

The Unitarian Universalist Church of Buffalo

September 2020 Newsletter

Gather ~ Inspire ~ Transform



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Minister's Column: What Does it Mean to be a People of Renewal?



A thing happened at the church this summer. One of our beloved members, a person of color (it doesn't matter who) was walking through the basement and saw a booklet sitting on top of a stack of donations for the Women's Society Book Sale.



This booklet was old (it doesn't matter the title). An antique. And it was a blatantly racist tract which joyously celebrated white supremacy and oppression of African Americans in careful calligraphy and evocative illustrations. Not only that, the dehumanizing contents of this booklet are still publicly and widely used today at festive occasions throughout the nation.

On finding this booklet in our shared sacred space, our beloved member was taken aback, anguished, and deeply physically hurt. Make no mistake, sticks and stones break your bones and words can indeed hurt you. Words give permission, encourage, invite, urge. Words create and maintain cultural structures. Words can say "You are not welcome here." Our beloved member was hurt.

So, our member reached out to a beloved leader of our congregation (it doesn't matter who) and related the experience of finding the booklet. The leader, a white person, replied in an email. The leader could have written something like this:

"Oh no! This is terrible. I am so sorry this happened to you. Thank you for bringing it to my attention. We will remove the booklet and endeavor that material like this is never left at our church again. How else can I support you? You are important."

But that's not what happened. Instead, the leader wrote something akin to:

"How interesting. Set the booklet aside. Here's a link to an article about the booklet and its author."

And so our beloved member was hurt a second time: first on finding the booklet, and second when a leader of our sacred community offered unnecessary education instead of understanding and compassion.

This thing that happened at the church this summer deserves our attention because it is not an isolated incident. It is the kind of thing that happens all the time. Over and over again. If we are to be People of Renewal, we will not try to maintain the status quo, neither will we seek to repeat the past nor some mythical golden age. We will not strive to "Make America Great Again." America has yet to become great. As People of Renewal it is our task to renew our spirits for the great work of building a new world founded on our highest values and aspirations. We will once again strive to make ourselves new.

So, let's tease apart the thing that happened this summer (and I am writing this for white allies for racial justice because

there is no need to educate people of color on white supremacy). Four points.

1. Most important: the member who found the booklet, the leader, and the person who donated the booklet to the Book Sale are all truly beloved. Each is worthy. Each is important. Each is precious.
2. The culture in which we all move and live and breathe is racist, oppressive and harmful to people of color, African Americans, Indigenous people, and whites. We are all caught in a sick system.
3. Our culture can be changed, made new, re-newed, by us into a culture of compassion, justice and equity.
4. This is where the rubber hits the road for white allies. Intention does not equal impact. My bet is the person who donated the booklet to the Book Sale did not intend cause harm, but the impact of the donation was harm. The leader did not intend to cause harm, but the impact of their email reply caused harm. We often intend to do good and end up damaging someone. Trust me, I've been there. It's an old adage: "The road to hell is paved with good intentions." Such is our fate as long as we choose to live in a racist society.

This is my prayer for all of us as we journey toward a renewal of the spirit and the creation of a new and equitable society"

Dear Ones, may we deeply love one another in compassion and for justice. May we all work toward humanizing our society. May we take time and breathe before responding. Ask from the temple of your heart "What will the impact of my actions be? Could I cause harm? Could I respond more lovingly?" And finally, Dear Ones, when we cause harm (and no matter who we are, eventually we will cause harm) may we apologize for our mistakes without offering conditions, excuses or qualifiers; strive to heal the harm we have caused; and humbly offer gratitude for the lesson; for only in the revelation of our impact can we re-create the world together.

Yours in faith and affection, Rev. Joan Montagnes

Sunday Morning Worship Online

Join us for worship at 10:30am on Sundays; either by computer at <https://uuma.zoom.us/j/367428065> or phone +1 646 876 9923 and use the password 367428065

Pulpit Previews

Sept 6: TBA

Another spiritually uplifting, intellectually stimulating, musically ethereal worship service. Something new for you every Sunday.

Sept 13: An Ever-New River, Sarah Martin and Joan Montagnes

It's our Ingathering Celebration Sunday and you're invited to be part of it! Our celebration is a communion of hearts and lives. Every member of the family is invited to participate. We will continue our tradition of each sharing one word that celebrates the experience of summer. **Send your one summer experience word to Karen Streech at kstreech100@gmail.com by Sept 9.**

Sept 20: Values Voting, Joan Montagnes

Ours is a liberal faith. That means each of us has the freedom to believe what we must believe according to our highest values. Moreover, our liberal faith calls each of us to live out our highest values in our private and public lives.

Sept 27: Change, Always Change, Joan Montagnes

A meditative service reflecting on impermanence.

Rev. Joan's Identity Used and Abused!

Many emails that look like they are from Rev. Joan have gone out to church members asking for emergency assistance in the form of gift cards. They are not from Rev. Joan. Rev. Joan will never:

- Ask you for gift cards via an email
- Send you an email on an account ending with gmail.com – **trust only her buffalouu.org account**

If you receive one of these emails, block the sender so they will be unable to send you any more requests. Sadly, there is nothing the church can do to stop the emails because they do not come from the church.

