

Issue
April
2017

The Foreword



The Newsletter of the
**Unitarian
Universalist
Church of
Amherst**
6320 Main Street,
Williamsville, NY 14221
716-634-3010
www.uuamherst.org

Our Leadership:

Developmental Minister
Rev. Michelle Buhite
(Office).....x102
minister@uuamherst.org

Ministerial Intern
Rev. Lisa Peterangelo
(Office).....x105
revlisa@uuamherst.org

Minister Emerita
Rev. Maureen Q. Thitchener

**Interim Director of
Faith Development**
Karen LoBracco
x104 or 585-730-0686
dfd@uuamherst.org

Music Director
Fran Landis.....694-1106
music@uuamherst.org

Caretaker
Chris Barry.....479-4239

Financial Clerk
Donna Sentz.....x103
bookkeeper@uuamherst.org

**Office Administrator/ Newsletter
Editor**
Jaime Sheridan.....x101
administrator@uuamherst.org

Office Hours:
9:00am until 2:00pm,
Tuesday to Friday

SUNDAY SERVICES IN APRIL AT 10:30AM

2

Prayers for Resistance

Robert Lavalley

In these anxious times, many UUs are taking part in direct activism for the first time. They are discovering how empowering protest is, but also how challenging and even devastating it can be. How do we sustain ourselves as we do the hard work? In this service we'll consider the things that support us in our holy work for justice.

9

Mind the Gap

Rev. Michelle Buhite

16

Joy Comes in the Morning

Rev. Lisa Peterangelo

Join us for a special Intergenerational Service on this *Easter Sunday*

23

Climate Change's Impact on our Planet and People's Lives

Jack Kanack of Weather medic Inc.

30

Going yet?

Marlana Rice

Have you ever asked yourself if you should leave a party, relationship, a job... Don't leave! Let's explore this together....

Note: Senior Youth will be meeting with Rev. Michelle today.

UUCA 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



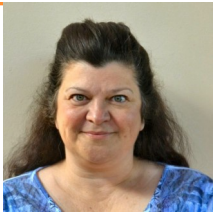
Living in covenant together is a little like preparing for a road trip; deciding who gets 'shotgun', who is bringing snacks, how to pack the car, etc. When we crafted our congregational covenant last year, we made promises about how we would travel together. But where are we going? How much gas money will it take? What are the best routes and scenic stops? That is the stuff of mission – determining where we want to go and how to get there.

Our proposed mission statement is: *To challenge ourselves and the community to foster more compassion and justice in the world.*

Captured in that simple statement is a commitment to justice, a desire to be a leader in the community, and a practice of empathy and loving kindness. *Challenging ourselves* keeps us humble and engaged – not satisfied to rest on past achievements. Challenging the community keeps us out in front, where people of faith belong as we confront the issues of these times. May we be so committed and so bold.

See you in church,
Rev. Michelle

(Rev. Michelle and Karen LoBracco will be at a retreat for ministers & religious educators, April 26-28. Good luck to them on their road trip!)



Letter from Lisa

Is it April already? Oh my, it's my last official month here at UUCA as your ministerial intern. Beyond April, I will continue to work with Rev. Michelle on the Sister Circle project, planning Interweave activities, preaching on May 28th for a Pride celebration service, and coming to church on occasion to say "hi". I've loved my time here and I'm so sad that its up. I want to thank Rev. Michelle for all her support and guidance. I have learned a tremendous amount from her. I also want to thank Karen Lobracco for her mentoring during our Black People Matters curriculum. Last, but certainly not least, my internship committee, Hella Jacobs who chaired, Mickey Tannehill, Ron Palmere, Bunny Malone, and Amy Malachowski, our secretary, who have given me their time and energy with their input and encouragement.

You are a wonderful congregation. I have made so many memories here and I'll miss not seeing all of you every week. May you grow, may you be a light in the world, and may you all be well. Thank you for everything.

Blessings,
Rev. Lisa

(Membership Committee will hold a 'Farewell to Rev Lisa Party' on May 28th after services. Stay tuned for details.)



Good Friday Service

The fourth Source that informs Unitarian Universalism is Jewish & Christian teachings which call us to respond to God's love by loving our neighbors as ourselves. Come and celebrate one of Christianity's most sacred observances, Good Friday: Friday, April 14 (7pm, Chapel).

Faith Development News

Karen LoBracco, Interim Director of Faith Development



Fair Trade and Organic Chocolate is Coming!

Just in time for Easter and Kosher from Passover, the excellent quality Equal Exchange store is returning to UUCA. The highlight of course will be the chocolate – eggs, hearts, mini and big bars in a variety of flavors.

Something for everyone! Also available will be organic coffee and an excellent quality Olive Oil from Palestinian farmers. Bring your wallet or checkbook – prices range from \$.25 - \$15, so yes, you can afford to spurge! Profits from this sale will be donated to the Unitarian Universalist Service Committee.

P.S. Did you know that the coffee served every Sunday is a special fairly traded blend grown by small farmers belonging to cooperatives? That's something we can all be proud of!

