

Issue

**JANUARY 2024**

# The Foreword

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)



**UU AMHERST**  
*Fostering Justice  
and Compassion*

## 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

Elaine Harrigan.....x101  
[administrator@uuamherst.org](mailto:administrator@uuamherst.org)

### Minister Emerita

Rev. Maureen Q. Thitchener

## JANUARY 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

Our congregation joins with hundreds of other UU congregations in the exploration of monthly themes from Soul Matters, a resource that is grounded in Unitarian Universalist values. This month we consider the theme of Liberating Love.

### 1/7 "For the Birds"

John Snodgrass

Winter has come and the birds are heading south. We'll examine some religious beliefs about our fine feathered friends, and look forward to their return in spring.

*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.*

### 1/14 What is Love Calling You To Do?

Rev. Michelle

Side with Love is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcome to join. This week begins the UU 30 Days of Love, with a focus on justice and compassion.

### 1/21 Justice is What Love Looks Like in Public

Rev. Michelle

The full quotation from Cornel West includes a second line: "Just like tenderness is what love feels like in private."

### 1/28 New Year, New UU: A Homecoming

Rev. Michelle

In the UU Litany of Atonement, the late Rev. Rob Eller-Isaacs ended each line with, "We forgive ourselves and each other. We begin again in love." Do you know someone (or are you one) who used to be active at UU Amherst but has dropped away? Invite them to our Homecoming service so they can experience the new UU. Come for the service. Stay for the spaghetti! (See details on page 4.)

## 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



For the past several months I have been using this monthly column to engage in a virtual book discussion together; I read the book and have been discussing it with you! The book is *For A New Generation*, by Christian church builder, Lee Kricher. This month we address the final of five strategies: **Build a Mentoring Culture**.

If we want to set up the next generation for success, we must build a mentoring culture. It's time to put the concepts we have considered in the previous months into practice and invite younger and newer folks into leadership.

Does that mean putting an emerging adult or someone who is new to UU Amherst on the Board? Possibly. I would suggest that there are many points of entry to shared leadership before thrusting someone into governance. Remember, we want to build a *mentoring* culture, where people's gifts and talents are identified and given expression. What does that look like? Who will be the mentors? Can we mentor in a way that brings out others' creativity rather than to try to fit into existing molds? Are we willing to be uncomfortable? (Hint: That's usually where creativity is ready to blossom.)

I am excited by the steady stream of new folks who are seeking a faith community where their questions and insights are honored. I am delighted to see newcomers and longtimers stretch and find pockets of friendship and areas of connection and service. We have a choir again! We have energetic folks who are deeply engaged in making our facilities work better! We have thoughtful and innovative folks who are creating and fostering webs of connection.

It is my hope that at every turn, whether it is in worship, leadership, or hands-on acts of service, that we seek to create a mentoring culture; to be mentors and to be mentored. Even as we honor the past, we must have a vision for the future. Who will succeed us? How can we weave them into the beautiful tapestry that is our gathered community? What can we do to let seekers know we are here and ready for their full participation?

Thoughtfully,

Rev. Michelle

**Rev. Michelle will be on study leave 12/26-1/2.**

### WEATHER CLOSINGS

If Sunday service or a scheduled event must be cancelled due to weather, a notice will be sent through All Church email. Watch for closing notices on channels 2, 4, and 7, as well. If severe weather causes hazardous driving on weekdays (Tuesday-Friday), the Office may be closed.

### 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

### 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

Happy New Year! UU Amherst is celebrating our 70th Anniversary in 2024. We are "Re-imagining US at 70" to adapt to the changing conditions we face. On December 10th the congregation voted unanimously to authorize an engineering and architectural study of our long neglected buildings so that we can learn what is necessary, what is possible, and the costs associated with each. Other recent projects include submitting a grant to restore and improve the Ecology Center, as well as a task force and the Board (BoT) looking at a change to the Bylaws, enabling us to better conduct the business of church. These proposed changes will be voted on at the Annual Meeting, Sunday, February 25th.



