

Issue

February 2021

The Foreword



UU AMHERST

*Fostering Justice
and Compassion*

The Newsletter of the
Unitarian Universalist Church of Amherst
6320 Main Street, Williamsville, NY 14221
634-3010 (x101 for office)
Office Hours Tues.—Fri. 9am to 2pm www.uuamherst.org

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Minister Emerita

Rev. Maureen Q. Thitchener

SUNDAY SERVICES FEBRUARY AT 10:30 AM

Our Sunday services continue to be available online. A link is also available on our website. You can view the recorded service anytime on our YouTube channel. A Watch Party/Service/Coffee Hour takes place on Zoom at 10:30 am. Meeting information is sent out by email prior to each Sunday service to join.

Like many congregations in our movement, we follow a shared monthly theme. This month we consider what it means to be a people of Beloved Community, a term coined by Dr. Martin Luther King, Jr. As Rev. Victoria Safford writes, “The Beloved Community is not a goal or destination...[it] is an attitude, an orientation of the heart; it’s a disciplined understanding of your own relationship to other people, to everyone else on the planet, to every living thing.” Worship services in February will reflect and expand on the promise of Beloved Community.

February 7 Building the Beloved Community Rev. Michelle
We will consider the proposed 8th Principle: 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 institution

February 14 Side with Love Sunday Unitarian Universalist Association
This service, offered by the UUA and Side with Love, is the culmination of the 30 Days of Love campaign.

February 21 A Reflection on Black Lives Matter

Kristin Chambers, guest speaker

Since May, a group of people have been holding a socially distanced and masked vigil on Friday afternoons in front of the courthouse in Ellicottville, NY, in support of Black Lives Matter. With no sponsoring organization, the first woman to stand there with her handmade sign was simply sickened by the George Floyd murder and felt compelled to do or say something. Since then, she has spread the word to friends and acquaintances. Ms. Chambers has joined this vigil several times and found it to be an eye-opening experience. While the election of Joe Biden offers hope that the United States will pivot toward more equal justice, policing is primarily a local affair. Thus, in order to create a more truly just community and world, there is an ongoing need to maintain the pressure of the BLM movement and to radically reimagine what (and who) policing is for. (CONTINUED ON PAGE 2)

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

February 2020 was our last full month in attendance before the pandemic made it necessary for us to learn how to do virtual church. What a difference a year makes! One of my greatest learnings in this year in-between has been the nature of church. We've always said that the church is not the building, it's the people - and this year has given us an opportunity to learn this in concrete ways. Our facilities are a destination, a tool we use to gather the Beloved Community - but they are not "the church." You are the church. We are the church.

An interfaith colleague reached out to me in mid-January to ask about our Villages initiative. Although they are of a different denomination, they'd read about us on the Central East Region of the UUA website, and were inspired to create something similar for their congregation. Very affirming - but oh my goodness! Nearly a year into the pandemic isolation and they are just now beginning to think about how to regather the church community. I am so grateful to the UU Amherst staff and volunteers who did the administrative work of spreadsheets, emails, and phone calls so we were able to launch the Villages last April. We have kept the creation and maintenance of Beloved Community as our priority.

The Villages are great - thank you to the facilitators and folks who have found a way to stay connected through this important resource. And the Villages are not enough. Throughout the rest of this church year we will be rolling out more opportunities to connect through topical discussions, affinity groups, and multigenerational activities. This is not a time to ignore your newsletter or all-church emails! Remember, even if you don't have access to a computer, you can join Zoom sessions via phone. See the Weekly Update for numbers and passcodes, and call the church office if you need assistance.

During this time of separation, we have remained mindful to weave the web of our Beloved Community. You need not be alone - connection is just a click or call away - but you must make the first move. We have set before you a banquet of opportunity - fill your plate high and enjoy the food of faith and friendship.

With care,
Rev. Michelle

PS - In an act of selfless altruism, Les and I take our twin granddaughters overnight each week on Sunday-Monday (okay, there might be a small reward for us). That means that until they learn to sleep when it is dark and stay asleep for multiple hours, Monday cannot be a writing day for me. I am adjusting my hours accordingly and going back to my pre-pandemic schedule of writing on Friday and taking Monday off.