Guest At Your Table ends April 9

Thanks to everyone who has participated in any way in our Lenten practice of donating to the Unitarian Universalist Service Committee through their Guest At Your Table program. “So why do this now?” you might ask, “I left Lent behind years ago.” That may be so, yet it behooves all of us to occasionally slow down, recognize our blessings, and with gratitude share with those who are less fortunate. We do this not to gain favor with any god or rise in stature as a “good person”, but rather because it feels good to be connected to the web of all existence.

In February our children launched the 2017 GAYT program at a Children's Chapel which explained the work of the UUSC. While that was happening I was in Nicaragua participating in a related social justice learning project. As we wind down our Lenten observance and bring the GAYT program to a close, on April 9 I will be partnering with Phil Blommendahl to bring music and the story of the coffee farmers in Nicaragua back home to Amherst. We will be collecting your boxes and donations during the morning worship service. Thanks for your generosity!

Safer Congregation Policy Conversation April 30

After being in place for a year, the Faith Development Committee is having conversations about possible changes and improvements, which will then be presented to the Board of Trustees. Your perspective on UUCA's policies in the area of sexual abuse prevention and response is important! Join Karen LoBracco, our Interim Director of Faith Development and other leaders in the Living Room after Faith Development classes end at 11:45 to listen and learn from each other.

Please welcome Anne Hibbert as **Nursery Assistant Scheduling Coordinator!** And there are plenty of opportunities for you too to be happy playing with our delightful little ones! To find out more talk to Anne Hibbert or Karen LoBracco (dfd@uuamherst.org).



COME SING FOR EASTER!

The choir will sing for the Intergenerational Easter Service on **Sunday, April 16**. If you'd like to sing for Easter and can attend rehearsals at 9:30 am on 4/2, 4/9, and 4/16, please contact Fran Landis (music@uuamherst.org) so she can arrange and prepare the music accordingly. New members are welcome, and that includes teenagers!

UUCA Office News

- Food Donations to the food bank of WNY can be put in the basket behind the screen near the welcome desk. Only healthy items please-no candy or soda!
- Items for the Little Free Pantry can be placed in the cardboard box in the first coat room.
- We collected over \$660 for Gerard Place on March 19th. Thank you for your support of this important organization. <https://gerardplace.org/>
- We have a new phone system in the Church! We are updating our technology and ideally will save some money in the long term. Each room/office now has a specific extension. As before, you can reach the office at the main number. Just listen carefully to the new menu options for help. Thank you to Gemma Lanthier, Yvonne Stocker, Chris Barry, and their helpers for all their hard work on the installation. Here are the updated phone numbers for the church staff:

716 634-3010 – Main Number

716 634-3012 - Fax

Jaime Sheridan, Office Administrator —x101

Rev. Michelle Buhite, Developmental Minister — x102

Donna Sentz, Bookkeeper & Dave Stroud, Treasurer – x103

Karen LoBracco, Interim Director of Faith Development– x104

Rev. Lisa Peterangelo, Ministerial Intern / Clara Barton Room - x105

Kitchen – x106



Pathway to UUCA: Come

Find out more about UUCA and

how you can get connected!

Not just for new members-all

welcome! **Next meeting**

Sunday April 9th at 9:15

am in Emerson. Sign up

sheets are in the Church

Lobby.

Welcome to
amazon smile
You shop. Amazon gives.

Did you know that you can help the church just by online shopping? Welcome to AmazonSmile, where Amazon donates 0.5% of the price of eligible smile.amazon.com purchases to the charities selected by customers. You can begin by going to smile.amazon.org and typing in *Unitarian Universalist Church of Amherst Endowment Trust* or use the church's new unique charity link below and just start shopping!

Our unique charity link: <https://smile.amazon.com/ch/16-6411704>

Be sure to bookmark the charity link in your web browser!



Thank you to everyone who has pledged in the 2017-2018 UUCA 'Steward-Ship' campaign. We are in the process of following up with those who have yet to pledge. If you have not yet made a pledge for the 2017-18 campaign, pledge forms are available in the church office or online (<http://www.uuamherst.org/stewardship/>). Please complete the form and send it to the church administrator (e-mail or snail mail). (Please remember the church will Never solicit credit card information over the phone. Any caller claiming to be from the church and asking for credit card information is a scam.) Remember too that pledge payments can be made through PayPal at www.uuca.org/donate/. Thank you for your generosity. We look forward to another great year at the UUCA. ~Barb and Barry Kent

Welcome

Welcome New Members Ginger Cody and Patrick Walker.
We are happy that you are joining the UUCA family!



Adult Faith Development

Adult Faith Development has several programs to offer over the next month.
All are welcome!

Tuesday, March 28th - 1:30 p.m. - **Women's Afternoon Study Group:**
We will continue our discussion of women who persevered (!). This week we will talk about Mother Jones, an Irish immigrant, who worked tirelessly for worker's rights and worker's unions.

Sunday, April 2 - Ted Talk - "Because I Said I Would" (17 min) by Alex Sheen, founder of a social movement about making & keeping promises, using a "promise card" that went viral on social media.

Tuesday, April 4th - 1:30 p.m. - **Women's Afternoon Study Group** We will start our reading of the UU World Spring Edition. It has the flame of the Statue of Liberty on the cover.

Friday, April 7 - Movie Night – Come at 6 PM for a pot luck dinner (bring a dish to pass) and at 7 PM enjoy popcorn and the movie, "Poison Pen", all in the Emerson Room. This Spiritual Cinema full-feature movie is a romantic comedy and may not be appropriate for anyone sensitive to "language issues". This is a movie about overcoming the obstacles between two people. Will they get together? Of course! The fun of a great romantic comedy is the journey and this one is delightful!