The proposed change to the Bylaws is regarding the number of members in good standing to make up the quorum that allows the gathered meeting to conduct business. The current Bylaws state that the quorum must be 50 people. At the most recent meeting on 12/10, we had 40 members attend in person, with the remaining attending online. Had we not had those additional members meeting virtually, we would have been unable to conduct the meeting. Should we not achieve the quorum at the February Annual Meeting, we can't pass a budget and, technically, would be unable to spend any money, including paying our employees, utility bills, etc.

The 50-person quorum was established in the 1960's when the congregation was more robust (~250 members), and it has remained unchanged since then. When the quorum was set in place, it represented 20% of the active members. In the early part of this century the congregation was made up of 200, making the quorum 25% of the active membership.

Prior to every congregational meeting, the BoT reviews the list of members who are eligible to vote and prepares an updated list. For the meeting on 12/10, there were 120 members eligible to vote; *less than half of the eligible members when the quorum of 50 was established.*

While we currently have 120 members eligible to vote, we do not have 120 "active" members to support a quorum of 50. This is because not all of those members are in a position to participate in person or online, yet they continue to support the work of our church. We are grateful for their continued connection and financial support.

Not long ago, Rev. Michelle and Linda Joy did an informal calculation of our membership and determined that about 88 of the 120 were able to be present, virtually or in person. This is not a criticism of any of the ways that people maintain membership with UU Amherst; it is simply our current reality and it has a direct impact on the Bylaw regarding quorum. I have served on the BoT at least 8 years in this century, and even before the pandemic we were always concerned that we would fail to achieve a quorum.

**Therefore, the BoT is proposing that the quorum requirement be changed from 50 members eligible to vote, to 25% of members eligible to vote.** With the current membership of 120 eligible to vote, 25% would be 30 people. This change to the Bylaws gives us the flexibility to conduct business, even as there are fluctuations in membership. Of course, we always welcome all members to attend and participate in congregational meetings. One of our UU Principles is "respect for the democratic process in our congregations and in society at large." We value each person's voice. Mark your calendars now for the Annual Meeting to take place following the service on Sunday, February 25th.

Randy Kent, Board Chair (linrkent@yahoo.com)

## CONNECTING THOUGHTS

“Connection, along with love and belonging, is why we are here, and it is what gives purpose and meaning to our lives.” *Brené Brown, Dare To Lead*

**Threshold:** A point of entry or beginning. [www.dictionary.com](http://www.dictionary.com)

I just crossed an important threshold. At the end of November, I turned 56 years old. Important because I am now older than my older brother. He died a dozen years ago, at the age of 55, after complications of a self-chosen path of medication overdose. This was a huge devastation to our family, and caused unbelievable ripples to our parents, my sister and me, his wife, children, and his entire community where he was a beloved pediatrician. We don't really know what happened. We know that he struggled with depression and that he tried to get better. We know that he loved us—his goodbye notes to each of us said so.



After reading *Dare to Lead*, by Brené Brown, I realized that what probably happened is that he got caught in a never ending Shame Storm. As a perfectionist and people pleaser, he just wore himself out trying to be everything to everyone. As he grew more and more tired, he grew less and less able to regulate himself. Withdrawing inside to try and cope with his sense of failure to do it all, he heard the call of the Shame Gremlins Brené warns us of. One shouts out “You are never enough”. When you overcome that whisper, the other one shouts out “Who do you think you are?” Tragically, my brother crossed a threshold from which he could not return, even though he immediately regretted it and expressed a desire to live. His overdose was too much. The rest of us were left with a choice. To go down with him or to rise strong. By participating in the *Dare to Lead* group, I learned that my core values are Joy and Resilience. In those years after, I rose strong through leaning into these values with my behaviors, looking around me to see who and where my resources are, and winding Community around me and my family.

As we go into the New Year, know that Joy and Sorrow are always present with us. We all have Thresholds in front of us. Some are positive, some negative, some neutral. Recognize them, and thoughtfully cross over, or not. Look around you and see who is there with you. Who is your Community? Perhaps, together, we can use some of Brene's Rising Strong teachings to strengthen our resilience to life's challenges. Because Connection is everything we do.