Sunday Services continued

February 28 A Future Not Our Own Rev. Michelle

The late Bishop Ken Untener (Roman Catholic) said: "We are workers, not master builders, ministers, not messiahs. We are prophets of a future not our own." We borrow these words of wisdom as we continue our journey toward becoming Good and Worthy Ancestors. This service kicks off our 2021 Generosity Drive.

KRISTIN CHAMBERS BIOGRAPHY: Kristin Chambers resides in Hinsdale, NY with her husband, Ed Miner. She was a professor of social work, spent many years as a youth and family counselor, and retired in 2017 from writing training programs in the social services for the Center for the Development of Human Services at SUNY Buffalo State While she is an active volunteer at the Olean Food Pantry, the Health Care Access Coalition, and the summer Veggie Wheels program, her favorite thing is being a grandma of three. Kristin has been a past guest speaker for UU Amherst.

BOARD REPORT

This pandemic has driven home to me that the gift of our church is not the building or other trappings. What I have come to treasure is the people who have come together to form our aligned community. It is the relationships that are most valued. Each person makes a unique contribution to the whole.

I am awestruck by the level of care that I witness with our caring committee. We are blessed to have such an amazing group to have our backs when we are most vulnerable.

The pantry team continues to support the church mission and the larger community. They are tireless in their outreach and support.

I hope that you are as excited as your Board of Trustees is with the progress that is being made with the three foci. We are so blessed to have an Endowment Trust that is working with the board to bring some of our major efforts to fruition.

The Endowment has pledged to do a match, dollar for dollar, for church member's contributions up to \$25,000. Your donation in helping to move our projects forward is imperative to the success of not just our foci, but also moving our church mission forward.

Being stuck at home is depressing at best, wouldn't it be great to know that you helped to bring some things that have been on our to do lists for years to fruition? As you can see, the sign continues to deteriorate. In it's current position and condition, we fail to make a positive impression. It is someone's first look at UU Amherst. We must do and be better. Will you contribute and help the church? Wouldn't it be great to accomplish some major goals even when we are not able to be together physically? We can do it! Remember that the Endowment has contributed to match your gift dollar for dollar.



The Nominating Committee has been hard at work seeking people to serve on the Board of Trustees. If you have interest in serving as part of a your church leadership team, please contact Randy Kent or Laurie Kasnicki. Any Board member, the nominating committee or Rev. Michelle can answer questions you may have. Please consider putting your name in. It is best to have people who have high interest and have a desire to be in service.

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(CONTINUED FROM PAGE 3)

Our Generosity Drive (former pledge drive) will begin in mid-February. Karen and John Thompson will be leading the drive and could use some help. If you are willing to call friends and talk about how they feel about church, what they feel is important to them about being a member and asking them for a yearly pledge. Another way to support your church stewardship team is by writing notes of gratitude for their contributions both monetarily and with their gift of time (volunteering etc). We definitely need people to help create a successful Generosity Drive. We need you! So, if you find yourself at home with time on your hands and are looking for a positive way to spend time, contact Karen or John and let us know what you would enjoy doing.

Remember that your church (the people) are here for you in times of need, but more importantly to connect, share life stories and be in relationship with one another. Please reach to one another, deepen friendships and explore new ones. When we come back together, we will be the better for it. Our relationships are what make our church a beloved community.

Wishing you a happy and healthy 2021,

In shared faith,
Karen Thompson,
UUAmherst Board Chair
On behalf of your trustees

LOOKING AHEAD TO SUMMER SERVICES: PREACHING BY PARISHIONERS

The Preaching by Parishioners (PxP) program was established over 20 years ago by Rev. Carl Thitchener and a few dedicated congregants to provide meaningful worship services during the summer months. Last summer participants offered their services online, and with the future of the pandemic and our ability to gather remaining uncertain, we will prepare for virtual services again this year.

Rev. Michelle will again bring her decades of experience in public speaking and worship arts to guide participants through a process that begins with identifying your “burning coal” and developing that into a full blown worship service with a sermon and all the trimmings. Guidance for virtual services as well as tech support are provided.

