

Issue

January 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

Our Staff:

Minister

Rev. Michelle Buhite
Office.....x102
Cell....716-499-8343
minister@uuamherst.org

Director of Faith Development

Angela Warren
Office.....x104
dfd@uuamherst.org

Caretaker

Chris Barry

Finance Clerk

Camilla Lee.....x103
bookkeeper@uuamherst.org

Office Administrator

Elaine Harrigan.....x101
administrator@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

SUNDAY SERVICES JANUARY 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 *imagination*. While imagination certainly provides fertile ground for improving life by giving us the ability to project forward, it also brings the world to life, enriching our lives in the moment. This month we will let our imaginations wander freely and share our discoveries.

January 3 *Come to the Circle* Rev. Michelle

Do you notice? Circles are cropping up everywhere! What are we to make of this new/old way of being together?

January 10 *Imagining Something New & Unthinkable* Rev. Michelle

In her call to worship and action, Rev. Sharon Wylie writes: "Let this be the place you consider what you've never considered; Let this be the place you imagine for yourself something new and unimaginable." Our beloved community is a place for considered imagining - what new things will we bring to light?

January 17 *Thirty Days of Love* Rev. Michelle

The UU "Side With Love" campaign (formerly Standing on the Side of Love) invites us to explore how our faith invites us into relationship with others to promote compassion, equity, and justice in our world. Between now and Valentine's Day, how can we bring more love into the world?

January 24 *New Worlds, Terrifying Monsters, and Impossible Things*

Rev. Ian Riddell, guest

The world is changing around us in so many ways. Things we knew to be certain are unsettled. And we're seeing things that have been happening a long time with new clarity. How do we imagine a new world on the other side of all of this change?

(See page 2 for bio)

Continued 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

A new year beckons.

The nights are still long and winter is here for the months to come, but the seeds that were planted in the fall are resting and waiting for the moment of awakening. Now is the time of endless possibility, of hope without restraint. What new life will emerge? What new thing will be begun in us?

With quiet hope,

Rev. Michelle



Rev. Michelle's & Les's newborn twin daughters

January Sunday Services (continued from page 1)

January 31 *Waking from the Dystopian Nightmare* Rev. Michelle

Although presidential administrations come and go, the systems that create them continue. Our work to restore democracy and foster more compassion and justice is just beginning.

Biography for Rev. Ian W. Riddell

Rev. Ian W. Riddell is the Assistant Minister at the Unitarian Universalist Church of the Desert in Rancho Mirage, CA. He served as Minister of Music & Worship Arts at the First UU Church of San Diego for four years before relocating to the Coachella Valley with his husband and beloved Russell Terriers. Before FUUSD, Rev. Ian served as Developmental Minister for the UU Congregation of Las Vegas. He was ordained in 2012 after graduating from Meadville Lombard Theological School. Before entering full-time ministry, Rev. Ian served three congregations as Music Director.

Story Hour for Grown-Ups

Hosted by Rev. Michelle

Friday, January 8, 2021 at 8:30pm on Zoom

Bring your favorite beverage and settle in for some adult conversation. We'll begin with 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. Watch the Weekly Update for the Zoom link and remember, if you don't have a computer, you can access via phone.



First Friday Soulful Sunset Vespers

Starting January 1, 7:00 pm

Join Rev. Michelle for a half hour of reflection each month on Zoom. Meeting link, ID and passcode are published in the Weekly Update.

BOARD REPORT

Here we are in mid-December with just 7 days until Christmas. It feels like a whole different type of Christmas season with no real reference points on how to enjoy this amazing and challenging time in life...This was our tree a year ago. Today we have a four-foot tree with white lights and pine cones. It is not what we envisioned, but more of a “we’ll do a little, it is not about the decorating.” It is amazing the impact that this virus has had on all our lives. That said, we have much to look forward to with the approval of the vaccine and delight in the idea that normalcy is around the corner. This is my reminder of hope for Christmas future.... Or maybe Christmas in July

We have a lot to be grateful for and so much to be excited about in the months ahead. Your Board of Trustees has been hard at work visioning and taking action for our unfolding future.