**Connections Team News** Linda Joy Groat & Laurie Kasnicki

Our team welcomes newcomers, connects people to meaningful relationships and interests, develops programming and activities for youth, & grows membership in the congregation. We would love to have you join us. Please email Linda Joy at [lmgeag@gmail.com](mailto:lmgeag@gmail.com).

The Volunteer Sign Up is our “one stop shopping” portal for all things Volunteer, and includes all of our Sunday service participation opportunities; along with descriptions for each position, linked to the headings in each column of the spreadsheet. A link to the sign up will be included in each *Weekly Update*. Anyone needing help for the spreadsheet access, please email Linda Joy at [lmgeag@gmail.com](mailto:lmgeag@gmail.com).

In addition, hard copies of these opportunities are now available in a rainbow colored binder, called “Volunteer Job Descriptions @ the U,” on the coffee table behind the Welcome Center.

We now have a (very old-but quite functional) iPad for use at the Welcome Desk to use for Volunteer Sign Ups and training members how to access our files. Watch for it to circulate at Coffee Hour.

More and more families with children are coming and we want them to feel welcome! If you are able, please consider Being an Extra Pair of Hands once a month to support children and families during service for about 30 minutes. Training is provided.

**Th next Connections Meeting is January 9th. See page 7 for Zoom log-in information.**

## UU AMHERST BOOK GROUP

UU Amherst Book Club meets in the church Library/Living Room at noon on the last Sunday of the month (September through May). We alternate 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 meetings, whether or not you've "done the reading."



**The BOOK for December 31 is *Lessons in Chemistry* by Bonnie Garmus.** That meeting's facilitator, Lauraine Marcus, recommended it. There are seven books under consideration for February. Please come to the December gathering with a preference, or contact me by email. Titles are:

*The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee, published February 2022 (McGhee is the UB Distinguished Speaker for February 28, 2024)

*Dear Martin* by Nic Stone (2017)

*The Good Lord Bird* by James McBride (2013)

*The Dictionary of Lost Words* by Pip Williams (2021)

*The Office of Historical Corrections*, a novella and stories by Danielle Evans (2020)

*All This Could Be Different* by Sarah Thankam Matthews (2022)

*The Country of the Pointed Firs* by Sarah Orne Jewett (1896 - no, that's not a typo, and the entire book is available free on Google Books)

Our **TOPIC for January 28, 2024** is any book by Anne Lamont. Wendy Scott, who put this idea forward, will be guiding our discussion. Be sure to attend the Spaghetti Lunch following!

## THEATER LOVERS

Watch for an all-church email when the discount order form becomes available for Jewish Repertory Theatre's next show, *KinderTransport* by Diane Samuels, which will be on stage February 1 - 25. Save the date Sunday, February 18, for our group outing to the play and dinner afterward.

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

**Save The Date!**

**UU Amherst  
Family  
Spaghetti Lunch**

**Sunday, January 28 - 1:00pm**

*Let Us Do The Cooking !*

Chef Salad	Spaghetti	Meatballs	Italian Sausage
Bread & Butter	Dessert	Coffee/Tea	Soft Drinks

**Adults \$14.00    Children (5-12) \$9.00**  
**Under 5 Free**

**Space Is Limited!**  
**Advance Sale Tickets Now Available!**  
Scan This QR Code

## JANUARY 2024 CALENDAR

**PLEASE NOTE:** Some meetings are virtual-only; others are 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 or Zrev rooms are identified with the abbreviation.

