

Issue

February 2023

# 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)

### Finance Clerk

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

### Office Administrator

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

### Caretaker

Andy Andersen  
c: 310-736-5219  
[andrew.b.andersen@gmail.com](mailto:andrew.b.andersen@gmail.com)

### Minister Emerita

Rev. Maureen Q. Thitchener

## SUNDAY SERVICES FEBRUARY AT 10:30 AM

**Mask wearing indoors is recommended, but not required.** Sunday services are continuing as dual platform—both in-person and livestreamed. A link to our YouTube channel is available on our website. You can view the recorded service anytime on the channel. Invite friends and family to church! Remember that coffee hour follows.

The Soul Matters theme for February is **Love**, of course!

### February 5 The Words That Come Before All Else john Snodgrass

When the Indigenous Peoples of Western New York celebrate the Midwinter festival, the gathering begins with a communal thanksgiving to the elements and forces of nature that support life on earth.

*john Snodgrass teaches Religious Studies at Canisius College, and he is the author of numerous books including "Sun Dance: Plains Life in Balance" and "Jolly Holidays." He lives in Buffalo with his bride and their four children.*

### February 12 The Gift(s) of Love Rev. Michelle

"Joy is the gift of love. Grief is the price of love. Anger protects that which is loved. And when we think we have reached our limit, wonder is the act that returns us to love." (Valerie Kaur)

### February 19 Lessons from Gate A-4 UUCA Worship Design Team

Service created by the Pacific Western Region Staff Team  
In her poem "Gate A-4", Arab-American poet Naomi Shihab Nye shares an account of distress, compassion and community as she is called to interpret Arabic for a fearful traveler at an airport. The PWR Staff has put together a worship service that touches on the themes of the poem, and questions such as Who are we called to care for? When do we answer the call to serve? Where might we be surprised by grace?

### February 26 Where Does Your Heart Lean? Rev. Michelle

What makes your heart sing? Are you more Unitarian? Or Universalist? Is there a difference? This exploration is not about taking sides, but rather, understanding who we are at our core and how we fit together.

## 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.*



## MINISTER'S CORNER

Friends, we are in a time of transition - do you feel it? I've been trying to identify just what it is and what threshold it will offer. I think I know what this time is: the seven-year itch.

According to Wikipedia (that bastion of cultural knowledge), "The seven-year itch is a popular belief, sometimes quoted as having psychological backing, that happiness in a marriage or long-term romantic relationship declines after around seven years." Now, I'm not sure we would describe a church relationship as 'romantic' - but it is certainly long-term.

This year is our eighth in shared ministry and I am definitely noticing a shift, a time of transition and liminality. With the work underway for our new roadside sign, I believe it is time to get clear on who we are and what place we hold in the community. This is such a precious time - a real opportunity to honor what UU Amherst has been for nearly 70 years (next year is our birthday! Woohoo!), and to plant the seeds for the next 70.

And... We are still emerging from the pandemic - a process that may take several more years. We need courage and resilience to navigate this time. If you've been hanging out at the edges, I encourage you to show up. We need you. And I think you need us, the gathered community. We need everyone's energy to shift our focus from past systems and achievements, and to fully embrace patterns and practices that will prepare us for the exciting years ahead.

I'm really excited about the possibilities before us... Opening our doors to the community... Greening our land and becoming a leader in intentional alternative practices and technology... and finding our 'center' - the place where Love can love in and through us. So if everything is rubbing you the wrong way - it's ok, it's just the 7-year itch. We'll get through it and emerge stronger.

Itchily,  
Rev. Michelle

*Rev. Michelle will be away for continuing education, Wed 2/15 thru Tues 2/21.*

### NOTICE!

**The 2023 Annual Meeting  
of the  
Unitarian Universalist Church  
of Amherst  
Will Be Held On  
Sunday, February 26, 2023  
Starting At 12:00n**

**This Will Be A 'Hybrid' Meeting  
With In-Person AND Remote Participation Via Zoom**



## MINISTER'S HOURS

Rev. Michelle keeps office hours  
Tues - Thurs. Contact her directly to set up an  
appointment. Fridays are her study & sermon  
writing day and she is off on Mondays.