Sunday, April 9 – Poetry As Practice – Angela Warren will present poems for discussion with the theme of Covenant; Noon, Reeb Room

Sunday, April 16 - Three Spiritual Cinema Short Films, followed by discussion; 9:15 AM, Living Room. All 3 films have the theme of collaboration & how our human connections can elevate both our own lives and those around us. The 3 films are "Happy Thoughts", "Work Mate", & "Fibre & Wood".

Thursday, April 20th: Love Feast Thursdays

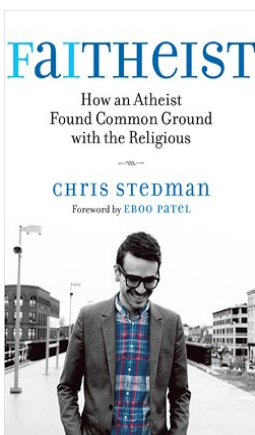
Third Thursday of each month! Love Feast: come for all of it, come for some of it, just come and spend some time with friends! No need to sign up—just come enjoy!

6pm – Dinner (soup provided; bring a side if you want) 6:30pm – Vespers 7:00pm – Drumming

Tuesday, April 25th - due to the set-up for the Rummage Sale, **Women's Afternoon Study Group** meeting will be cancelled.

Sunday, May 7 – Ted Talk – "Want to Be Happy? Be Grateful" (14 min) by David Steindl-Rast and excerpts from "365 Grateful Project" (12 min) by Hailey Bartholomew.

If you have any questions, contact Diane Bofinger



Let's try another book club. I've run across a gem. "*Faitheist: How an Atheist Found Common Ground with the Religious.*"

Maybe google it and see if you'd be interested in getting together, starting April 4th, on Tuesday evenings at 7:30pm in the Living Room to discuss a subject that could use some dialogue. Let me know by e-mail or catch me at church.

~Chris Barry

Book Review:

"Who can we be together? Chris Stedman asks in this powerful book. *Faitheist* reveals that it's not what we believe that matters, but how our beliefs shape what we do with our lives- a timely reminder for both atheists and the religious that the goal should be neither conversion nor the destruction of religion but rather to make a better world." ~Sarah Stiles; author of "Breaking Up with God: A Love Story"



BOARD NOTES:

Hi again, from your Board of Trustees.

The effort to discover our *UUCA Vision and Mission* is continuing. Remember your participation in the process is essential to our defining our mission well.

How appropriate that the blizzard comes just as we have signed a *new contract for both snow removal and lawn maintenance*. I have two reasons to write about this: 1) it is good news that we have a good contract with a reliable firm to attend to our grounds; 2) I need to lead the Board in being transparent to the members how we spend your money. We have contracted for several years with Tom Gorski to cut the grass and keep the grounds tidy. Last year we had a different company do our snow plowing – this year we have hired Tom Gorski to attend to that also. Recently he gave the church a quote to attend to both grounds issues for one price spread over 12 monthly payments [this smooths the payment stream for both UUCA & Tom Gorski]. Other quotes we received are almost double what Tom suggested. We have been happy with the work done & Chris Barry & Angela Warren who most frequently work with Tom find him agreeable and easy to work with. Over the time that he has worked for us he has caused minimal damage (compared to previous vendors) – so all in all this is a good deal for the church.

The Board has unanimously agreed to sponsor Scott Mulder to the UUA as a Ministerial Aspirant. What this means is that the UUCA Board agrees that Scott Mulder is a good candidate for seminary and should be considered for ministry by the UUA. This action does not commit UUCA to anything more other than to ‘open the door’ for Scott to pursue his theological studies and be considered for ministry in the future. By the way, the reason you don’t see Scott and Lisa around the church anymore is that they have moved to Denver, where Lisa has obtained a much better position and it is near to a seminary where Scott plans to attend. We wish them all the best.

It is time to congratulate the *Green Sanctuary* folks who are leading us into sustainable use and greener attitudes. Also our *Caring for One Another* group is

reorganizing and defining what they do to help look after each other when we need it and to look after others when they need it. Please note that both of these groups and others are providing opportunities for individual to **“TAKE ACTION”** there is a new **button on our home page with suggestions of what you might do NOW!**

Once again – I extend to all members and friends – and those not yet officially in our community– the invitation to *speak to board members about any issue, concern or idea*. Remember please, that any member is invited to attend and listen at any board meeting. If you wish to present an idea or raise an issue with the Board, please consult the Board Chair a least the day before the meeting. Board meetings are held regularly each month on the second Wednesday starting at 7:00pm in the Emerson Room.

If I can help in any way – ask me – Yvonne Stocker



Thanks again to everyone who participated in the photo directory. Lifetouch offered a special February promotion where a portion of all photo sales is given back to the church. We are pleased to announce that just over \$450 will be given to UUCA. What a pleasant situation for everyone—we get a new directory, you get nice photos and then the church got a nice ‘tip’ for making that all happen! In addition, we now have nice pictures of ourselves and a directory which helps us all know each other better – especially the new folks.

