month" Starting in January

Starting in January 2022, the Pantry is going to start a "Category of the Month" for donations. In **January, our category will be drinks**. This includes individual serving size juice in plastic bottles or cans, as well as family size containers in plastic as well as in aseptic boxes. We will also be asking for milk in individual serving aseptic boxes as well as quart size aseptic boxes. Dairy and non-dairy milk is welcome. This also includes evaporated milk and powdered milk. Please remember, PAPER or PLASTIC PACKAGING ONLY, no glass, no fresh food.

**The Pantry does not distribute OTC medication or first aid supplies for liability reasons.** Pantry 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).



## **U.U.—U.N.NEWS**

### 2021 Human Rights Day Message

10 December is Human Rights Day; that is because the United Nations' Universal Declaration of Human Rights was adopted by the United Nations General Assembly on 10 December 1948 in Paris, France. U. N. Headquarters in New York City was not finished until 1952. The Commission on Human Rights began its work in January 1947 under the chairpersonship of Eleanor Roosevelt (1984-1962). In thirty Articles, the Universal Declaration sets forth basic human rights and fundamental freedoms, to which all human beings are entitled to everywhere in the world without any discrimination. 2021 is the seventy-third anniversary of the Universal Declaration's adoption.

The United Nations' General Assembly has proclaimed the U. N.'s Universal Declaration of Human Rights as a "common standard of achievement for all peoples and nations." No U. N. Member State has a perfect human rights record, but all 193 U. N. Member States should aspire to realize the Universal Declaration's thirty Articles.

The U. N. has also adopted two Covenants to formally implement the U. N.'s Universal Declaration of Human Rights: the Covenant on Civil and Political Rights and the Covenant on Economic, Social and Cultural Rights. No U. N. Member State has currently formally adopted and implemented both of these Covenants. That remains to be achieved in the future, but it is imperative that the adoption and implementation of both these two covenants by all 193 U. N. Member States occur as quickly as possible.

Both the United Nations Charter and Universal Declaration of Human Rights categorically state that the realization of human rights is essential for the promotion and maintenance of world peace. Therefore, on Human Rights Day (10 December), every U. N. Member State and person should resolve to implement the Universal Declaration's thirty Articles. This will begin the process of leading our troubled, interdependent world in a much more constructive direction. In too many parts of the world, there are flagrant human rights violations and these must be eliminated if world peace is to prevail in the future.

Implementing the U. N.'s Universal Declaration of Human Rights throughout our independent world may be a daunting task but it is not an insurmountable one and should evoke humanity's foremost efforts. At the present moment in human history, there is nothing more important than the human family achieving and maintaining world peace. The United Nations' Universal Declaration of Human Rights and its thirty Articles should, therefore, be read by all people and implemented throughout our interdependent world in order to promote world peace and human betterment. The international clock of doom is ticking. There is no time to lose if the human family is to flourish and not be rendered extinct. The past cannot be retrieved; the future is in the making. Why not transform our troubled, interdependent world into a wonderful place for all?

—David Slive, U.N. Envoy



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