## 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**

## BOARD REPORT

The pledge drive continues and if you did not receive a letter and pledge form please contact the church office. The finance committee and BOT will be meeting mid-February to work on a balanced budget to present at the Annual Congregational Meeting on Sunday February, 26th at 12:00 pm. Due to the changes in NYS Religious Corporation Law both in-person and remote attendance is now allowed so please plan on attending as we do need a quorum of 50 pledging members to conduct the meeting .

Please keep an eye out for events put on by our FUN-draising group who were responsible for the successful Spaghetti Dinner and are now having Happy Hour on February 11th, expect another good time to be had by all.

The BOT is pleased to announce that Suzanne Christ has agreed to fill the vacancy on our board. We thank her for stepping up and thank the Leadership Development and Nominating Committee for their work in finding such a good candidate.

Randy Kent, Board Chair linrkent@yahoo.com



## ENDOWMENT TRUST

Dear Endowment Trust Supporters,

A comprehensive 2022 Annual Summary of the Endowment Trust financial status and activities will appear in the Annual Report for the Church Meeting on February 26<sup>th</sup>. Please take time to read this. You will see that despite the current economic uncertainties the Trust continues to be in a good place to support UU Amherst's future! You will also note that we are only involved with ESG funds (environmental, social, and governance (ESG) investing is used to screen investments based on corporate policies and to encourage companies to act responsibly).

At our January 17, 2023 meeting, the total value of Endowment Trust accounts (Schwab account + Checking account) as was \$994,175. We still have an outstanding balance of about \$6,000 to meet our commitment towards new church sign. In addition, we are also working on a joint church/Endowment gift giving policy. Our next meeting is April 18, 2023 at 6:00 pm in the Emerson Room. Church members are welcome to attend (please contact a Trustee in advance if you have a specific topic/question).

Please remember, you can help the Endowment grow by remembering friends and loved ones by making a donation in their name. The family of the person being remembered receives a letter from the Endowment Trust Board saying that Trust received a gift in the name of the deceased person. You receive a letter from the ET Board thanking you for your gift. This can be used as documentation for tax purposes. Consider adding the Endowment in your will either by a designated amount or percentage of your estate. If you have questions about this, an Endowment Trustee would be pleased to talk to you.

Shopping Online? This is the last few weeks to take advantage of AmazonSmile (<https://smile.amazon.com/>). We have been notified that Amazon intends to wind down this program by February 20, 2023. Choose Unitarian Universalist Church of Amherst Endowment Trust as the organization you want to support, then just order as you usually would. It costs you nothing extra, but generates a donation for us, of 0.5% of your purchases.

Lauraine Marcus (cornell\_marcus@yahoo.com) on behalf of the Endowment Trustees Elaine Cusker, Recording Secretary; John Thompson, Corresponding Secretary; Joe Rautenstrauch, Treasurer; Dorothy Reade, Assistant Treasurer

# LITTLE FREE PANTRY

The next meeting of the Amherst Little Free Pantry will be on Saturday, February 4th from 10:00 - 11:00 am. This will be a break - out session from the Ministry Council Meeting from 9:00 am to noon. You are welcome to attend the entire meeting if you wish.

As we head toward winter, we are looking for more items that will survive the weather, as well as hearty options for our Pantry users: Oatmeal packages, powdered milk and hot cocoa mixes, cereal, soups, milks in aseptic boxes , juice, canned fruit, tuna in oil (does not freeze), meal starters, pasta and pasta sauce, Chef Boyardee with meat and granola bars.

We are always looking for volunteers, as well. **Thank you** to all of our Pantry Team members that work so hard to keep our Pantry open 24/7 for those in need. Cheryl Tomasulo, Team Lead cftomasulo@gmail.com

## Gluten Safety Guide

Ensuring that products identified as “gluten-free” for Pantry use can be tricky. Both Rev. Michelle and Office Administrator, Elaine Harrigan, have auto-immune conditions that require restriction of gluten so we are highly aware of what is safe and unsafe—even products labeled “gluten-free” can contain ingredients made from wheat, barley, or rye (ie., did you know most soy sauce is made from wheat?). Knowing about gluten containing products can also be helpful when considering member-oriented events and fundraisers. The charts below are a basic, but not complete list. As a precaution: READ LABELS!