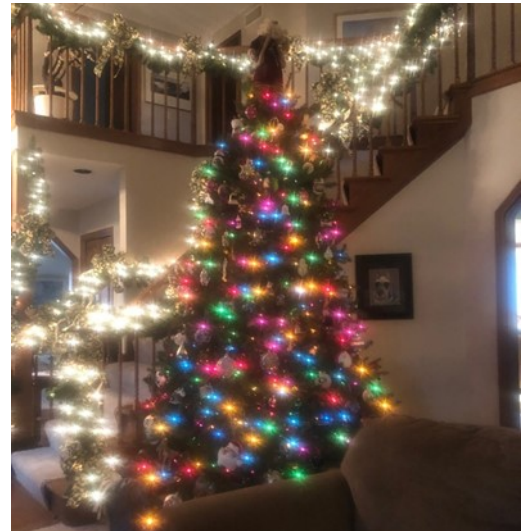
As you know, the BoT has focused its attention and energy into three areas: a sign, green sanctuary and facilities. What isn’t apparent is that these are not “silo” efforts. The overarching connection to it all is to live out our values and to leave a living legacy for the future.

So, what does that mean? We are operating through the belief that we are an interdependent web and we need to be responsible for our environment and beyond. Even though the areas appear separate tasks, they all fall under the umbrella of “going green.” For example, the sign will act as a “bully pulpit” and put out our social justice values (BLM, climate change, Little Free Pantry, etc) while looking at ways to power the sign with going green in mind. In the area of facilities, the task force is interviewing architects with a focus on green construction and an overview of connecting our facilities to our green mission. And then the green team is focusing on energy, visioning for the future, a green project to lead to recertification of green sanctuary. Once per month the sermon and activities are focused on green. There is cohesion and cooperation to bring these three foci to fruition with each area being enhanced by the efforts of the others. These actions are deliberately crafted to bring us into total alignment. If you decide to get involved with any of these task forces, know that you are helping to bring them **all** to fruition.

I am excited to share with you that the Endowment Trust and Board have an agreement to help bring our foci in major steps to reality. As you know, the 3 foci are: green sanctuary, facilities and a new sign. Our sign is losing parts and not a great representation of what we want to portray to the community nor to brand our mission making ourselves inviting once the doors are open. On behalf of the BoT and the congregation, I have reached out to the Endowment to see if they would be amenable to the idea of a dollar-for-dollar match to help us move forward. They have agreed to match dollar for dollar up to \$25,000. We are very grateful to the Endowment as we align and work together for our church future.

In the coming weeks, you will receive an appeal email/letter or call. All the foci are connected: facilities with a green agenda as well as our signage to message and draw attention to our initiatives. These initiatives will benefit our church and the larger community; the BoT has voted to have the first \$25,000 and its matching funds allocated to the sign and to have it in place by June. Knowing the generosity of this congregation, any additional donations will go toward the hiring of an architect that is well-versed in Green construction. The leaders of the Green team had aligned with this decision as they felt it would fit right in with the green sanctuary re-certification and planning to be greener in the days, months and years ahead.

We have had so much taken away from us, wouldn’t it be exciting to be a part of building a legacy for the near future and beyond? This is the time of year where capital gains come in for those who invest and for seniors over 70 ½, the time of MRD (although the current federal guidelines have been relaxed for this year). If it is within your ability to give, please consider donating to this worthy project. It would be a Christmas/holiday gift that will keep giving for years if not decades to come! We will be having special get togethers to talk about this in the next few weeks. In the memo of your check please designate that it is for the 3 foci. Be on the look-out for an invitation.



(continued on page 4)

(CONTINUED FROM PAGE 3)

Speaking of Zoom, our first Talk Back Tuesday with the Board had 14 church members connect and explore with the Board. It was a wonderful opportunity to ask questions and engage with the leaders of the three teams. Some people were inspired to join the party and see that we are building a legacy to carry our church mission into the future. If you would like to engage in the next Talk Back Tuesday, please be on the lookout in your all church email for the link. Bring your coffee/tea/other drink and meet with friends in an informal conversation about church. All are welcome! We will do this by Zoom on January 5 at 7:00 pm. A link will be forth coming.

A team led by Don Tucker is meeting with an architect for a walk through on Friday, December 17th. Things are moving forward and we hope to have an architectural firm in place in the next six weeks. Green Team has been busy with NYSEDA applications for evaluation of our facilities and an energy audit. This audit will be cost saving as it is something that architectural firms would do at cost. Thank you, Jeanine Moyer and the green team for doing this proactively.