We are currently waiting for the proofs to come from the printer. We will then check the proofs for any mistakes before it goes for a final printing. Then we will have a finished product to share-ideally by the end of April or mid-May.

Since January, we have seen several new people at our Sunday services. **The "Welcome Team"** thanks all of you for greeting our guests warmly, engaging them in meaningful conversations, giving them tours of the church, introducing them to others and inviting them to other activities and groups. Some have even invited visitors to lunch after service! We have so much to share. And it takes all of us to encourage our guests to join our "quest for truth and meaning" as we "seek wholeness for ourselves, our children and our world." ~Membership Committee

Spring Lawn Care

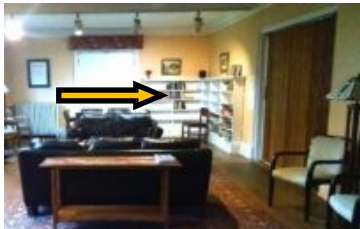
Spring is the time to weed. Instead of using herbicides, which are petroleum based (e.g. Roundup) and toxic to the environment and our bodies, use a spray of household white vinegar.

Thoroughly drench the foliage, avoid spraying the grass as the grass will also be killed. This works best on young weeds. Spray on a sunny day. Large weeds may need a second spray two weeks later or dug by hand.

If the lawn has bare spots and thin, consider “Repetitive Over-seeding” in late March or early April. Repetitive Over-seeding is multiple seed applications, at least 3 applications a week or more apart. Use perennial ryegrass, or a mix with a high percentage of ryegrass. Perennial ryegrass seed germinates more quickly than other grasses and creates a thick carpet crowding out weed seed.

Established lawns should not need watering. (Unless on sandy soil.) Force the roots to grow deeper.

The best time to fertilize is September. Fertilizing once a year should be enough. Compost is a good choice.
~Betty Howell



Readers and Browsers, we have a [Nature and Social Justice Library](#) in the living room. These books are here for you to use. Please sign the notebook when you borrow a book. Thank You

~Pat Burke for the Green Sanctuary and Social Justice Committees.

GREEN TIPS:

Balloons Kill Wildlife---Boycott Balloons

Beach litter surveys have shown that the amount of **balloons and balloon pieces found on the beach have tripled** in the past 10 years.



Balloons can take years to break down, even the so-called “*biodegradable*” latex ones. This gives plenty of time for it to travel and encounter many animals that may mistake it for a tasty snack, or accidentally get entangled in the balloon itself.

Dolphins, whales, turtles, and many other marine species, as well as terrestrial animals such as cows, dogs, sheep, tortoises, birds and other animals have all been hurt or killed by balloons. The animal is usually killed from the **balloon blocking its digestive tract**, leaving them unable to take in any more nutrients. It slowly starves to death. The animals can also become entangled in the balloon and its ribbon making the **animal unable to move or eat**.

Sorry to burst your balloon, but **please** do not celebrate anything by releasing balloons into the air. This for a greener and kinder environment. Please share this with others.

~Thank you from your **Green Sanctuary Committee**



UUCA Theater Lovers

The final production for Jewish Repertory Theatre this season is THE GREAT GOD PAN, written by Amy Herzog, directed by Saul Elkin. Synopsis: Jamie's life in Brooklyn seems just fine: a beautiful girlfriend, a budding journalism career, and parents who live just

far enough away. But when a possible childhood trauma comes to light, lives are thrown into a tailspin. Unsettling and deeply compassionate, THE GREAT GOD PAN tells the intimate tale of what is lost and won when a hidden truth is unloosed into the world.

Our group outing will be **Sunday, April 30**. Please note **that performance begins at 4 pm**, due to the JCC Community Celebration of Yom Ha'Atzmaut (Israel Independence Day). We'll meet for lunch **prior** to the show at 1:30 pm at 2 Forks Up!, 3175 Millersport Hwy, Getzville 14068. Contact me by noon on Friday, April 28, to reserve a seat for lunch.

Remember that checks for tickets must be received at least eight (8) days prior to the play - that's Saturday, April 22, if you're planning on joining the UUCA group. If you can't join us on April 30, you can still get discount tickets for other Saturday or Sunday shows. The play runs Thursday, April 27 through Sunday, May 21. JRT's home is inside the Jewish Community Center, 2640 N. Forest Rd., Getzville. Ticket order forms are available in our church lobby, in a folder at the bottom left corner of the Church Life bulletin board. Please contact Sophia Veffler with ticket questions: 631-3228.

~ Marie Evans



There is a way to recycle your plastic gift cards from TOPS that the church sells (on Sundays in the Emerson Room) or any other cards you may have. I sent mine in last week. Its easy! This suggestion comes from a Green Sanctuary hand-out. ~Marge Marcille



Earthworks®, will accept plastic gift cards for recycling. You can mail plastic cards to:

Earthworks c/o Halprin Ind.
25840 Miles Rd.
Bedford, Oh 44146

Please just send plastic cards, no rubber bands, paper clips or paper.
Please put a label or hand write the name of your organization on the package so we can track it.
Thanks for working with us to make a cleaner world one card at a time!



Join us for great music with Kathy Moriarty and the Field Hands. Our next coffeehouse will be on Saturday, April 1st right here at UUCA in the Emerson Room. Her group has newly expanded from three to four members. Join us at 7:30pm for an evening of good entertainment. Sponsored by the Music Committee. Contact Wendy Scott to volunteer with the reception.