### SAFE

**Plain unseasoned rice & rice noodles**  
including microwave packets w/o modified food starch

**Plain oatmeal**

**GF pasta**

**Tamari or GF soy sauce**  
(LaChoy makes a GF soy sauce)

**Corn or rice cereal (such as Chex)**

**Granola labeled GF**

**Corn or rice modified starch in a prepared food**  
including prepared soup stocks

**Canned vegetables & fruit\***

**Prepared pasta sauces w/o modified food starch**

**GF labeled pasta, breads, crackers, cookies**

**Most candy (see unsafe)**

**Most protein drinks**  
Whey is safe—it is a dairy product

**Potato chips & puffed corn,**  
**corn tortillas & chips**  
check label for modified food starch

**(For general info, not for pantry use:)**  
**Rum, tequila, wine, hard cider**

\*Be careful of pie fillings which can be thickened with modified food starch.

### UNSAFE

**Modified food starch**  
(usually wheat)—read the label! It is added to many prepared sauces, dressings, soup mixes, packaged rices and noodles

**Yeast extract** in commercial soups, mixes, dressings, etc.—often from wheat

**Soy sauce & any Asian sauce that contains soy sauce**  
(Soy sauce is made from wheat!)

**Processed or prepared pasta** (such as Chef-Boy-R-Dee) unless labeled GF

**Wheat based cereals, granola, and “blends” that say natural grain, whole grain, etc.**

**Canned soups with noodles**  
(even plain can contain modified food starch)

**Ramen & egg noodles**

**Packaged cookies & crackers** (unless labeled GF)

**Any candy containing cookies**  
(like Kit Kat/Twix—licorice sticks & gummies MAY contain gluten)

**Commercial baked goods, pizza, pretzels, or any snack food can contain wheat, modified food starch or yeast extract**

**Distilled and grain alcohols** such as vodka, gin, and whiskey can contain traces of gluten proteins

## GREEN JUSTICE TEAM

**Recycling:** Please take note and make use of the recycling bins for plastic and cans in the Emerson Room and in the hallway near the Living Room. Please be sure to rinse your items before placing them in the bins. If you notice that the bins are full, you may either personally empty them into the blue bins near the dumpster or alert our caretaker, Andy. Also remember that we have a paper recycling bin near the main entrance. Lastly, we began recycling batteries this past summer. Please feel free to bring in your used batteries and place them in the box in the foyer. Lithium batteries (such as from a cell phone) should be placed in plastic bags before being placed in the box; there are plastic bags with the box for your convenience.

**Living Green Festival:** Planning has begun for the next festival! Please reach out to Jeanine Moyer (jeanine.moyer@gmail.com) if you are interested in helping with the planning process.

Jeanine Moyer, Team Lead jeanine.moyer@gmail.com

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## FAITH DEVELOPMENT

We will be providing activities for youth on the 1st and 3rd Sundays in the Emerson Room after the youth are “sung out” of the service. As for now, there are activities planned through early April.

February 5th we will be making Valentines for personal use and for the Pantry.

February 19th we will be making a craft featuring the slogan “I am Uni-Unique.” Details to be determined. These activities will be presented by the FD committee and helpful church members in lieu of an acting FD Director.

The FD Committee

### Imbolc Celebration

Friday, February 3rd 7:00 pm

Bonfire in the Ecology Center if weather permits. Celebration in the Chapel if weather is nasty. In-person only.

### “FUN” DRAISING TEAM IN ACTION

Join us from 5:00 to 7:00 pm on Saturday, February 11 for “Five O’Clock Somewhere Happy Hour...Where Will UU Be?,” the fundraising team’s first event in 2023. It is adult only (kid friendly events are in the planning stages). You are welcome to bring friends. Sign up in the Emerson Room on Sundays after the service. Limited to 40 adults; \$15 donation per adult.