The sign team has met with two sign companies and are getting many ideas to lead us to a 21st century sign that will include a “bully pulpit” aspect. Our sign has become ineffective with the hill that the day care was built upon. Even though I know where the church is, if I come from the west, I have almost missed the driveway. Visitors would definitely have difficulty.

Jeanine Moyer led the angel tree project for Gateway. The church sponsored 20 children and really came through to make the holidays more joyful for these young people who are in isolation from friends and family. Thank you, church team members, who have taken on this important mission. If you are not too “Zoomed out” and would like to attend a Board meeting, know that you are welcome to attend. We meet the 2nd Thursday of each month at 7:00 pm. If you would like to attend, please email Karen at kkuhn745@gmail.com. (I use my personal Zoom account to host meetings).

In closing, on behalf of the Board of Trustees, we wish you happy and peaceful holidays. Stay healthy and safe. During this challenging time, if you need support, please reach to your board, minister or fellow community members. Stay involved in your villages. May the warmth of community comfort and sustain you until we are together again.

In appreciation,
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.

The first session is January 25 at 7:00-8:30 pm and will provide information to help you decide if you might like to participate. Future sessions run 2nd and 4th Mondays thru April 26. Contact minister@uuamherst.org for the Zoom link to the first session. Participants are encouraged to commit to the full seven sessions of instruction and feedback (includes 1/25 Info session).

FAITH DEVELOPMENT

This new year begins with the theme of Imagination! Many thanks to all our UUCA friends who have been imagining new ways to stay connected via Zoom. Our December All Church FD Activity was very well attended. Those who attended and helped make it happen have been in conversation about continuing to create together on Saturdays at 11:00 am through the winter. Each 2nd and 4th Saturdays will feature needle arts: knitting, crocheting, needlepoint, etc. Here is the information to save for those weekly activities:

<https://us02web.zoom.us/j/84080483855?pwd=bFVpdGJmbkFJbDA4M3pGa0xqcZVPZz09>

(clickable link is published in the Weekly Update)

Meeting ID: 840 8048 3855

Passcode: 392987

One tap mobile

+19292056099,,84080483855# US (New York)

The FD Team will continue to meet at 9:00 am each first Sunday. All are welcome to attend. The Time for All Ages during services will continue to encompass Spirit Play on the first Sunday of each month, with Wondering Time on the third Sunday after service.

As we move into spring, still buffering these strange pandemic times, please consider attending programming that has been continuously offered, as well as paying attention to what is upcoming. This will include reconvening Youth Group, including Coming of Age, an audio offering for those who are Zoomed out, and concentrations on Environmental and Racial Justice, including the exploration of Widening the Circle of Concern, the culmination of three years work by the UUA Commission on Institutional Change. If you are inclined to help facilitate this study, please let Angela know.

MINISTER'S HOURS*

*Rev. Michelle is currently working primarily from home. Please contact her by email if you have a question. minister@uuamherst.org.

Tuesday-Thursday
Monday: Writing
Friday: Off

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

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.

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**

Friday, January 1 (monthly 1st Fri)

7:00 pm: First Friday Soulful Sundown Vespers* Zfd

Sunday, January 3 (monthly 1st Sun)

9:00 am: FD Team Meeting* Zfd

Tuesday, January 5 (monthly 1st Tue)

7:00 pm: Talk Back with Board of Trustees

Friday, January 8

8:30 pm: Story Hour for Grown-ups* Zrev

Sunday, January 10 (monthly 2nd Sun)

12:00 pm: Poetry as Practice D. Bofinger

Thursday, January 14 (monthly 2nd Thu)

7:00 pm: Kent Covenant Group Zadmin

Sunday, January 17 (monthly 3rd Sun)

11:30 am: Spirit Play Wondering Session* Zfd

Wednesday, January 20 (monthly 3rd Wed)

5:00 pm: Finance Committee

7:00 pm: Bofinger Covenant Group

Monday, January 25 (2nd & 4th Mondays)

7:00 pm: PXP Prep Session Zrev

Sunday, January 31

12:00 pm: UU Amherst Book Group Zadmin*
(monthly last Sun)

RECURRING:

Saturdays, January 2-30

9:30 am: Shared Caring Circle (weekly) Zrev Rev. Michelle*

11:00 am: All Church FD Activity (weekly) Zfd

7:00 pm: Birch Bunch Zadmin (weekly) Virginia Snider*

Sundays, January 3-31 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 (1/10) K. Thompson

6:30 pm: Young Adult D. Bofinger

Calendar continued:

Mondays, January 4-25

7:00 pm: Lighthearted Larches (1/4 & 1/18)
D. Tucker

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

7:30 pm: Marvelous Maples (1/4 & 1/18)
D. Bofinger

Tuesdays, January 5-26

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

1:30 pm: Caring Committee Zoom (1/19)
R. Palmere

Wednesdays, January 6-27

10:30 am: Willow Village Zadmin (2nd & 4th
Weds: 1/13 & 1/27) J. Senders*

6:30 pm: Cucumber Magnolia Zadmin (2nd &
4th Weds: 1/13 & 1/27) J. Rautenstrauch*

7:00 pm: Sage Circle Zfd (2nd & 4th Weds:
1/13 & 1/27)*

7:00 pm: Red Bud (1/27) K. Thompson

7:00 pm Northtowns Village Zadmin (1/20)
Y. Stocker*

Thursdays, January 7-28

12:00 pm: Lunch with Friends Zadmin
(weekly)*

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 did not receive an email invitation to view the directory, or need the link, please let Elaine know by phone or email. 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.

COVID CORNER

Another month has passed and 2020 is coming to an end. The big advance in the world is the development and approval of COVID19 vaccines. This is a true miracle, to have several effective vaccines within 12 months of the disease recognition. It will take another six months or so before most of us are eligible to receive it. Frontline healthcare workers and long-term care residents will be among the first. The UUA recommended, and the UUCA approved waiting until Spring 2021 before fully opening the church campus. It looks like we may be able to come close to that goal. There will probably be multiple vaccines available by then, one may be perfect for you. I encourage everyone to consider being immunized.



The development of the vaccines were jumpstarted by research into the first SARS Corona virus, the early release of the genetic makeup of SARS-Corona virus 2, and the advancement of scientific techniques. The companies did not cut corners, however they are so new that long-term effects are not known (they are not expected). Vaccination will not only protect you but also those of us who cannot get vaccinated. Continue to wear the mask, wash your hands, avoid crowds, and socialize outside. There is a light at the end of this tunnel.

—Barbara Gauger Kent

ENDOWMENT TRUST REPORT

We are millionaires! For the first time ever, the Endowment brokerage account balance exceeded \$1,000,000.00 in value on November 9, 2020. This was the goal when forward-thinking church members created our Endowment Trust in the late 1980's. This milestone was reached partly due to generous recent donations, and partly because of market value increases. The trustees are grateful for the congregation's support and look forward to using our investment income to fund church initiatives, while maintaining a substantial principal balance.

Distributions of Endowment funds can only be made to the UU Amherst Board of Trustees, and there is a formal process for requesting and accounting for the disposition of monies. Most of our portfolio is unrestricted, however, the Endowment is the repository of some restricted funds which are the remainder of a bequest to the Music Committee.

Our next meeting of the trustees will be Tuesday, January 19, at 6:00 pm via Zoom. We'll review our fund performance for the fourth financial quarter ending December 31. Please contact me or the church office if you'd like to receive the link and password to attend.

—Marie Evans, Chair, for your elected trustees: Jerry Kent, Joe Rautenstrauch, Elaine Cusker, and Lauraine Marcus

UU Amherst Virtual Book Club

We meet on Zoom the last Sunday of each month, alternating between each reader choosing their own book on a specific topic and all reading the same book. January is a common read month: on January 31 at noon we'll discuss *The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World* by Peter Wohlleben (originally published in Germany in 2015 as *Das geheime Leben der Bäume*). You don't even need to "do the reading" - you're welcome join in and listen to our conversation.

For Theater Lovers

Keep up with the latest news by listening to **Theater Talk** on WBFO radio, FM 88.7, on Fridays during local news segments of NPR's Morning Edition.

