

Issue

OCTOBER 2023

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
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OCTOBER SUNDAY SERVICES AT 10:30 AM

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! Remember that coffee hour follows.

Supervised Care for Littles available in the room adjoining the Atrium.

Multi Sensory Services for All Ages

Oct 1 *Great Snakes!* John Snodgrass, guest
If the Snake in Eden wasn't Satan, then who was it? Where else in the Bible do we find other fantastical snake fables, and how do serpents continue to play an important role in some faiths? See bio on page 5.

Oct 8 *Soul Matters Sunday* Rev. Michelle
There are many ways to come together in beloved community. This week we will explore more intimate conversations on this month's topic of *heritage*. This service will not be archived on YouTube to preserve the confidentiality of these conversations. Live streaming will still be available.

Oct 15 *Stone Soup: What it Means to Belong* Rev. Michelle
This service kicks off a special season. No, not football - that happened last month! The special season is known by many names: stewardship, generosity - no matter what we call it, this is the season where all are invited to participate in the mission and ministry of UU Amherst in a very practical way: financial support. Come for the service - stay for the pancakes!

Oct 22 *Why "Cultural Intelligence"?* Rev. John Rex, guest
Cultural ignorance has been a major stumbling block throughout history in relationships among ethnic, religious, racial, and other groups. Knowledge of Cultural Intelligence is a key to building right relationships. Let's start with understanding! See bio on page 5.

10/29 *Be a Tree* Rev. Michelle & Friends
As individuals and as a community of faith, we embody the wisdom of trees; growing our roots ever deeper and extending our branches in the upward thrust of life. Our heritage includes what we have received and what we will give in return.

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



“Missing the Whale”

I'm using this monthly column to engage in a virtual book discussion together; I read the book and I'm discussing it with you! The book is *For A New Generation*, by Christian church builder, Lee Kricher. This month we address the second of five strategies: Identify the Essentials.

Kricher shares the story of a scuba diving trip on the Great Barrier Reef off the coast of Australia. He recounts one of the dives when he was 80 feet deep, closely studying a family of clown fish. When he came up to the surface and got back on deck, he noted that the other divers were more excited than usual. When he asked why they were so enthusiastic, one diver asked, “Didn't you see the whale?” A dwarf minke whale swam right over the divers and he was the only one to miss it; he was so focused on the clown fish that he missed the whale. “Sometimes we are like that in our churches. We spend our time focusing on so many good things that we lose sight of the most important reason our church exists.”

Amplify Church got creative. They added another weekend service, even though Sunday morning was not full. Modern schedules are different than they were 40 years ago. They adapted. They also put an emphasis on small group ministry, knowing that people crave connection. They created ‘irresistible’ spaces for children and youth, moving from multi-purpose rooms to dedicated spaces that declared, we're ready for you - we're glad you're here.

Take the month of October to ponder and reflect. How can we become a New Generation congregation?

Enthusiastically,
Rev. Michelle

COVID TASK FORCE UPDATE

Covid is still with us and showing a resurgence. The UUCA Covid Task Force is recommending the following guidelines, which follow the Center for Disease Control recommendation:

- Anyone who feels ill should not attend church or participate in other in-person activities regardless of whether they have tested positive for Covid or not.
- If you have symptoms of Covid (sore throat, cough, cold symptoms, fever, etc.) please test yourself.
- If you test positive for Covid you should quarantine yourself for 5 days.
- After 5 days you can end your quarantine if you no longer have a fever.
- Please wear a mask for 5 days when out in public after you end quarantine.

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.

HAVE AN ANNOUNCEMENT?

Email: administrator@uuamherst.org
For Newsletter: by 10:00 am on the 16th
For Website: two weeks prior to event
For All Church list serve: daily during the week.
For Weekly Update: Fridays by 10:00 am

Administrator/Office Hours:
Tuesday through Friday—9:00 am to 2:00 pm

BOARD REPORT

Let me begin with a big shout out and gratitude to all who made the 2nd Living Green Festival such a success! After months of planning and preparation, the Green Justice Team involved the whole congregation in this amazing event. Thank you for all you've done and continue to do to make UU Amherst visible to the rest of the community as we invite them to share in our values and passion for living in relationship with the natural world. Kudos!