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

### Tuesday, January 2nd

**12:30 pm:** Women's Group Lunch EM

**6:00 pm:** Endowment Trust Meeting EM

### Thursday, January 4th

**12:00 pm:** Men's Lunch (aka ROMEOS)

(Monthly 1st Thr. Buffalo Brew Pub)

**7:00 pm:** Compassionate Listening Circle EM

### Saturday, January 6th

**10:00 am:** Lace Guild BUL

### Sunday, January 7th

**12:00 pm:** Little Free Pantry Meeting LR

### Tuesday, January 9th (monthly 2nd Tue)

**7:00 pm:** Connections Meeting Zoom

### Wednesday, January 10th (monthly 2nd Wed)

**5:30 pm:** Finance Committee EM

### Thursday, January 11th (monthly 2d Thr)

**7:30 pm:** Green Justice Team Meeting Zoom

### Saturday, January 13th

**5:30 pm:** Game Night & Potluck EM

### Tuesday, January 16th

**6:30 pm:** Lace Guild BUL (monthly 3rd Tue)

### Wednesday, January 17th (monthly 3rd Wed)

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

### Saturday, January 20th

**10:15 am:** Ministry Train Meeting Zoom

### Sunday, January 28 (monthly last Sun)

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

**1:00 pm:** Spaghetti Lunch EM

## RECURRING:

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

All "tree" names are for Village groups

### Saturdays, January 6th-27th

**7:00 pm:** Birch Bunch Zoom

### Sundays, January 7th-28th

**9:30 am:** Choir Rehearsal EM

**10:30 am:** Sunday service—in-person and livestream  
Coffee Hour following

### Mondays, January 1st-29th

**7:00 pm:** Tulip Crabapples Zadmin (weekly)

L. Marcus

**7:30 pm:** Marvelous Maples (2nd & 4th Mon:  
1/8 & 1/22) R. Palmere

### Tuesdays, January 2nd-30th (weekly)

**12:30 pm:** Women's Study Group Zoom

### Wednesdays, January 3rd-31st

**1:30 pm:** Caring Team (2nd Wed 1/10) Zoom

**7:00 pm:** Marlana's Covenant Group

(2nd Weds 1/10) LR

**1:30 pm:** 3rd Wednesday Covenant Group (1/17)

**7:00 pm:** Northtowns Village (3rd Wed 1/17)

**7:00 pm:** Bofinger Covenant Group (3rd Wed 1/17)

## Tuesday Women's Group

This month our in-person meeting will be Tuesday, January 2nd. We will meet in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage.

**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.

## Upcoming Connections Meetings

Please email Linda Joy at [lmgeag@gmail.com](mailto:lmgeag@gmail.com) to join our team. Everyone is welcome. Clickable links are published in the *Weekly Update*,

### Next Connections Meeting Zoom (2nd Tuesday, monthly)

Tuesday, January 9th, 7:00-8:15pm

<https://us02web.zoom.us/j/88088659617?pwd=aXh3ZkxvTE9IMEtCbDJOWXIIVkZnUT09>

Meeting ID: 880 8865 9617

Passcode: 854312

### All Aboard! Next Ministry Train Meeting Zoom:

Team leads and members are invited to come and hear what we are all doing together. It's a great way to get involved and see what opportunities are available.

Saturday, January 20th, 10:15-11:30am

<https://us06web.zoom.us/j/85453433514?pwd=w2BaRF0jh6HI6pb9hdaaalzXu6F0bx.1>

Meeting ID: 854 5343 3514

Passcode: Ministry

## Game Night & Trivia with Potluck

**Saturday, January 13, 5:30-8:00 pm**

Come and enjoy one another's company and have some fun. All ages welcome. Bring a favorite game (or several) or just join in and learn some new ones. We're adding Trivia to the mix - which should be hilarious! Invite a friend (or several) to come along.

## Compassionate Listening Circle

### Vegetarian Potluck

(Multi-faith event)

**January 4th 6:00-8:30 pm at UU Amherst**

(Co-sponsored by the Network of Religious Communities and UU Amherst)

Space is limited! Registration online, only. (See *Weekly Update* for link). Volunteers welcome!

Contact Karen Thompson, NRC representative of UU Amherst, at [kkuhn745@gmail.com](mailto:kkuhn745@gmail.com) or text 716-628-4384.

## MINISTRY & MORE

### Choir Call-Out & Rehearsals

If you are a singer in search of a song, join the choir! They meet each Sunday morning at 9:30am in the Emerson Room (where the coffee happens). Although the choir is taking a break from performing in January, they are working on pieces for future months. Questions? Contact Linda Delorey ([lmcapecod@yahoo.com](mailto:lmcapecod@yahoo.com)) (note that the first letter is a lower-case "L").