People often start a conversation with strangers and friends by talking about the weather...

Climate Change's Impact on our Planet and People's Lives

On Sunday April 23, Jack Kanack, owner of Weather medic, Inc. will be our guest speaker for the Spoken Reflection portion of the service. His topic will be climate change and it's impact on the planet and people's way of life. Weathermedic is a Weather Consulting/Applied Climatology Business. Jack has a BS in Geosciences from Buffalo State College, Buffalo, New York (1983). He is Vice President of the Western New York Chapter of the American Meteorological Society and recently received an award from the from The Buffalo Office of The National Weather Service for 35 years as a NWS COOP Observer (National Weather Service Cooperative Observer Program). Jack hosts a radio show at 91.3 WBNY.

Jack's signature issue is Climate Change; he is greatly concerned about the direction the world is taking regarding our climate and environment. Join us April 23 for an update of this most important issue. Time permitting there will be Q & A afterwards, additionally Jack will be available during coffee hour for further discussion.

~Sponsored by the Social Justice Committee.



Amherst Little Free Food Pantry Meeting

Thank you to everyone who attended our first meeting to share your ideas and thoughts. Our next meeting will be on **Sunday, April 2nd** at noon at the Unitarian Universalist Church of Amherst (living room). The Amherst Little Free Food Pantry is a joint venture of UUCA and interested members of Congregation Havurah.

Modeled after the highly successful little free library concept, this is a grass roots effort to reduce hunger in our community. Basically, the pantry is a wooden box (sizes vary but about 3 feet by 3 feet) on a post dug in the ground and filled with non-perishable and canned food items and basic toiletries (think toothpaste, soap etc.). The outdoor food pantry will be located on UUCA grounds. It would be accessible to those in need 24/7, 365 days a year with no questions asked, no residency requirements and no forms to fill out. Users can be low income families with children, the working poor, the unemployed, disabled residents, seniors, low income individuals with a chronic illness, teens at risk, college students, recent immigrants and refugees, the mentally ill and the homeless.

You can help. We need help in conceiving of the box and building it, engaging community support and involvement, securing donated or wholesale food supplies, publicity and marketing, notifying social service agencies, indoor overflow food storage conception and developing a plan for checking and stocking the pantry daily. Interested? Please plan to attend to contribute your ideas, talent and skills to help reduce hunger in our community. Many hands make light work.

For more information or to express interest, please contact Maria Ceraulo.

UUCA GET COOKIN'!

With Christine Boczarska & Faith Pham
Caring For One Another Committee

Linguine with Clam Sauce (from Gourmet magazine)

1/4 cup butter
2 tablespoons olive oil
2 onions, chopped
6 cloves garlic, smashed
2 medium tomatoes, cored, chopped
3 cups dry white wine
1 cup (or more) water
3 lbs. little neck clams, well scrubbed OR
2 cans chopped clams
1/3 cup thinly sliced fresh basil leaves
1/4 cup chopped fresh parsley
1/4 cup chopped fresh oregano
2 pinches dried crushed red pepper
8 ounces linguine



Melt butter and olive oil in heavy large pot over medium heat.

Add onions and cook until soft, stirring often, about 5 minutes.

Add garlic and stir 1 minute.

Add tomatoes and cook until beginning to soften, stirring often, about 2 minutes.

Add white wine and 1 cup of water or the liquid from the canned clams, bring to a boil.

Set clams aside.

Reduce heat to low, cover and simmer 20 minutes to blend flavors.

(Can be made 1 day ahead and refrigerated.)

Bring broth to boil.

If using fresh clams:

scrub very well and add, shells & all, to the broth

cook until clams open, 3 to 5 minutes. Discard any that do not open.

Remove the fresh clams and place in a bowl. Cover to keep warm.

If using canned clams, just add to broth to heat.

Stir basil, parsley, oregano and crushed red pepper into broth.

Add linguine and boil until pasta is al dente, adding water if too dry.

Return fresh clams to the pot with any accumulated juices, cover and simmer until heated through and pasta is still firm.

Season to taste with salt and pepper. (For a bit thicker sauce, add arrowroot)

For Dessert: Baked Apple

Core a fragrant apple such as Cortland or Pink Lady, leaving the apple whole and the bottom intact. Fill the cavity with cinnamon, brown sugar and your choice of butter, maple syrup, raisins, walnuts, whatever you wish. Bake in a 350°F oven for about 30 to 45 minutes, until soft to touch. Let cool and serve with or without whipped cream.

Making it Vegetarian, Vegan, Gluten-Free, Dairy Free (Eveline Hartz)

If you don't like clams they can be substituted with 2 cups of Nori, shiitake, beech or baby mushrooms. Keep the small caps whole and cut the rest into bite size pieces. Either sauté mushrooms with the onions or add them to the broth. Another possibility is to use a vegan "abalone". Butter is easily substituted with margarine and wheat pasta with gluten-free pasta.

The Hartz's used 1 c baby white mushrooms & 1 c beech mushrooms. It was very tasty! (Suggestion for another time - leave out the oil and cut down on the butter.)