Barbara Gauger Kent bgtubo944@hotmail.com

**It's A  
Five O'Clock Somewhere  
HAPPY HOUR  
Where Will UU Be?**

**Saturday Evening, February 11  
5:00 - 7:00pm - Emerson Room**

**Wine - Beer - Punch - Soft Drinks  
Cheeses, Charcuterie & Snacks  
Desserts**

**\$15.00 Per Person Donation  
Reserve Early....Space Is Limited!**

## FEBRUARY 2023 CALENDAR

**PLEASE NOTE:** Some meetings will continue to be virtual-only; others will be dual platform (Zoom and in-person); and some in-person only. See the notation after the meeting. Zoom links for general church groups are published in the *Weekly Update* unless they are hosted on a private account. Zoom events taking place in the Zadmin, Zfd, or Zrev rooms are identified with the abbreviation.

### Saturday, Feb 4th

9:00 am: Ministry Council

10:00 am: Little Free Pantry Meeting

### Wednesday, Feb 8th (monthly 2nd Weds)

11:00 am: Staff Meeting

1:30 pm: Caring Team Zoom

5:30 pm: Finance Committee EM

7:00 pm: Marlana's Covenant Group LR

### Thursday, Feb 9th (monthly 2nd Thu)

7:30 pm: Green Justice Team Zoom

### Friday, Feb 10th

7:30 pm: Book Study: *Active Hope* Zoom

### Saturday, Feb 11th

5:00 pm Happy Hour "FUN"draiser EM

### Sunday, Feb 12th (monthly 2nd Sun)

11:30 am: Poetry as Practice LR & Zoom

### Wednesday, Feb 15th (monthly 3rd Wed)

1:00 pm: 3rd Wednesday Covenant Group Zoom

7:00 pm: Board Meeting EM

7:00 pm: Bofinger Covenant Group Zoom

### Sunday, Feb 19th (monthly 3rd Sun)

11:30 am: FD Team Meeting Atrium

12:00 pm: UU Amherst Book Group LR

### Friday, Feb 24th

7:00 pm: Book Study: *Active Hope* Zoom

### Saturday, Feb 25th

9:30 am: WNY Gluten Free Group EM

### Sunday, Feb 26th

12:00 pm: Annual Meeting Chapel & Zoom

Continued

### RECURRING:

**UU Universe-ity Sunrise Sessions continues M-F 8:30 am.**

### Saturdays, Feb 4th-25th

9:30 am: Shared Caring Circle Zoom Zrev

7:00 pm: Birch Bunch Zoom

### Sundays, Feb 5th-26th

10:30: Church service—in-person and livestream

Coffee Hour following

### Mondays, Feb 6th-27th

7:00 pm: Tulip Crabapple Zadmin (weekly)

L. Marcus

7:00 pm: Lighthearted Larches (2/13 & 2/27)

D. Tucker

7:30 pm: Marvelous Maples (2/6 & 2/20)

D. Bofinger

### Tuesdays, Feb 7th-28th

12:30 pm: Women's Study Group Zoom

### Wednesdays, Feb 8th-22nd

10:30 am: Willow Village Zadmin (2nd & 4th Weds: 2/8 & 2/22) J. Senders

7:00 pm: Northtowns Village (2/15)

7:00 pm: Marlana's Covenant Group (2nd Weds 2/8) LR

### Save the Date

**Memorial Service for Joan Staple  
Saturday, March 4th 11:00 am**

### Ministry Council

The expanded\* Ministry Council will meet in person on **Saturday, February 4th** and April 22nd (9:00 am-12:00 pm), with individual team meetings as needed in the weeks between. We can also meet virtually as needs arise. Bring any items to the attention of Rev. Michelle ([minister@uuamherst.org](mailto:minister@uuamherst.org)). All new ministry proposals and events go through Ministry Council.