Even if you missed the orientation session on January 25th, you can still participate. Future sessions run 2nd & 4th Mondays thru April 26; 7:00-8:30 pm. Contact minister@uuamherst.org for the Zoom link. Participants are encouraged to commit to all sessions of instruction and feedback.

MINISTER’S REVISED HOURS*

*Rev. Michelle continues to work primarily from home. She is just a call or email away, except for Fridays (writing & study) and Mondays (off).
Tuesday-Thursday
Monday: Off
Friday: Writing

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

FAITH DEVELOPMENT

Dear beloved members and friends,

This column could be "newsy," but I would rather just take this moment in history to say "WHAT A RELIEF!" In our 30 Days of Love gathering the morning after the Inauguration, there was a palpable giddiness among those present.

May we practice making this community of faith a real part of the change that our country needs. May the practice of our UU Principles and respect for our UU Sources help us see the ushering in of a "kaleidoscopic beauty of the divine."

"Help us to open our minds,
to deeply listen,
and to truly know one another,
finally glimpsing the kaleidoscopic beauty of the divine."

from Meditation on Opposites by Alex Kapitan (featured in our first 30 Days of Love - Side with Love meeting MLK Day 2021)

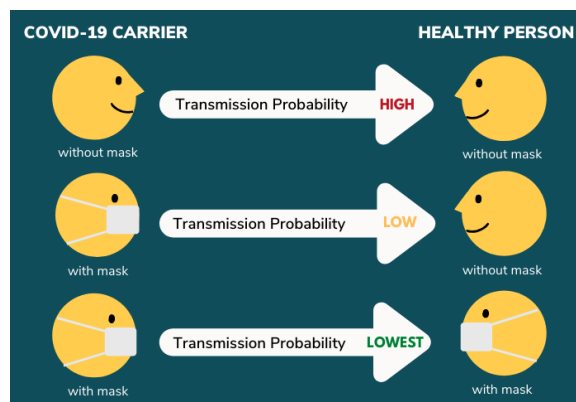
* * *

- All church FD Activity - cardmaking with Suzanne Christ Feb. 6 at 11 am. Families with children will have received a "Love Box" before our activity on the 30th with Marge Marcille - Mardis Gras Masks. Who else wants to join? Need supplies? Call or text Angela and you will gladly be added to the delivery list!!! (716) 380-0416
- We need "Lead creators" and activities for UUCA Crafting Saturdays - While we Wait, Let's Create! Dates are 2/20, 3/6, 3/20, and 4/17.
- We are looking for fun, enthusiastic folks to lead our present and upcoming youth. We want to encourage cross - generational learning and looking back/looking forward.
- We are seeking to create a UU Amherst Village for families with children and would appreciate a lead in this effort.
- Our "Meal for Your Mind" program featuring *The Good Ancestor* by Roman Krznaric begins on Tuesday, January 26th at 4:30 to 6:30 pm, and runs each Tuesday through March 16th.
- Please look for the Zoom information for this and all programs in the Weekly Update. (Exception: children and youth programming - Youth Group and Spirit Play Wondering Time as we follow best practices for safety.)

This month our Soul Matters theme is, "What does it mean to be a people of Beloved Community?" Right now more than ever, the church is NOT a building, it is US, the people. We hope you will engage with as much UU Amherst programming as you need in order to feel connected and enriched by and with this Beloved Community.

Truly,
Angela Warren, Director of Faith Development

Mask Up!