Now it is time to turn our focus inward, to the health and vitality of our congregation, and that begins with our annual Generosity Campaign, where members and friends make pledges of financial support to make our shared ministry possible. Your generous pledges of support make all that we do possible.



The Generosity Campaign kickoff is Sunday, October 15, where, after an inspiring message from our minister, we will gather for a delicious Pancake Lunch, brought to us by the incredible team that is committed to bringing us together for good food and fellowship. There will be a brief presentation outlining our goals and aspirations for the coming year - so circle the date and plan to spend the whole morning with UU friends. This event will also mark the beginning of planning for UU Amherst's celebration of 70 years in 2024. Watch for further updates and get involved.

As a warm-up to the Generosity Campaign, the FUN-draising Team is offering an adult cocktail party on Saturday, October 14. See information in the newsletter and on the UU Amherst website and calendar (uuamherst.org) for details. These folks really know how to put on a party, so be sure to get your tickets in the Emerson Room after service on Sundays. See Rev. Michelle if the cost is prohibitive. Let's dress up and enjoy one another's company while supporting UU Amherst.

See you at "The U",
Randy Kent, Board Chair



ENDOWMENT TRUST

Our next scheduled meeting is October 17, 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).

In the coming weeks, the Endowment Trust will be sharing valuable information with all regarding a launch of a UUCA Legacy Society. This effort recognizes those members who name the congregation in their wills. Some members have already taken this generous step and the Endowment will be reaching out to them to acknowledge their generosity and if they agree to do so publicly to the congregation as members of the UUCA Legacy Society. A further aspect to this effort will be to invite all others to consider this action so that indeed we may insure that those who come after us may be aided by "trees they did not plant and wells they did not dig."

As part of this initiative the Endowment Trust in collaboration with the UUCA Board of Trustees have jointly adopted a Gift Acceptance Policy. Such a policy is strongly recommended for all congregations by the UUA. This policy helps both individuals and the church as a whole understand what kinds of gifts may be accepted. Primarily, the aim is to insure that gifts are consistent with the avowed purposes and principles of the congregation and that any gift or legacy is of the type which can be appropriately received and monetized for the use of the congregation. For all who are considering gifts to the congregation, and wish to understand this in greater detail, Elaine Cusker, Secretary of the Endowment Trustees will forward copies to you and be happy to discuss the policy in detail.

Thank you to those who made donations to the Endowment during August: in memory of Don Brasure: Sylvia Moran; in memory of Jack & Betty Howell: Suzanne Christ.

-Elaine Cusker, on behalf of the Endowment Trustees Lauraine Marcus, John Thompson, Dorothy Reade; Barry Kent

UU AMHERST BOOK GROUP

UU Amherst's Book Club alternates monthly between picking a general topic for the month (for which participants can choose any relevant book they'd like to read), and choosing one "common read" book. All are welcome to attend our discussions, whether or not you've "done the reading."

Our October gathering is Sunday, the 29th, at Noon in the UU Amherst Living Room. At press time, we had not yet chosen the book for the month. Contact Grace Little or Marie Evans for details, after our September 24th meeting on the topic "UU History."



THEATER LOVERS

UU Amherst Theater Lovers is an occasional group outing to the Sunday matinee of a play, followed by dinner together afterward (pay your own way).


First up this season is "**Sisters in LAW**" (October 26 - November 19) about Sandra Day O'Connor and Ruth Bader Ginsburg. **Our outing will be Sunday, November 12.** We are able to purchase discount tickets to Jewish Repertory Theatre (both for our chosen outing date and to other performances during the run). Our price is \$30 each; box office is \$48/JCC members pay \$36. **Contact me to email you the discount ticket order form, or look for it on the bulletin board outside the Emerson Room entrance closest to the chapel.** Ticket orders should be mailed at least 10 days prior to the performance you plan to attend. JRT's performance space is in the Getzville Jewish Community Center, 2640 North Forest Road, Getzville. Our dinner venue is Lebro's at 330 Campbell Blvd.