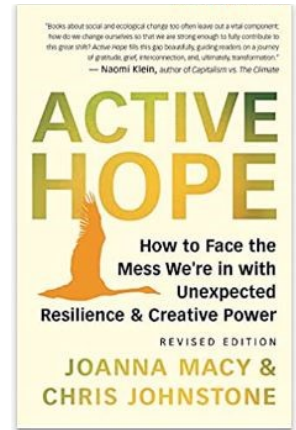
(\* The expanded Ministry Council includes not only ministry team leaders, but all who are interested in mission-driven programming for UU Amherst.)

**NOTE: At the February 4th Ministry Council gathering, we will be setting calendar dates for events and programs during the last half hour (11:30 am-noon).**



## Book Study Continues This Month

Join Rev. Michelle in reading *Active Hope: How to Face the Mess We're In Without Going Crazy* (Joanna Macy & Chris Johnstone). Sessions will be via Zoom and will be held on alternate Friday evenings, 2/10 and 2/24, 2023. Participants are expected to have read Part One (80 pages) in advance. The book is also available in Ebook and audio formats on Hoopla, a digital app you can access if you have a library card with the Buffalo & Erie County Public Library. Download the app from any app store and set up an account. You can also use Hoopla on a PC by going to [www.hoopladigital.com](http://www.hoopladigital.com). You can borrow titles for up to 21 days, but renew if necessary.



## UU AMHERST BOOK GROUP

Book Club will meet next on Sunday, February 19th at 12 noon due to the Annual Meeting on February 26th. Our reading topic for the month is "Happiness."

*We alternate monthly between picking a general TOPIC (for which participants can choose any relevant book they'd like to read), and designating one "common read" BOOK. We generally meet on the last Sunday of the month from September through May at noon in the church Living Room. We've been doing hybrid meetings - some assemble in person and some join via Zoom. All are welcome to attend our gatherings, even if you haven't "done the reading." Contact Marie Evans or Grace Little if you need the Zoom link information.*

The common read book for March hadn't been chosen as of "press time."

Marie Evans, [evans.marie@gmail.com](mailto:evans.marie@gmail.com)

### Lending Library

Check out the Lending Library in the glass curio cabinet at the north end of the Emerson Room (when building is open). Books in this collection include world religions and spiritual topics, both fiction and non-fiction. Sign out whatever you'd like in the spiral notebook, with an approximate return date.

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

Many thanks to the Book Lovers who organized and labeled the books in the Living Room!



## Upcoming Dreamwork Group(s) - March Through May

Rev. Michelle is currently engaged in a two-year course of study in Jungian-based dream work through the Haden Institute. Part of the curriculum is to lead groups in a methodology of listening and projection.

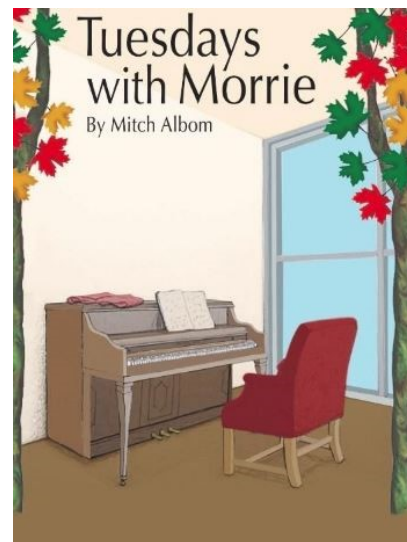
Do you dream a lot? Do you remember your dreams? Would you like to better understand what your unconscious is trying to communicate while you sleep? You can do all of that AND help Rev. Michelle become more versed in leading the group process of dream interpretation and projection. Indicate interest to [minister@uuamherst.org](mailto:minister@uuamherst.org) by **February 15th** for March start.

## THEATER LOVERS

Jewish Repertory Theatre's 20th Anniversary season continues with **TUESDAYS WITH MORRIE** by Mitch Albom, running February 2-26, 2023. Please contact me for the discount order form. Through Buffalo Hadassah, UU Amherst members and friends can order \$30 tickets to any show during the run, even if you're unable to go with our group; it's a significant savings over the box office price of \$48. Tickets should be reserved 8 days prior to the performance you plan to attend.