Religious Education & Adult Faith Development News



Sarah Martin, Director of Religious Education

As we enter September 2020, I know that so many of our families are facing very difficult choices around schooling, childcare, and work. We've been working hard to try and create a program that you can use both on and offline to connect your family to our Unitarian Universalist Religious Education community. The take home packets we are creating for each class will contain materials that will help connect our students to our online classes and allow them to participate at home, even if they don't wish to use Zoom. (Please see the class descriptions below for more information on specific packets.)

Take home packets will be available for PreK, Spirit Play, Workshops, and Graphic Novels. If you live a reasonable distance from the church and are able to get there, please try to pick up your packets on these dates or make other arrangements to receive them. Curbside pickup is the most cost effective method of packet delivery for our program. If you live too far for pickup from the church or have other accessibility concerns, please email sarahmartin@buffalouu.org to make mail or drop off arrangements. (If you have already arranged to have packets mailed to you, you do not need to send another email.)

Pick up dates for our September/October packets are:

Thursday, September 10, 4-7 pm

Friday, September 11, 2-6 pm

By appointment made by emailing lifespan@buffalouu.org

PLEASE REGISTER NOW FOR 2020-2021 RE! Registration ensures we can prepare adequate materials for our monthly packets. It will also help us tailor our programming to best fit the needs of your children and youth. You can register at the following link: <https://forms.gle/4MjbNRKERWRdD2Hr5>

RE PROGRAMMING FOR 2020-2021

Once you have registered for RE, if your child is in grades PreK-9 (excluding Coming of Age or Youth Group), please fill out the following form to make sure we can prepare enough materials for our monthly packets. Follow this link to sign up for classes: <https://forms.gle/ZxEeBPuS6QRft4rn8>

Here is our program information for this fall:

PreK – Sundays at 12 noon, class will meet on Zoom for a live chalice lighting, story, and a video tutorial of an accompanying craft. We will be using the Padlet app to provide links for families to connect with the lessons and craft tutorials on their own time. Take home packets will include a list of stories, supplies for the crafts, and a few other fun items.

Spirit Play (K-2) – Sundays at 1 pm class will meet on Zoom for stories, wondering questions, and sharing time. Supplementary online materials will be available via the Padlet app. Take home packets will include list of stories, supplies for activities, and some materials for children to recreate Spirit Play stories on their own time.

Workshops (K-5) – Sundays at 2 pm, class will meet on Zoom to engage with monthly themes and rotate through Music, Art, Science, and Social Action sessions. Many workshop sessions will be available on YouTube in the weeks following each class. Take home packets will include materials that can be used during online classes or on their own.

Graphic Novels (4th-8th Grade) – Sundays at 3 pm, class will meet EVERY OTHER WEEK on Zoom will encourage spiritual exploration, deepen knowledge of Unitarian Universalist History, and call us to action based on our UU values, all while creating original graphic novels and stories. On the off weeks, we'll use the Padlet app to connect students with videos, recorded interviews, links to webcomics and UU history sites, and interactive activities. Take home packets will include Zoom schedule, materials for creating original graphic novels, some art supplies, a notebook for keeping ideas, and some fun manipulatives.

To Be Determined Class for 6th-7th Graders - Based on need, desire, and class size, we are considering alternate programming to fit the needs of our rising 6th and 7th graders. Please email lifespan@buffalouu.org if your 6th or 7th grader is looking for alternative programming.

Coming of Age (8th-9th Grade) – Sundays, 6 pm. (Already in progress but open to new members) Class meets twice a month online, exploring their journeys as Unitarian Universalists, learn about our Unitarian Universalist history, and developing their personal faith credos. This class involves fundraising for an end of the year heritage trip to Boston (June 2021, hopefully!)

High School Youth Group (9th-12th Grade) - Our high school youth meet weekly to check in with one another, have fun together, engage in social justice actions, and plan or participate in local and regional youth conferences with other UU youth. All high school youth are welcome to join. Email lifespan@buffalouu.org to get connected with our high school youth group.

Volunteer Now!

We are actively looking for volunteers to help facilitate several of these classes!

Volunteer requirements are as follows:

- * Consent to a background check
- * Roughly 2-4 hours on Zoom per month leading classes
- * A small amount of planning/prep time, usually carried out over email, during the month

If connecting with our fabulous children and youth over Zoom a couple of times a month sounds like a great way for YOU to serve our congregation, or if you'd like more information about volunteering for RE, please email lifespan@buffalouu.org today!

ADULT FAITH DEVELOPMENT



Beloved Conversations: Virtual

The Fahs Collaborative has rewritten the Beloved Conversations curriculum and adapted it for a virtual format. Beloved Conversations is a curriculum that helps us explore how race and ethnicity shape our personal and collective lives and experiences. Even if you have participated in Beloved Conversations before, you'll want to check this out! Registration for the Fall session

begins on September 1. The cost is \$150-200 per session for lay people and \$250-300 for religious professionals. Sliding scale/scholarships are available for those in need.