Don't have tomatoes on hand but do have tomato puree in the pantry:

1lb tomatoes = 2-3 medium tomatoes = 8 ounces tomato sauce

No fresh herbs?

Substitute 1/3 the amount of dry herbs for fresh herbs.

Bon Appetit!

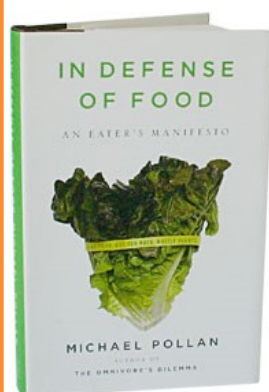
Faith Community Nurse Corner

Eveline Hartz, RN

April is Healthy Eating Month! On that (whole) note the Caring For One Another Committee is introducing UUCA Get Cookin'! with Christine Boczarska and Faith Pham. Christine and Faith both have a passion for cooking. Their dishes are delish! Each month they will share one or two of their favorite recipes. This month's recipes are Linguini with Clam Sauce and Baked Apple.

Christine & Faith cook because they love it - the making, the eating, and the sharing. Cooking (by cooking I mean cooking from scratch - not just opening a box) also happens to be one of the most healthful things you can do for yourself and your family.

Towards the bottom of the recipe page you will find alternatives for vegetarian, vegan, gluten free, dairy free etc. options. Some of you may have food allergies and sensitivities or concern for climate change (by some accounts the way we do agriculture attributes to 40% of global warming!) or perhaps animal welfare, etc., whatever the reason I will include alternatives so everyone can try either the month's recipe or a version thereof.



Food guru Michael Pollen's famous quote "Eat food. Not too much. Mostly plants." helps keep cooking simple and in perspective. "Don't eat anything your great-grandmother wouldn't recognize as food" is another of his quotes. Can't pronounce it? Don't know what it is? Don't eat it! All those preservatives, emulsifiers, stabilizers, colorings, flavorings are added for corporate benefit. They make a product a little cheaper to produce, lengthen shelf-life (the real reason for low-fat), and trick your taste buds - they have nothing to do with healthy, nourishing eating. Even genetic engineering or GMOs don't give you added nutrients - 99% of GMOs enable plants to withstand indiscriminate dosing of herbicides or have the pesticide engineered right into the makeup of the plant. yuck!

Making your meals from scratch keeps the food "real", tasty and nourishing. The way your body is meant to eat. After a little practice, cooking from scratch doesn't take much longer and it's actually fun. Even all the snack food in the world isn't so bad - if you make it! AND it's a great way to connect with people and show you care. Get Cookin'! and tell us what you think.

You will find UUCA Get Cookin' in the Forward as well as on the website under Health Ministry (coming soon).

"For is there any practice less selfish, any labor less alienated, any time less wasted, than preparing something delicious and nourishing for people you love?" ~ Michael Pollen (<http://michaelpollan.com/>)



Volunteer Drivers Needed

The Caring For One Another Committee is forming a list of church members who would be willing, occasionally, to transport another member to a Sunday service or other church activity. If you would be willing to provide a ride, convenient with your schedule, please contact Evelyn Hartz at caring@uuamherst.org.

Also, remember that the Hearts & Hands program offers us the opportunity to help those in need in WNY, and especially in the Amherst area. If you need help or are interested in volunteering, please go to <https://hnhcares.org/>

The next Caring for One Another meeting will be on Tuesday, April 4th at 3pm in Emerson.

~Ron Palmere & Evelyn Hartz

Some Words About Worship

~ from your Developmental Minister, Rev. Michelle Buhite

Throughout the winter, we have been experimenting with new forms of worship; and I appreciate the open-heartedness with which you have flowed with these changes. In a pluralistic community like UUCA, we have many faith preferences to try to both accommodate and to challenge (see proposed mission statement regarding ‘challenge), and sometimes that takes us out of our comfort zones.

If you’ve been away, you might be wondering, what changes?

Gathering Music – we begin singing together at 10:25am in preparation for the 10:30am start of worship. This helps to encourage folks to move from the lobby into the chapel. It also balances the amount of time our children and youth are in worship with the amount of time their teachers need to do the work of faith development.

Spirit of Life – this beloved UU hymn has been moved to earlier in the service so that our children and youth have the opportunity to love it, too.

Candles of Care & Commitment – following the election in November, I felt that people needed a tangible way of demonstrating what they’re experiencing, and to have the safety and support of expressing that in worship. There is something peaceful about lighting a candle, especially in the company of caring folk. I may move this to another part of the service, but I don’t anticipate the candles disappearing anytime soon. If candles aren’t ‘your thing’, perhaps you could close your eyes in meditation or keep them open and note each person who is lighting a candle and wish them peace.

Each of us comes to the Sunday morning experience with different expectations and needs – and I do not have the capacity to meet all of them in each service. I hope that you find a moment that speaks to you, and that when something doesn’t, you recognize that it is speaking to someone else. You see, we don’t just come to church to consume; to fill our own cup with fellowship and a comforting word or mental distraction. Being in covenantal community means that we come together to share, to give, and yes, to receive. “From you I receive, to you I give, together we share, and from this we live.”