Our group outing will be to attend the **Sunday, February 5**, matinee at 2:00 pm followed by dinner at Lebro's Restaurant at 4:00 pm (pay your own way). Let me know by noon on February 3 if you'll be coming to dinner.

JRT's performance space is inside the Jewish Community Center in Getzville, 2640 North Forest Road. Lebro's is at 330 Campbell Blvd., just north of Dodge Road.



Marie Evans (716-636-5770, [evans.marie@gmail.com](mailto:evans.marie@gmail.com))

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## DID "UU" KNOW?

### EDICT OF TORDA—1568

In the 1500s, as the Protestant Reformation rolled across Europe, a young prince named John Sigismund took power in Hungary. He appointed as his court preacher a man named Frances David. David was a religious reformer who had rejected the idea of the Trinity that was an important theological teaching in both the Catholic Church and many Protestant reform movements such as Lutheranism and Calvinism. David believed that there was no evidence in the Bible of a Holy Trinity made up of the Father (God), the Son (Jesus) and the Holy Ghost. Instead, he believed that God was the only divine being, that Jesus was God's human representation on earth, and that there was no Holy Ghost. This belief was known as Unitarianism and David founded the Unitarian Church in Hungary.



Sigismund and David also both believed that there should be an open debate about religious ideas. At his court, Sigismund hosted debates between Unitarian, Catholic, Lutheran, and Calvinist theologians. In 1568, Sigismund also announced what is called the Edict of Torda. The text of this edict is as follows:

His majesty, our Lord, in what manner he—together with his realm—legislated in the matter of religion at the previous Diets, in the same matter now, in this Diet, reaffirms that in every place the preachers shall preach and explain the Gospel each according to his understanding of it, and if the congregation like it, well. If not, no one shall compel them for their souls would not be satisfied, but they shall be permitted to keep a preacher whose teaching they approve. Therefore none of the superintendents or others shall abuse the preachers, no one shall be reviled for his religion by anyone, according to the previous statutes, and it is not permitted that anyone should threaten anyone else by imprisonment or by removal from his post for his teaching. For faith is the gift of God and this comes from hearing, which hearing is by the word of God.

The Edict of Torda was one of the earliest expressions by a European government affirming people's right for religious freedom. Shortly after the Edict of Torda was announced, King Sigismund was forced from power. A more religiously conservative king replaced him and Frances David was put in prison, where he eventually died.



## COMMITTEE ON MISSION (CoM)

The Committee on Mission (CoM) has met with the Green Justice Team (GJT) to begin the process of developing a mission statement and S.M.A.R.T. goals. The GJT developed a draft mission statement. The CoM will be meeting with the GJT again in February to finalize the mission statement and create goals.

The purpose of our work is to align the mission and goals of all of the ministry teams and BOT Committees with the mission of the church. This written information will also help to inform the rest of our church community about the work of each team and committee, invite other members of our congregation to join these teams and committees, and to be able to continue their work as leadership changes over the years. If any other teams or committees would like to meet with us during this church year, please contact Diane Bofinger (dpbofinger@gmail.com).

Diane Bofinger, CoM Chair, and Committee Members, Marge Marcille (Scribe), Jeanine Moyer (Board Liaison), and Barbara Brooks (Our newest member)

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## UU YOUNG ADULT AND CAMPUS MINISTRY

We need a few volunteers for the UB Campus Ministry to work with Scott Harrigan & me to help brainstorm ideas and organize 2-4 programs/year that we could put on for students. These could involve showing documentaries or bringing in speakers on topics of interest to the students or conducting discussions. We thought that we might reach more students this way.

We also need someone to attend once a month Friday meetings (9:30-11 AM) of the UB Campus Ministry Association (an interfaith organization). I can no longer attend because I am working full-time. Scott can attend some. Our organization is required to attend 50% of the meetings. I have only attended 2 this academic year, so we need to attend 3 more to be considered an active organization.