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### Sunday Speakers Needed

Do you have a sermon in you? An idea to share? Or do you know someone in the community who has a message that aligns with our values? Contact Rev. Michelle to find out more about open dates, potential themes, etc. The next open date is February 18. Can you help? ([minister@uuamherst.org](mailto:minister@uuamherst.org))

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### Position Available

We are looking for a part-time Children's Activity Coordinator on Sunday mornings. Do you know someone (age 18 or older) who loves to work with children and has the skills to weave UU values into fun activities? Content and resource support provided. Contact Rev. Michelle for details. ([minister@uuamherst.org](mailto:minister@uuamherst.org))

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### Mark Your Calendar - Friday, Feb. 2nd - Imbolc Bonfire

Weather permitting and time to be determined (evening), we will hold a bonfire in the Ecology Center to celebrate the growing light. Imbolc is the Celtic celebration of the shift from the dark of winter to the first promise of spring. Watch for information in the *Weekly Update* as the date gets closer.

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### Bereavement Group Forming

We all experience losses in many forms, and the emotions that make up grief can ebb and flow, sometimes surprising us with their intensity. If you are interested in being part of a group that offers loving support and a container to process grief, contact Rev. Michelle. [minister@uuamherst.org](mailto:minister@uuamherst.org)

## LITTLE FREE PANTRY

As we enter winter, stock in our outdoor cabinets shifts somewhat in consideration of freezing temperatures. We have an insulated box to put out some canned foods and beverages, but interior space is limited. If you're one of our in-kind donors, please consider buying tuna in oil instead of water, items with low liquid content (like peanut butter, refried beans, or dried fruits), and dry goods such as granola or protein bars, rice or potato mixes, baking mixes, and instant milk. We have a large amount of tea in storage, but very little coffee! Individually-wrapped rolls of toilet paper and feminine hygiene supplies are always needed. Dish detergent, shampoo, and body lotion also would be welcome.

THANK YOU to all our generous donors! We are grateful to community partners such as North Presbyterian Church which sent many groceries over to the pantry after their food drives in October and November, and Congregation Shir Shalom who will be collecting for us during January.

Please make donation checks payable directly to **Amherst Little Free Pantry Limited**. The pantry has received independent 501(c)(3) non-profit organization status from the IRS and your contributions will be tax deductible.

Marie Evans (Chair) [evans.marie@gmail.com](mailto:evans.marie@gmail.com), with Meg Sabella (Treasurer) and Doreen Park (Administrative Officer)

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## ENDOWMENT TRUST



As of December 15<sup>th</sup>, the total value of our funds with Level Wealth Management was \$1,068,858.72, with an additional \$5,500 in Citizen Bank. Our next meeting has been **rescheduled to January 2, 2024** at 6:00 pm in the Emerson Room. UU Amherst members are welcome to attend (please contact a Trustee in advance if you have a specific topic/question).

Elaine Cusker, our recording secretary, will be resigning from the Endowment at the end of the January meeting due to her move to Massachusetts. Tammy Kofke has been nominated by the Leadership and Nominating Committee to serve a 5 year term on the Endowment Trust and this will be voted upon at the UU Amherst Annual Meeting on

February 25.

At that time, a motion will also be presented to obtain congregation approval of the Endowment's October 2023 action for future budget contributions: On an annual basis, the Endowment Trust commits to provide a gift to the UU Amherst up to 5% of the total value of unrestricted funds for the operating budget. (This commitment will be reviewed at each Endowment October meeting.)

The Endowment and UU Amherst have benefitted from your generosity. Ways in which you can contribute include: remembering someone with a gift in their name, contributing an unexpected dividend, specifying a donation in your will. You can also contribute directly on the Website via the Giving Button and designating the Endowment Trust.

As always, the Endowment Trust thanks you for supporting the future of UU Amherst.



## COMMITTEE ON MISSION (CoM)

The CoM meets 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 after the holidays, contact Diane Bofinger at [dpbofinger@gmail.com](mailto:dpbofinger@gmail.com), 716-689-8954 (call), or 716-418-3272 (text).