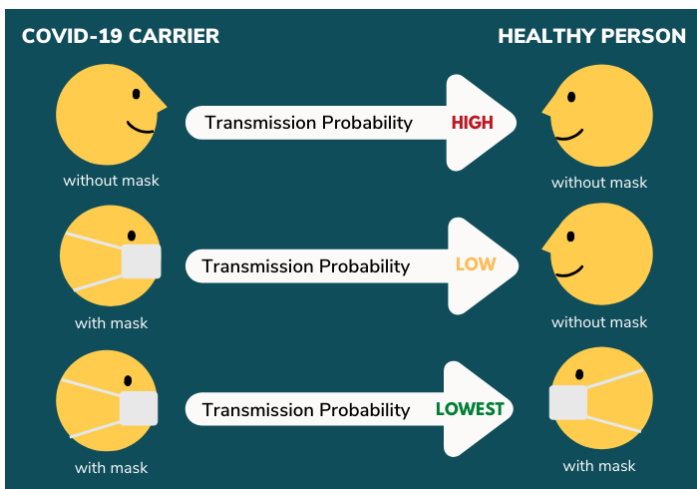
Jewish Repertory Theatre's digital season continues with "Exquisite Potential" from January 7 through 27. Synopsis: All parents think their children are brilliant. Alan Zuckerman just happens to think his 3-year-old son, David, is the Messiah. Thirty years ago, Alan and his wife, Laura, visited their rabbi to verify David's possible divine nature. Thirty years later, everyone older and wiser, it appears that dad might have been onto something. Shows may be purchased as straight video or with closed captioning. Tickets available at: <https://jewishrepertorytheatre.anywhereseat.com/channel.php>

Musicalfare has re-scheduled their live stream of *The Colleen Williams Quartet* for Friday, January 15 at 7:30 pm. Ticket purchase allows you to watch the live event or access a recording through Friday, January 29. Tickets are \$10 plus \$3 facility fee, at <https://musicalfare.com/live-streams/coming-next/event:the-colleen-williams-quartet-live-stream-2020/>

Musicalfare is also offering social media entertainment on Facebook, Instagram, and Twitter, posting "Throwback" photos and informative videos, along with information about upcoming events: <https://musicalfare.com/events/special-events/event:musicalfare-social-media-fun-2020/>

Other favorite troupes to check out online include:

Alleyway Theatre, Shakespeare in Delaware Park, Ujima Company Inc, O'Connell & Company, Irish Classical Theatre Company, Road Less Traveled Productions, Lancaster Opera House, Kavinoky Theatre, and 2nd Generation Theatre. Most theater companies in town have digital content available on their websites, Facebook pages, and YouTube.



Mask Up!

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.

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 juic 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, VEGGIES & BEANS

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.

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. The following cookie recipe is something worth making during the longest days of winter and will provide you with a delicious reminder of the holiday season!

Fruitcake Cookies

Recipe by Ina Garten

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

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



Snip the stems off figs and coarsely chop. In a medium bowl combine figs, raisins, cherries, apricots, honey, sherry, lemon juice, pecans and a pinch of salt. Cover with plastic wrap and allow to sit at room temperature overnight.

In the bowl of an electric mixer fitted with a paddle attachment, cream the butter, cloves, both sugars on medium speed until smooth, about 3 minutes. With the mixer at low speed add the egg and mix until incorporated. Then add the flour, slowly and 1/4 tsp salt until just combined. Don't over mix! Add the fruits and nuts, including any liquid to the bowl and stir in by hand.

Divide the dough in two and place each half on the long edge of a 12 x 18 sheet of parchment paper or waxed paper. Roll each into a log about 1 1/2 inch thick. Refrigerate the dough for several hours or until firm.

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

Note: You can use any combination of fruits on hand. If the fruits are not soft, soak them in sherry until they are soft. Walnuts can be substituted for pecans.



U.U.—U.N.NEWS

2020 Human Rights Day Message

10 December is Human Rights Day; that is because the United Nations' Universal Declaration of Human Rights was adopted by the United Nations General Assembly on 10 December 1948 in Paris, France. U. N. Headquarters in New York City was not finished until 1952. The Commission on Human Rights began its work in January 1947 under the chairpersonship of Eleanor Roosevelt (1984-1962). In thirty Articles, the Universal Declaration sets forth basic human rights and fundamental freedoms, to which all human beings are entitled to everywhere in the world without any discrimination. 2020 is the seventy-second 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.

—David Slive, U.N. Envoy



UU AMHERST

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

Fostering Justice and Compassion

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www.uuamherst.org