Participants in the meetings have to sign up to be an official Religious Advisor. This would involve filling out an application this week and attending the Feb. 4th meeting at the Newman Center on the North Campus for an interview (applications are supposed to be in 2 weeks before the meeting). Religious Advisors are considered volunteer faculty members. As a Religious Advisor, you are entitled to a parking pass and some other UB perks.

Please let me know if you are interested. We would hate to see Unitarian Universalism not represented in the UB Campus Ministry Association.

Diane Bofinger (she/her/hers) (716-418-3272)

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## CLOTHING MINISTRY

My, my...how we have grown! We have outgrown our room on the 2nd floor of the RE wing and are planning on moving down the hall to the room next to the Channing Chapel. We will spend some time cleaning and organizing, then setting up our racks and shelves so we can have an efficient system where we are not handling items repeatedly. This will also allow us to vacate the classrooms that are overflowing with our stuff. We accept new and like new clothing and accessories, and (with advanced notice) items to be used in basket raffles. We may also put out requests for items, like things to be used as prizes for an Easter Egg Hunt or a Holiday Shop where the children can shop for their families. We collect and store these things for the Fundraising Team (there's just a little bit of overlap on the teams). Feel free to check out our clothing rack and accessories cabinet near the food pantry at anytime. Stay safe and warm this winter!

Your Clothing Ministry Team, Dian (dianltucker@gmail.com) and Don Tucker, Pam and Jerry Kent, Barry Kent and Barbara Kent Gauger

## 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.

### Red Cabbage

- 1 medium head of red cabbage, cored and sliced in ribbons
- 1 small red onion, sliced
- 6 whole cloves
- 1/4 to 1/3 cup brown sugar, more if it is too sour to your taste
- 1 cup of white vinegar
- 1 cup of water
- 1 teaspoon ground black pepper
- 1/2 pound of bacon, chopped (optional)

Put all ingredients into a large pot, set on stovetop and bring to a boil at medium heat. Once the liquid is boiling turn heat down to low and simmer several hours, covered, until the cabbage is soft. Stir on occasion. Or you can put into a crockpot and cook on low until soft. Omit bacon for a vegan meal.



Serve as a side dish to meat such as pork or beef or your choice of protein, salad and potatoes or bread. Often served alongside sausages which can be meatless.

### 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.





**February 1st, 3:30 pm ET**

Unitarian Universalist Animal Ministry, CreatureKind, & Jewish Initiative for Animals invite you to an important interfaith panel on the impact of individual actions and the collective power of community, and how we can come together to work towards a more just food system for animals, people, and the Earth.

Faith in Food: Individual and Collective Responsibility in Food Practices will feature clergy and leaders in the Buddhist, Christian, Jewish, Muslim, and Unitarian Universalist spaces. The panelists will share experiences from their own religious communities and how we can look towards collective efforts that include community change, legislative progress, justice movement coalition building, and widespread action for the greater good. This program is sponsored by the Better Food Foundation. ASL interpreters will be provided.

**NEW DAY RISING EVENT FEBRUARY 25TH**

Congregations throughout the Central East Region have started work on adopting the 8th Principle, covenanting to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions. Some congregations have discussed it with no action, some have voted to adopt it, and some are using it to actively work on dismantling racism in their systems and communities. Every UU congregation is ready to take the next step in their process of furthering antiracism, whether they use the 8th Principle as a vehicle or not.

Join this year's New Day Rising event to learn from neighboring congregations about what path they've taken with their 8th Principle and other antiracism work, and how your congregation might move itself forward. This Central East Region event will include worship, testimony from congregations engaged in the work, plus caucusing and other community building opportunities. We'll meet on Saturday, February 25, 12-6 pm ET. Registration is now open! Go to: [www.uua.org/central-east/calendar/new-day-rising-cer-2023](http://www.uua.org/central-east/calendar/new-day-rising-cer-2023).



**WE ARE:**

**ALL CONNECTED**

**STRONGER TOGETHER**

**LOVE'S HANDS IN THE WORLD**

**CALLED TO CREATE JUSTICE**

**RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH**

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