Each JRT show this season will have special, FREE programming on two dates during the run, which are not part of our outing. Both the following take place at the theater in Getzville. For "Sisters in Law," there is a panel discussion on Wednesday, November 1st at 6:30 pm, to consider themes of the play. Participants will be director Josie DiVincenzo, the cast of the production, and distinguished members of the Buffalo Legal community. On Monday, November 6th at 7:00 pm, they will present "Stage To Screen": a free movie showing of the acclaimed 2018 documentary RBG, which explores the life and career of the United States Supreme Court Justice Ruth Bader Ginsburg, and how her legal legacy has propelled the battle for gender equality. Popcorn and refreshments are included.

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

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



**2024
Generosity Campaign
Kick-Off**

Pancake Lunch

**Sunday, October 15
Following The Service**

**All Are Encouraged To Attend!
No Charge - Donations Welcomed**

**There Will Be A Short Presentation
By The 2024 Generosity Campaign Committee**

Childcare Will Be Available!

**2024 - UU Amherst Celebrating 70 Years
Of Liberal Religion For The Northtowns!**

CONNECTIONS CORNER

Welcoming newcomers, connecting people to meaningful relationships and interests, developing programming and activities for youth, and growing membership in the congregation.

Led by Linda Joy Groat & Laurie Kasnicki

At this time last year, Laurie and I, along with others, were on a team deciding what we wanted to call ourselves on our new sign, in front of the building. After a lot of discussion, and ultimately a unanimous congregational vote, we decided we would call ourselves UU Amherst, A Unitarian Universalist Congregation. The removal of “church” on the sign was very intentional, so that we do not exclude anyone who feels that a church is not consistent with their faith journey. Since we are a welcoming, open congregation without a specific spiritual belief requirement, we felt this better represents our whole congregation.

We have been branding as UU Amherst for several years, and even though this was a great step forward, some of us are still struggling with using it in everyday informal conversation, as a replacement for “church.” I have struggled with this, as I try to communicate with my own family and friends. “Hey, Eric, I’m off to UU Amherst,” or “I’m going to service early...” or “I’ll be at UU.” Nothing fits my mouth comfortably. Finally, I tried simply saying “The U”. “I’m going to The U”. This feels just right. Short, simple, to the point. When I talk to people outside of The U, and they ask me “What’s that?,” I can say “You know, the U, right across from The Y. It’s my faith congregation.” I’ve been testing it out and it creates interest and curiosity. It seems to give people a hook to grab onto. It doesn’t replace UU Amherst, it’s simply a nickname that can become synonymous with our campus, where many different kinds of activities are taking place. Maybe it could work for you, too. CU @ The U!



The Volunteer Sign Up is expanding to include all of our Sunday service participation opportunities; a “one stop shopping” portal for all things Volunteer. Connections is creating descriptions for each position, and linking them into the spreadsheet, for volunteer reference. Links to the sign up will be included in each *Weekly Update*.

Rev. Michelle and I continue to meet to develop Multi-Age, Multi-Sensory Services, incorporating elements that appeal to a wide range of ages and abilities and inviting volunteers as participants. Young and wiggly children will be supervised by volunteers and our Child Care Provider.

Please email Linda Joy at lmgeag@gmail.com to join our team. Everyone is welcome.

SUNDAY GUEST BIOS:

JOHN SNODGRASS

John Snodgrass teaches religion courses at Canisius College, and has written numerous books including “Supernatural Shakespeare” and the sci-fi comedy novel *Thirteenth Moon*. He lives in Buffalo with his bride and their four children.

JOHN REX

When John Rex visited UU Amherst in 1977, he experienced Unitarian Universalism for the first time in his life. He became a member later that year and was an active UU in many ways until he entered Starr King School for the Ministry in 1991. He was ordained by UU Amherst on April 9, 1995, and went on to serve UU ministries in Virginia and Florida, as well as a ministry and travels representing the UUA in India, Pakistan, and Sri Lanka. Now retired, he lives at Asbury Pointe in Getzville.

OCTOBER 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 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.