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

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## UU CAMPUS MINISTRY AND YOUNG ADULT (18-21ish)

The UB Campus Ministry Advisors, Bob Johnson (main campus contact), Diane Bofinger, and Scott Harrigan welcome ideas for things that we can do on campus for young adults, 18-21ish. Support is not limited to those attending or considering college. Contact Diane Bofinger if you're interested in being involved.

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

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## CLOTHING MINISTRY/FUNDRAISING TASK GOUP

This year, our Clothing Ministry supplied over 5,000 units of clothing and accessories to our community. All of this helps people and families who are food and clothing insecure. We also encourage church members to browse our huge selection of clothes and recycle some beautiful items. We are in desperate need of warm coats and boots this season. Please bring your clean, gently used items to us and give someone a cozy warm winter.

Our Ministry expanded beyond our church property to bring holiday cheer. This season, we donated new clothing and accessories to benefit Child and Family Services' Haven House. We estimate the retail value at +\$500. Haven House provides shelter and education to families affected by domestic violence.

Thanks to all who support our ministry.

\* \* \* \* \*

The Fundraising Task Force is looking forward to January when we will host a Spaghetti Lunch after coffee hour on January 28. Keep the date open; sign up starts in January!

Clothing Ministry Team, Dian ([diantucker17@gmail.com](mailto:diantucker17@gmail.com)) and Don Tucker, Pam and Jerry Kent, Barry Kent and Barbara Kent Gauger

### Contributing to UU Amherst

1. The **Giving** option on the church website ([uuamherst.org](http://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

## 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.

**Last month’s recipe was missing some of the instructions, so we’re reprinting in this issue. This recipe can be made vegan or not, depending on the choice of stock used.**

### Pasta Fagioli

- 3 garlic cloves, minced
- 3 cans butter beans or cannelloni beans, rinsed
- 2 cans chick peas, rinsed
- 1 quart chicken stock or vegetable stock
- 1 cup canned crushed tomatoes
- Olive oil
- 1 box ditalini pasta
- 3 Hungarian peppers cut in 1 inch rings
- Crusty Italian bread



Sauté garlic in olive oil for 1 minute. Add crushed tomatoes and cook one minute. Pour in half the stock and all the beans and cook for 4 to 5 hours on low heat, adding more stock to keep the liquid loose.

Boil ditalini per package instructions. Place cut peppers in a several tablespoons of olive oil and microwave until they are soft. Serve the bean mixture over the pasta with buttered, crusty bread with the Hungarian

## MINISTRY TRAIN UPDATE Rev. Michelle

All aboard the Ministry Train! Truly, all are welcome to attend the meetings that bring the various areas of ministry together for mutual support, encouragement, and generating new ideas to enhance our connections and live into our mission as a congregation.

Some of the items for conversation included: creating a teen hangout space; publicity for upcoming events; Family Ministry and what that looks like; balancing events with resources; digital infrastructure; and strategies for engaging newcomers.

Task groups were identified. If any of these look like a place where you’d like to put your energy, connect with one of the members or talk to Rev. Michelle.

**Safety:** Bob Johnson, Sue Gorski, Lauraine Marcus, Randy Kent, Marie Evans, Kim Diana Connolly

**Publicity:** Lauraine Marcus, Ruth Bowen, Julie Marquis, Virginia Snider, Linda Joy Groat, a Pantry rep

**Family Ministry:** Linda Joy Groat, Cheryl Tomasulo, Laurie Kasnicki, Diane Bofinger, Ron Palmere

**Digital Infrastructure:** Linda Joy Groat, Wendy Scott, Lauraine Marcus, Joan Sillman, Lynn Usecicz

**The next Ministry Train Meeting is January 20th. See page 7 for Zoom log-in information.**



## U.U.—U.N.NEWS

### 2024 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 (1884-1962). 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. 2024 is the seventy-sixth 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? Reason and human intelligence must be made to triumph over human stupidity, selfishness, and irrationality.

—David Slive, U.N. Envoy

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