GOOGLE CALENDAR

PLEASE NOTE: For any group that is using the Zadmin meeting room, you are now required to use a passcode. Individual members using their own Zoom accounts will not require passcodes. Zoom links are provided by group hosts via email. **If you want to join a Zoom meeting and haven't received a link, please contact the meeting host.**
***require passcode**

Tuesday, February 2 (monthly 1st Tue)
7:00 pm: Talk Back with Board of Trustees

Friday, February 5 (monthly 1st Fri)
7:00 pm: First Friday Soulful Sundown Vespers* Zfd

Sunday, February 7 (monthly 1st Sun)
9:00 am: FD Team Meeting* Zfd

Sunday, February 7 (monthly 1st Sun)
9:00 am: Little Free Panty Meeting * Zadmin

Thursday, February 11 (monthly 2nd Thu)
7:00 pm: Kent Covenant Group Zadmin
7:00 pm Board Meeting

Friday, February 12 (monthly 2nd Fri)
8:30 pm: Story Hour for Grown-ups* Zrev

Sunday, February 14 (monthly 2nd Sun)
12:00 pm: Poetry as Practice D. Bofinger

Tuesday February 16 (monthly 3rd Tues)
1:30 pm: Caring Committee R. Palmere

Wednesday, February 17 (monthly 3rd Wed)
7:00 pm: Bofinger Covenant Group D. Bofinger

Wednesday, February 18 (monthly 3rd Thu)
7:00 pm: Ministry Council Zrev

Sunday, February 21 (monthly 3rd Sun)
11:30 am: Spirit Play Wondering Session* Zfd

Sunday, February 28
12:00 pm: UU Amherst Book Group Zadmin*
(monthly last Sun)

RECURRING:

Saturdays, February 6-27
9:30 am: Shared Caring Circle (weekly) Zrev Rev. Michelle*
11:00 am: All Church FD Activity (2/6) Zfd
While We Wait, Let's Create-Needle Arts
(2/13, 2/27)
7:00 pm: Birch Bunch Zadmin (weekly) Virginia Snider*

Calendar continued:

Sundays, February 7-28 weekly

10:30: Online Church service
(join via UUAmherst website link or UU Amherst YouTube channel)

10:30 am: Watch Party/Service/Coffee Hour - Zoom

2:00 pm: Red Bud 5 (2/14) K. Thompson

6:30 pm: Young Adult D. Bofinger

Mondays, February 1-22

7:00 pm: PXP Session (2/8 & 2/22) Zrev

7:00 pm: Lighthearted Larches (2/1 & 2/15)
D. Tucker

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

7:30 pm: Marvelous Maples (2/1 & 2/15)
D. Bofinger

Tuesdays, February 2-23

12:30 pm: Women's Group Zadmin (weekly)*

Wednesdays, February 3-24

10:30 am: Willow Village Zadmin (2nd & 4th
Weds: 2/9 & 2/24) J. Senders*

6:30 pm: Cucumber Magnolia Zadmin (1st &
3rd Weds: 2/3 & 2/17) J. Rautenstrauch*

7:00 pm: Sage Circle Zfd (2nd & 4th Weds:
2/9 & 2/24)*

7:00 pm: Red Bud (2/25) K. Thompson

7:00 pm: Northtowns Village Zadmin (2/17)
Y. Stocker*

Thursdays, February 4-25

12:00 pm: Lunch with Friends Zadmin

First Friday Soulful Sundown Vespers
Hosted by Rev. Michelle

**Friday, February 5, 2021 at 7:00 pm on
Zoom (30 minutes)**

Gather for a time of quiet restoration and reflection as we share joys, concerns, and sorrows in this 30-minute service on the first Friday of the month. Drop in when you can.

See Zoom link in the Weekly Update.

ENDOWMENT TRUST REPORT

Your Endowment Trustees are pleased to be partnering with UU Amherst's Board of Trustees to fund the church's three long-term foci, by matching donations toward a new sign, hiring an architect to evaluate our facilities, and re-certifying as a Green Sanctuary. We are allocating \$12,500 right away toward these goals, from Endowment Fund cash accounts, without selling any of our investments. We will be disbursing another \$12,500 in March, after investigating how best to protect our principal for future earnings to benefit our beloved community.

Remember that you can contribute effortlessly to UU Amherst's Endowment Trust when you shop online at Amazon Smile (<https://smile.amazon.com/>). 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. That doesn't seem like much, but it adds up! During 2020, the Endowment received over \$46.00 from Amazon, up from \$39.00 in 2019.

Regular Endowment meetings are held in January, April, July, and October, usually the 3rd Tuesday after the financial quarter ends.