Room abbreviations: EM (Emerson Room); LR Living Room); Bul (Bulfinch-FD Wing); EC (Ecology Center)

Sunday, October 1st (monthly 1st Sun)
12:00 pm: Little Free Pantry Meeting LR

Tuesday, October 3rd
12:30 pm: Women's Study Group Lunch EM

Saturday, October 7th
9:00 am: WNY Gluten Free Group EM

Wednesday, October 11th (monthly 2nd Weds)
1:30 pm: Caring Team Zoom
5:30 pm: Finance Committee EM

Thursday, October 12th (monthly 2nd Thu)
7:30 pm: Green Justice Team Meeting

Saturday, October 14th
5:00 pm: Cocktail Party Fundraiser EM

Sunday, October 15th
12:00 pm: Pancake Lunch EM

Tuesday, October 17th
6:00 pm: Endowment Trust Meeting EM

Wednesday, October 18th (monthly 3rd Wed)
1:00 pm: 3rd Wednesday Covenant Group
7:00 pm: Board Meeting EM
7:00 pm: Bofinger Covenant Group
7:00 pm: Northtowns Village Meetup

Saturday, October 21st
10:00 am: Lace Guild BUL
1:00 pm: Bills Game Watch Party (TENT) EM

Saturday, October 28th
4:00 pm: Witch Dance

Sunday, October 29th (monthly 4th Sun)
12:00 pm: UU Amherst Book Club LR

RECURRING:

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

All "tree" names are for Village groups

Saturdays, October 7th-28th
7:00 pm: Birch Bunch Zoom

Sundays, October 1st-29th
10:30 am: Sunday service—in-person and livestream
Coffee Hour following

Mondays, October 2nd-23rd
7:00 pm: Tulip Crabapple Zadmin (weekly)
L. Marcus
7:30 pm: Marvelous Maples (2nd & 4th Mon:
10/9 & 10/23) R. Palmere

Tuesdays, October 3rd-24th
12:30 pm: Women's Study Group Zoom

Wednesdays, October 4th-25th
7:00 pm: Marlana's Covenant Group
(2nd Weds 10/11) LR
7:00 pm: Northtowns Village (3rd Wed 10/18)
7:00 pm: Bofinger Covenant Group (3rd Wed 10/18)

Thursdays, October 5th-26th
4:30 pm: Witch Dance Rehearsals (see page 7) watch
Weekly Update for any changes to rehearsal schedule
7:00 pm: Dare to Lead Book Discussion (weekly thru
Nov. 16th)

Reminder: Groups, please restore rooms before leaving. Return chairs to their places and take any papers (etc) with you or dispose of them properly.

Kitchen Storage: All opened packages must be enclosed in plastic containers or Ziplock bags before placing in cupboards.

Thank you.

Facilities Coordination

The Facility Coordination Team has assumed many of the responsibilities and duties which previously had been performed by our residential caretaker.

Bruce Becker: Sun, Oct 1 - Sat, Oct 7
Don Tucker: Sun, Oct 8 - Sat, Oct 14

Routine facility-related questions or concerns should be directed to the Office Administrator, or in emergencies to the assigned Facility Coordination point person.

WNY Lace Guild Open House Saturday, October 21st 10:00 am-1:00 pm Bulfinch Room

The Lace Guild is happy to be meeting at The U! We are a group of people who collect, study and, most importantly, make lace. There are more types of lace than you can imagine, and most of the members make several of them. Bobbin lace, needle lace, and tatting are the most common, and we love to share them all. Join us to try your hand at the ancient arts of bobbin lace and tatting, and to see some of our members' work. You need a new hobby, don't you? Email WNYLaceGuild@gmail.com for more information on this and other opportunities to learn about lace making or phone Susanne at 716-681-2022.

Tuesday Women's Group

Our in-person meeting this month will be Tuesday, October 3rd at 12:30 p.m. in the Emerson Room. Other meetings in October will be via Zoom at 12:30 p.m. They are October 10, 17, 24 and 31.

If you are free for the in-person meeting, bring your lunch and beverage and meet us in the Emerson Room. There is always delightful conversation!

For the Zoom contact information, consult the *What's Up* Friday announcements or contact Marge Marcille to be added to the reminder list, usually sent out Monday night.

Memorial Garden Update

The UU Amherst Memorial Garden, situated in the lawn between the church and Main Street, was created 40 years ago to serve as a tranquil oasis to honor our deceased family and congregation members. It has evolved from the original more formal plantings to become a natural sanctuary for humans and animals, sheltered from the noise of traffic and now the home for birds and animals. Over the years the ashes of more than 85 people have been scattered gently among the trees and bushes, allowing them to become part of the natural environment.