My primary job as a minister is to help enact our third principle: acceptance of one another and encouragement to spiritual growth in our congregation. And since this is one of the principles of our covenantal, combined faith – it’s your job as well. I answered the call to ministry to open minds, expand hearts, and grow souls. My relationship with this church is as a developmental minister – a time-limited, contractual ministry of partnership between minister and congregation – to identify and meet clearly articulated goals. Everything I do with you is in service to my call to the greater UU ministry and to helping UUCA become a healthy, vital, life-changing congregation. But it is a partnership – I can’t (and shouldn’t) do it alone. I hope that you will see changes as what they are, opportunities for growth and new vision, and that you will participate fully in this amazing, countercultural, life-affirming community that we call church. In the coming year we will have conversations about our continued relationship and if we wish to extend our relationship beyond the parameters of the 4-year developmental ministry (this is year 2). I hope that you will immerse yourself in the many opportunities for self reflection and growth, and that you will discover the joy of giving of yourself to widen the circle of kindred hearts.

What's Happening at UUCA ?

This Month's Featured Events:



WE WANT YOUR OLD, UNUSED STUFF!

We also need Volunteers!

Give your old items a second life by donating them to the **Annual Church Rummage Sale**. While spring cleaning, please save any old items in good shape that need a new home. This year's sale will be Friday evening April 28th and Saturday morning April 29th. Please bring items to church Starting Sunday April 23rd. If you need to bring items early, there is a table in the 1st coat closet where Rummage Sale Donations can be placed. Contact Pam and Jerry Kent to volunteer, with questions, or to arrange a large item pick-up. Join the fun!

ROMEOS Men's lunch

April 6th at noon—all men are invited to meet at Buffalo Brew pub for lunch and conversation. No agenda—all topics considered! Come relax with friends and good food.

COCKTAILS & CONVERSATION

On Friday, April 7th, all those over 21 welcome for a night out! Come relax and unwind with fellow UUs. Contact Ivy Yapelli for this month's location.

Dominoes Club

Continues to meet on Mondays at 1:30pm in the Emerson Room. Anyone is welcome to join—no experience necessary. Come learn! Come play! Contact Eileen McCallister.



Current Events Discussion and Lunch:

Tuesday, April 11th - 12:30 p.m. - Come with your lunch to the Emerson Room to talk about events in the news.

Women's Lunch:

Tuesday, April 18th - 12:30 p.m. - Meet in the Emerson Room for laughing and chatting. Bring your lunch from home.

Bridge Club

Meets almost every Sunday after services in the Emerson Room. All are welcome—we will teach you how to play! Contact JoAnn Shafer for details.

Bridge Party

This is an Auction Event to be held April 9th at 130pm. Cost \$10. Lunch and prizes. Contact Marcia Scott, Lou Bacon, JoAnn Shafer or Ellen Doyno for details.

Check out our website and events calendar at
www.uuamherst.org



Unitarian Universalist Church of Amherst
 6320 Main Street Williamsville New York 14221
 716.634.3010 www.uuamherst.org