—Marie Evans, Chair, for the Endowment Trustees (Jerry Kent, Joe Rautenstrauch, Elaine Cusker, and Lauraine Marcus)



Monthly Zoom Gatherings wth Rev. Michelle

Story Hour for Grown-Ups

Friday, February 12, 2021 at 8:30 pm on Zoom
(60 minutes)

Get the kids settled, bring your favorite beverage, and settle in for some adult conversation. Drop in as we listen to one of Friedman's Fables and then see where the discussion takes us. Edwin Friedman was a well known rabbi and family therapist until his death in 1996. His fables exhibit his unique blend of systems thinking, motivational style, and common sense. Drop in when you can. See Zoom link in the Weekly Update.

Saturday Morning Shared Caring Circle Every Saturday at 9:30 am on Zoom (30 minutes)

Join this ongoing drop-in group to reflect together and restore your spirit. See Zoom link in the Weekly Update.

Google Members' Directory

The UU Amherst Directory can be found in a shared folder on Google. You do not need a Google account to access! If you discover an error, or need to update your information, send an email to administrator@uuamherst.org or call the office at 634-3010. If you would prefer not to have your contact information visible in the Google shared directory, please let Elaine know and it can be removed.

Visitor Sign-In

UU Amherst has adopted a new visitor sign-in procedure to aid in contact tracing should the need arise. Everyone entering the building is asked to sign-in with the date and time (excluding staff). There is a binder for signing in located at each entrance. Please be sure to read the COVID questionnaire that is contained in the binder (do not write on it). If you have any of the symptoms on the questionnaire, we request that you not enter the building at this time. Then sign in the log book. In the event of COVID exposure to anyone who uses the church, we will be able to assist with contact tracing. It is a matter of health and safety.

UU AMHERST THEATER LOVERS

—Marie Evans

While most local performance companies are offering free content on their Facebook, Twitter, Instagram, and/or YouTube platforms, they are all struggling to survive until large-scale, live, in-person audiences can gather. If you are financially able to purchase tickets for limited-access events, please do, and include a donation if you can.

MusicalFare - Social Media Fun! January 17 @ 11 pm through February 2 @ 9 am

On MusicalFare's Facebook and Instagram pages, they are posting information about upcoming events, as well as celebrating the company's history with "Throwback" Photos - photos from randomly chosen MusicalFare productions, going all the way back to the beginning of the company in 1990-1991 and informative videos from Artistic/Executive Director, Randall Kramer.

Jewish Repertory Theatre - "The Year My Mother Came Back" February 4-24 (ticket purchase allows access to the digital content anytime during that 21-day window). Staged reading Directed by Josie DiVincenzo Starring Tina Rausa and Jenn Stafford. A love story. A ghost story. A contemporary tale that reaches back through generations. <https://jewishrepertorytheatre.com/tickets/>

Second Generation Theatre, in collaboration with Theatre of Youth - "Once Upon a Time," a 40-minute, interactive theatre experience on Zoom, geared to theatre patrons ages 5-12.

This musical was written by local artists Philip Farugia, Kelly Copps and Amy Jakiel. "ONCE UPON A TIME follows traditional fairy tale characters as they learn about inner strength and becoming the heroes of their own stories. Shows are at specific times, Saturday, February 13 through Sunday, February 21. (Shows on Saturdays, Sundays, Tuesday, Thursday; start times vary from 10 am to 4 pm.) Purchase tickets through Theatre of Youth: <http://www.theatreofyouth.org/event/0587441de79eed402d96fb7579cedab6>
*ONCE UPON A TIME requires parental participation! Parents/guardians will receive an email with information on setting up some magical items before the show for your child to discover during the performance.