By joining the Memorial Garden, members are entitled to a plaque on the Memorial Board in the Atrium and a page in the Memorial Book located in the administrative office. The fees are kept in a separate account and are used from time to time to pay for professional help with the pruning and maintenance, as needed. A brochure about the Memorial Garden can be found in the UU Amherst lobby. Please don't hesitate to call if you have any questions.

Pamela Twycross-Kent, pmtwyx@gmail.com



WITCH DANCE

To Benefit the Amherst Little Free Pantry

Saturday, October 28th 4:00 pm

Finger food with coffee and cider to follow.

****Weekly rehearsals will be on Thursdays 4:30-5:30 pm, October 5th-26th.****

Calling all Witches and Warlocks who like to dance! Participation is free. If interested in participating or volunteering, please contact Meg Sabella at megsabella712@gmail.com or text 303-506-7531.

Thank you!

GREEN JUSTICE TEAM

The 2nd annual Living Green Festival was a great success! I hope everyone had a great time. Special thanks to those who really went above and beyond :

Lauraine Marcus - marketing

Diane Bofinger and Laurie Kasnicki - volunteer coordinators

Dian Tucker and Barbara Gauger - food, basket raffle, bounce house, free room, and clothing closet

Bruce Becker - cooking

Joan Sillman, Pat Burke, Ron Palmere, and Wendy Scott - regular planning meeting attendees

My sincerest gratitude to the unbelievable number of volunteers that helped make this event happen. We couldn't have done it without each and every one of you! If I inadvertently left anyone off this list, I sincerely apologize.

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



Thank You To Our Living Green Festival Volunteers:

James Andrix
Jacque Babka
Tammy Beckman
Barbara Bontempo
Rev. Michelle Buhite
Les Buhite
Suzanne Christ
Betty Crump
Elaine Cusker
Katherine Czechowski
Dave Demmin
Marie Evans
Doug Funke
Linda Gardner

Susan Gorski
Eric Groat
Linda Groat
Marcia Gunther
Elaine Harrigan
Scott Harrigan
Heike Jacob
Hella Jacob
Willa Jacob
Barry Kent
Pam Kent
Randy Kent
David King
Jocelyn Kofke

Bunny Malone
Phil Mann
Marge Marcille
Ellen Moomaw
Doreen Park
Joe Rautenstrauch
Meg Sabella
Kate Smidt
Mickey Tannehill
Karen Thompson
Don Tucker
Lynn Usewicz
Carol Wells

COMMITTEE ON MISSION (CoM)

After the Living Green Festival, CoM will continue to meet with teams and committees as needed to develop missions and goals, and teach the circle way. If your team or committee would like to meet with CoM in the fall, contact Diane Bofinger at dpbofinger@gmail.com, 716-689-8954 (call), or 716-418-3272 (text).

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 inform the rest of our congregation about the work of each team/committee and enable these groups to continue their work as leadership changes over the years.

Diane Bofinger, CoM Chair, and Committee Members, Marge Marcille (Scribe) and Jeanine Moyer (Board Liaison)

UU CAMPUS MINISTRY AND YOUNG ADULT (18-21ISH)

The UB Campus Ministry Advisors, Bob Johnson (main campus contact), Diane Bofinger, and Scott Harrigan, will meet in October to brainstorm ideas for the new school year. If you have ideas of things that we can do on campus and would like to join our discussion, please contact me.

Are you a young adult 18-21ish looking for connection with others in this age range or life stage? Let me know. You may be in college or considering college, but you don't have to be! There are many other life choices! Perhaps we can get a group together for support and exploration.

Diane Bofinger (she/her/hers) (text 716-418-3272), Co-Advisor, UB Campus Ministry

CLOTHING MINISTRY/FUNDRAISING TASK GOUP

A new season is upon us and we are ready to put out winter clothing. As always, if you have any winter coats, boots, scarves, mittens, etc. please leave them in the clothing ministry donation tubs in the lobby coat room or on the second floor of the Faith Development wing. Halloween is quickly approaching and costumes fly off of the clothing rack. If you have any, we will gladly accept them.

We have been putting out school supplies since mid-August and they disappear from the cabinet daily. There is such a need! Thank you to the generous donors of school supplies. Thank you for your participation in this much needed ministry.