APRIL 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:15am - TED Talk (LR) 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - Little Free Pantry (LR) 3pm - Chinmaya Mission (FD) 7:30pm - AA (LR)	1:30pm - Dominoes (Em) 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recycled (Bul) 7:30pm - Chinmaya Study Group (Bul)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 1:30pm - Women's Afternoon (LR) 3pm - Caring for One Another (Em) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 3:30pm - Voice Lessons (Choir) 6pm - BOT 'Brown Bag' 7pm - Board of Trustees (Em)	12pm - ROMEO's Lunch @ Buffalo Brew Pub 12:15pm - AA (LR, RE Wing) 6pm - Havurah Board Meeting (Em) 6pm - Mindfulness and Beyond (LR) 7pm - Sister Circle (Reeb)	6pm - Potluck and Spiritual Chat (Em) 7pm - Cocktails and Conversation 7:30pm - SOS (Reeb)	9:30am - UUA Cluster Meeting in Syracuse 7:30pm - Coffee House (Ch & Em)
9:15am - Pathway to JUUCA (LR) 10:30am - Church Service 11:30am - 2nd Sunday Potluck 11:30am - Bridge Club (Em) 11:30am - Equal Exchange (Em) 12pm - Poetry as Practice (Reeb) 7:30pm - AA (LR)	1:30pm - Dominoes (Em) 6pm - AA (LR) 7:15pm - Facilities Meeting (Em) 7:15pm - Finance Committee (Em) 7:30pm - ACOA (LR) 7:30pm - Chinmaya Study Group (Bul)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 12:30pm - Current Events Lunch (Em) 7pm - Blue Mtn.(Reeb) 7pm - Membership (LR)	12:15pm - AA (LR, RE Wing) 3:30pm - Voice Lessons (Choir) 6pm - BOT 'Brown Bag' 7pm - Board of Trustees (Em)	Thomas Jefferson's Birthday 12:15pm - AA (LR, RE Wing) 4:30pm - John Newman Music (Ch) 6pm - Mindfulness and Beyond (LR) 7pm - Sister Circle (Reeb)	7:30pm - SOS (Reeb)	4pm - **John Landis Concert
Deadline for Newsletter Easter Sunday 9am - FD Committee (Bul) 9:15am - Spiritual Cinema Short (LR) 10:30am - Church Service 11:30am - Bridge Club (Em) 7:30pm - AA (LR)	1:30pm - Dominoes (Em) 6pm - AA (LR) 7pm - Mankind Project (Reeb) 7:30pm - ACOA (LR) 7:30pm - Buffalo Recycled (Bul) 7:30pm - Chinmaya Study Group (Bul)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 12:30pm - Women's Lunch (Em) 6:30pm - ACT Buffalo (Chapel & Em) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 3:30pm - Voice Lessons (Choir) 6pm - Set up for workshop 7pm - Identity Workshop with Chapel 7pm - Social Justice (DR) 7:30pm - Preaching (Bul)	12:15pm - AA (LR, RE Wing) 6pm - Love Feast Thursday (Ch & LR) 6pm - Mindfulness and Beyond (LR) 7pm - Sister Circle (Reeb)	7:30pm - SOS (Reeb)	12pm - ECM (Chapel & Em & LR)
Rummage Sale Set Up 10:30am - Church Service 11:30am - Bridge Club (Em) 3pm - Chinmaya Mission (FD) 7:30pm - AA (LR)	6pm - AA (LR) 6pm - Snowbirds (Em) 7:30pm - ACOA (LR) 7:30pm - Chinmaya Study Group (Bul)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 1:30pm - Women's (Bul) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 3:30pm - Voice Lessons (Choir) 7:30pm - Preaching (Bul)	12:15pm - AA (LR, RE Wing)	Rummage Sale! 7:30pm - SOS (Reeb)	Rummage Sale 7pm - Pride Prom 2017 (offsite)
Rummage Restore 10:30am - Church Service 11:30am - Bridge Club (Em) 12pm - Book club (DR) 2pm - Chinmaya Mission (FD) 7:30pm - AA (LR)	1:30pm - Dominoes (Em) 6pm - AA (LR) 7:15pm - Facilities Meeting (Em) 7:15pm - Finance Committee (Em) 7:30pm - ACOA (LR) 7:30pm - Chinmaya Study Group (Bul)	10am - ACOA(LR) 12:15pm - AA (LR, RE wing) 1:30pm - Women's (Bul) 7pm - Blue Mtn.(Reeb)	12:15pm - AA (LR, RE Wing) 3:30pm - Voice Lessons (Choir) 7:30pm - Preaching (Bul)	AA = Alcoholic Anonymous ACOA = Adult Children of Alcoholics AE = Auction Event Bul = Thomas Bullfinch Ch = Chapel DR = Dining Room Em = Emerson Room FD = FD/RE Wing LR = Living Room Reeb = Reeb Room SOS = Non-religious sobriety group ** = Tentative / To Be Confirmed	7:30pm - SOS (Reeb)	6pm - WNY Gluten Free Diet (Em) 6pm - Buffalo Belles (LR)





U.U.-U.N. NEWS

According to the U.N. Charter, the primary purpose of the U.N. is to eliminate the scourge of war and promote human rights—in a word, the maintenance of international peace and security. However, the U.N. at present does not have the power to maintain world peace. That is because the U.N. does not possess its own effective system of collective security to keep the peace, allowing for universal and complete disarmament under U.N. auspices. The world spends over a trillion dollars a year on armaments. The United States spends at least 600 billion dollars per year on such instruments of death and destruction. Other U.N. Member States are not blameless either. The human family needs a change of heart and needs to convert its swords into ploughshares under U.N. auspices; otherwise, the future of humanity is bleak, indeed. During January 2016, U.N. Secretary-General Ban Ki-moon addressed the 193 Members of the U.N. General Assembly on this matter. In his first address of the new year to the U.N. General Assembly, he called for action to address threats to world peace in the worlds' hotspots, action to promote sustainable development, and action to protect the planet. "We are capable of global citizenship and U.N. Member States must also do their part to empower the U.N. itself." The U.N. should not have to plead with its 193 Members to support its main purpose: the maintenance of international peace and security.

The U.N. Secretary-General deplored the continuing violence in Syria, South Sudan, the Central African Republic, the Democratic Republic of the Congo, Iraq, Afghanistan, Palestine, etc. "The international community must also focus greater attention on the interrelated threats of organized crime, terrorism, piracy, extremism and trafficking in drugs, people and arms," he said. This includes continuing to strive towards achieving a nuclear-weapons-free world. The Secretary-General also emphasized the need to make progress toward achieving the Millennium Development Goals (MDGs).

He also warned all 193 U.N. Member States against succumbing to the myth that sustainable development is incompatible with robust action to control climate change and global warming. "Evidence shows that the goals of eradicating poverty, promoting inclusive growth and keeping global temperature increases below two degrees Celsius are mutually reinforcing," Mr. Ban Ki-moon noted. A legally-binding climate change treaty needs to be adopted by the international community as soon as possible and be enforced by 2020. Humanity's major problems—world peace, universal disarmament, sustainable development, global warming, war, poverty, and human rights violations—are interrelated and need an effective U.N. to solve them. Unfortunately, these are the actual problems of our troubled, interdependent world and they have not yet been solved. There is no time to lose. The human family needs to get its house in order or perish. This sad situation may not be pleasant to contemplate, but it is the truth.

~David Slive, U.N. Envoy



UUCA

UNITARIAN UNIVERSALIST
CHURCH OF AMHERST

we are a welcoming community

6320 Main Street

Williamsville, NY 14221

716-634-3010

www.uuamherst.org