Kavinoky Theatre - Live from the Kav! On-going digital content available with purchase of tickets, \$15 per event

Let Chi Entertain You! musical comedic Cabaret show

Lorenzo Shawn Parnell vocal performance and chat with actor about his personal and professional life

John Fredo & George Caldwell "two of Buffalo's powerhouse performers talk about their careers and the music and roles they love"

Also available: **Anatomy of a Play** backstory of the play, "Indecent," that was shut down when COVID-19 Began. <http://www.kavinokytheatre.com/>

Road Less Traveled Productions sponsors a bi-weekly FREE podcast, hosted by veteran actor/director Peter Palmisano. Current and archive editions of **Off Road** are available through Podbean or Apple podcasts <https://www.roadlesstraveledproductions.org/podcast-off-road-with-peter-palmisano>

Buffalo Rises 2.0 is a series of original radio plays by Buffalo writers celebrating our hometown. All six 10-minute plays are included for \$25 and will be available via email links good through November 5, 2021.

<https://www.roadlesstraveledproductions.org/buffalo-rises-20>

Irish Classical Theatre Company produced Celtic Connections on their YouTube channel, FREE anytime: <https://www.youtube.com/channel/UCu27edNrYzxfnyLM3IVdN4w>

Their next show will be **"The Year of Magical Thinking"** from April 9-25. It will be available as streaming video, with or without closed captioning and/or American Sign Language.

Shakespeare in Delaware Park is present on Facebook, Instagram, and YouTube

Don't forget to listen to **Theater Talk** on WBFO on Friday mornings, or during the Friday WBFO Brief podcast: <https://news.wbfo.org/post/wbfo-brief-podcast-launches-recaps-morning-reports-your-schedule>
Also check out Anthony Chase's blog posts on the website - <https://www.theatertalkbuffalo.com>

AMHERST LITTLE FREE PANTRY

Here is what the Pantry especially needs:

BREAKFAST ITEMS including full size cereal boxes, granola bars and pancake mix

DRINKS especially shelf stable milk, nondairy milk apple juice, kids juice boxes, hot chocolate and coffee

SOUPS especially chunky soups with meat like chicken noodle and rice and beef vegetable

BAKING ITEMS including flour and sugar as well as cookie and cake mixes

CANNED MEAT including tuna, beef, chicken, ham and corned beef hash

CANNED FRUITS

PERSONAL CARE ITEMS including bar soap, chap stick, shampoo, deodorant, tampons, panty liners, toothbrushes, toothpaste

HOUSEHOLD ITEMS including laundry pods dish soap

PASTA AND SAUCE in cans or plastic jars (no glass)

PET FOOD, canned only

DIAPERS sizes 2, 4 & 5

A current list of items needed is provided in the Weekly Update on Fridays.

Food donations can be placed in the two large clear bins in the back of the church outside the main entrance. Financial contributions can be made online at the church website, uuamherst.org, by clicking the Donate button and selecting the Pantry option. Checks can also be sent to UUCA, 6320 Main Street, Williamsville, NY 14221. Please write "Pantry" in the Memo line.

For questions or comments please email amherstlittlefreepantry@uuamherst.org. Like us on Facebook: [amherstlittlefreepantry](https://www.facebook.com/amherstlittlefreepantry).



CONTRIBUTING TO UU AMHERST THROUGH E-GIVING

As we travel through this challenging time we invent and discover new ways to do what was traditional and simple; some things continue unabated. The expenses of supporting our beloved church continue. Our services and many programs continue in new ways supported by our incredible technology. So also our way of "passing the plate", "gathering our pledges" and so on now includes previously unexploited technologies.

The church has implemented THREE ways to give electronically:

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**

These methods complement the traditional methods:

4. Mailing a check [remember to fill in the Memo]
5. There is the traditional Sunday Plate - when you are in church!
6. Don't forget Legacy Giving - in your will



PLEASE NOTE: If you have not sent in a pledge card because you are not leaving the house to mail one, or you're not comfortable emailing, you can call the Office at 716-634-3010.

UU AMHERST BOOK CLUB

UU Amherst Book Club meets on Zoom the last Sunday of each month at Noon. We alternate between all reading the same book one month, and choosing a topic for which we each choose our own title to read. All are welcome to our meetings, whether you've "done the reading" or not!