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

By the time you read this, the 2023 Living Green Festival will be behind us. Our group worked diligently on a basket raffle and festival food to help bring needed funds into UU Amherst. We also helped with the "Free Room" to help reduce landfill waste by recycling items. We hope you took advantage of our efforts while you attended the Festival.

October will be a busy month for our group. We will be helping with a Cocktail Party on Saturday, October 14th from 5:00-8:00 pm. Buy your virtual tickets after the Sunday service. You will find us in the Emerson Room. The price is \$25 per person, adults only. On Sunday, October 15th, we will be helping the BOT serve a Pancake Lunch to jump start our Annual Generosity Drive.

On Sunday, October 21st at 1:00 pm, we hope to host a Buffalo Bills football game viewing in the Emerson Room. Get together with friends to cheer on the Buffalo Bills. There may be a nominal charge if food is involved. This is in the very early planning stages so no specifics yet. We would love to have a large turnout.

November will see us working on a Pre-Holiday Party, planned for Saturday, November 18th in the afternoon. This is the Saturday before Thanksgiving and we hope it is a good time for our UU Amherst family and friends to join us in celebrating all of the upcoming holidays.

If anyone is interested in a movie night (children/family/adult-group appropriate) let us know. We have some awesome AV equipment that begs for use.

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 UU Amherst 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.

New Fashioned Two Bean Salad

Total time 20 minutes

Jasmine Smith, Southern Living

1/2 lb green beans, washed and trimmed
1/2 lb yellow beans, washed and trimmed
1/2 cup mayonnaise
3 Tbsp whole buttermilk (you can make your own buttermilk by adding 1 tsp lemon juice to 1 cup whole milk and letting it stand a while. Stir and measure 3 Tbsp using the rest to make waffles or pancakes)
1 Tbsp minced shallot
1 Tbsp fresh dill, chopped
1 Tbsp finely chopped chives
1 Tbsp fresh lemon juice
1/2 tsp Dijon mustard
1/4 tsp Kosher salt
1/4 tsp black pepper
1/2 cup sliced radishes
Dill fronds and lemon zest for garnish



Fill a large bowl with ice water and set aside. Bring a large pot of salted water to a boil over high heat. Add the beans to the boiling water and cook until tender crisp, about three minutes. Transfer the beans to the ice water to cool, about one minute. Drain and pat dry with paper towels.

For the dressing, whisk together the mayonnaise, buttermilk, shallot, chopped dill, chives, lemon juice, mustard, salt and pepper in a medium bowl. Place beans on a platter and top evenly with the thinly sliced radishes. Drizzle the desired amount of dressing over the bean/ radish mix. Garnish with dill fronds and lemon zest. Serve with the remaining dressing on the side.

LITTLE FREE PANTRY

The next meeting of the Amherst Little Free Pantry will be on October 1st at 12 noon in the Living Room. See page 7 for information on the Witch Dance, October 28th, to benefit the ALFP.

Easy Ways to Donate to the Pantry:

Use Tops Super Coupons, GasPoint Bonus offers, or BOGO offers - even if it's not something you would use, it's a less expensive way to give the pantry staples like peanut butter, pasta, pasta sauce, side dishes, or cereal.

When buying Halloween giveaways, if you only get a few trick-or-treaters, consider multipacks of non-candy items like single-serve chips, fruit snacks, or granola bars, and donate any leftovers.

Shop at a "dollar store" to get non-food items like deodorant, shampoo, dish detergent, laundry pods, body lotion or soap. Our users really appreciate these types of products that they can't buy with SNAP food benefits.



U.U.—U.N.NEWS

9 September 2023

2023 United Nations Day Message

24 October is United Nations Day; that is because the United Nations Charter was adopted on that day in 1945 in San Francisco, California. United Nations Headquarters in New York City was not finished until 1952. 2023 is the 78th anniversary of the United Nations. President Franklin Delano Roosevelt, America's thirty-second President, is considered to be the "father of the United Nations." Every year, U.N. Day is celebrated at U.N. Headquarters in New York City and throughout the world. The United States of America should also participate in the celebration by dismantling its global empire and global military machine and by thoroughly making the United Nations the focal point of our foreign policies.

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

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

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

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

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

David Slive, U.N. Envoy

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