January 31, common read: *The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World*, by Peter Wohlleben

February 28, TOPIC: racial justice (for Black History Month)

March 28, common read: *The Water Dancer*, novel by Ta-Nehisi Coates, who is Just Buffalo Literary Center's BABEL guest for April 22, 2021

CARING FOR ONE ANOTHER RECIPES Provided by Christine Boczarska and Faith Pham

Christine Boczarska and Faith Pham are sisters and dedicated members of our Caring For One Another group. They provide occasional meals to church members on an as-needed basis. With the meal they generally include a “goodie bag” and a card on behalf of the Caring Group. They often submit healthy recipes for the monthly *Foreword*. The recipes are easy and usually use fresh vegetables.



Butternut Squash Soup

1 1/2 hours 4 servings

2 Tbsp butter
1 small onion, chopped
1 stalk of celery chopped
1 medium carrot, chopped
2 medium potatoes, peeled and cubed
1 medium butternut squash, or any sweet winter squash, peeled, seeded and cubed
32 oz chicken stock or vegetable stock
Salt and pepper

Melt butter in a large pot on medium heat. Add onion, celery and carrot and sauté until soft, about 5 to 10 minutes. Add the cubed potatoes and squash and enough stock to cover the vegetables. Bring to a boil, reduce heat to low, cover pot and simmer for 40 minutes or until the vegetables are tender. Using a blender or immersion blender, purée. Mix in any remaining stock to get the desired consistency. Season with salt and pepper. Serve with sour cream or yogurt and hearty bread. This soup freezes well.

DONATIONS SOUGHT FOR STITCH BUFFALO

Stitch Buffalo aims to empower refugee women of Buffalo by providing meaningful work and a fair wage. Like the domino effect, this small but powerful financial independence infuses each woman, her family and in turn, her community. Stitch Buffalo is a thriving community of women from Bhutan, Burma, Nepal, Thailand and Angola. Over 200 women have participated in Stitch Buffalo, with about 40–50 artists typically being active at any given time.

I will collect the following supplies for Stitch Buffalo. Their website is stitchbuffalo.org. They are very specific about the items they will currently accept. The list is below. Email me (memarcille@gmail.com) to make arrangements for me to pick up from your house or for you to drop items on my porch: 151 Los Robles Street, Williamsville 14221. I will then email them for an appointment to deliver the items. I would like to do this the second week in February. —Marge Marcille

Quilting fabric
(cotton, 6x9 inches or larger)
Felt, wool, silk, or linen fabrics
(1/4 yard or larger)
Denim/jean jackets
(in like-new condition)
Linen garments
(in like-new condition)

Embroidery floss, hoops, and kits
Scissors and other sewing tools
Pins and needles, Elastic, Thread
Beads, Buttons

Fusible web/interfacing
(any weight or color)
Knitting needles (pairs/sets)
and crochet hooks
Yarn (natural fiber/blends only)
Sarīs, kimonos

Help When You Need It

This is a reminder that if you are experiencing financial hardship, you can reach out to Rev. Michelle, minister@uuamherst.org, for assistance from the Minister's Discretionary Fund. This Fund is made possible by the generosity of fellow congregants, and just one more way we demonstrate that no one is alone. We care for one another.

Don't forget to call your minister!

With health privacy laws, hospitals no longer call churches to let us know when someone has been hospitalized – so it is up to you to contact us if you or someone you know is experiencing health challenges and may want to be contacted. When in doubt, call! Rev. Michelle can be reached on her cell at 716-499-8343.

Problems receiving Weekly Update?

If you believe you should be receiving the Weekly Update sent out Friday afternoons but it is not showing up in your Inbox, please contact Elaine, our Administrator.

COVID CORNER

Hello UUCA friends. We are still in a state of the unknown as to when things will lighten up in relation to COVID19. Phase 1b of NYSTATE vaccinations are under way and if you qualify, I recommended starting a series. The virus is mutating but is still susceptible to the vaccines that are available. The recent mutation does not increase the severity of illness but makes the virus more easily spread which has caused lockdowns in areas that the virus has been found. The UUCA is continuing virtual services, meetings, and gatherings and will continue to provide safe experiences for us. The days are getting longer and spring will arrive. Take advantage of any nice weather to get outside. Bundle up and stay safe.

—Barbara Gauger Kent





UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

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