The link below contains more information and a video that shares everything you need to know about this program.
<https://www.meadville.edu/fahs-collaborative/fahs-curriculum-catalogue/beloved-conversations/>

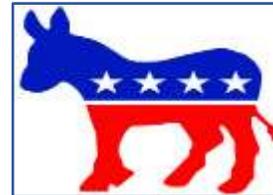
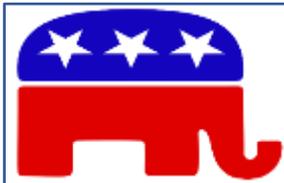
Tuesday Night Memoir Group

Our Tuesday Night Memoir Group is getting the band back together and there's only one thing missing. YOUR stories! If you're interested in joining this group for Zoom meetings, please email lifespan@buffalouu.org.

Facilitators and Tech Assistants Wanted for Online Fall Adult Faith Development Classes

We've gathered some great information about what you're looking for in adult programming at the UU Church of Buffalo, and now we need to facilitators and tech assistants to help make it happen. Do you have an area of expertise in Spiritual Development, UU History, UU Theology, or a skill to share? If you're interested but fear you don't have the experience to make it happen, don't worry, we can provide premade curriculum or Zoom training! If you have an idea for a great class you'd like to offer, we'd love to work with you on that, too! Email lifespan@buffalouu.org for details.

New Class from Michael Harris for the fall!



AND IF I'M ELECTED...!

GREAT RACES FOR THE U.S. PRESIDENCY

Discussions Led by Michael Harris

Sponsored by Unitarian Universalist Church of Buffalo

14 Online Zoom Meetings; Wednesdays, 9:30 – 11:30 a.m.

September 9th to December 16th, 2020

Cost: \$75 for Full Course, or \$10 per Session

If we compare presidential elections to horse racing, then many have been 'photo finishes' that have been won by a nose. In this course, we'll look at the most thrilling and controversial of America's presidential campaigns and discover the surprising number of nail-biters in our nation's history. It shows the truth that every vote counts!

Our meetings will take place virtually by computer or phone through the Zoom platform. To register, send your check, made out to UUCB, to the Unitarian Universalist Church of Buffalo, 695 Elmwood Ave.; Buffalo, NY 14222. The church office will send the Zoom

meeting number and instructions for logging-in to your email address. For more information, call the UUCB Office at 885-2136.

Course Syllabus

Session One (September 9): Presidential Nail-Biters – Little Known Closely Contested Campaigns [Elections of 1824, 1844 & 1880]

Session Two (Sept. 16): “The Revolution of 1800” – Jefferson vs. Burr

Session Three (Sept. 23): “Lincoln and Liberty Too” – Election of 1860

Session Four (Sept. 30): Deadlocked! – 1876 Hayes-Tilden Campaign

Session Five (October 7): Grover Cleveland – 3 Presidential Campaigns

Session Six (October 14): Taft, Teddy & Woodrow – Campaign of 1912

Session Seven (October 21): “Dewey Defeats Truman” – 1948 Election

Session Eight (October 28): Rise of the Kennedys – Campaign of 1960

No Class Session on November 4!

Session Nine (November 11): Nixon’s the One – Campaign of 1968

Session Ten (November 18): The Reagan Revolution – 1980 Election

Session Eleven (November 25): Rise of the Clintons – Election of 1992

Session Twelve (December 2): Recount! – Bush/Gore Election of 2000

Session Thirteen (December 9): The Obama Effect – Election of 2008

Session Fourteen (December 16): What Happened?? – Election of 2016





Daniel Bassin, Music Director

MUSIC NOTES



As we embark upon a most unusual 2020-2021 church year, it's hard to imagine a timelier theme to focus our September services than the one we'll be reflecting upon along with hundreds of other *Soul Matters* congregations: *What does it mean to be a People of Renewal?*

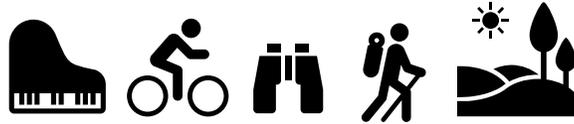
On Sunday, September 6th, we begin with our final service of the summer season with Beethoven – a composer whose 250th birth anniversary concert celebrations were curtailed around the world, including our own planned Spring 2020 Music Sunday service. Jonathan Vogtle will make our Sanctuary Steinway dance with the minuet movement from the composer's Piano Sonata in D-Major, Op. 10, and he'll conclude the service with a piano piece by another composer who was to feature in Music Sunday, Lili Boulanger. We will hear our church organ ring, as our vocal soloists join in Mark David Buckles' powerful setting of the Unitarian Universalist 2nd Principle: *Justice, Equity, and Compassion in All Relations*, and our in-house Cornette-and-Piano duo will play a reflective instrumental version of Kurt Weill's *September Song* to round-out the service.

Ingathering takes place on September 13th with *An Ever-New River*. Though this service focuses more on our virtual coming together for this bold new church year than on the Water Communion themes typical of a UU Ingathering, we'll start things out with a metaphorical nod to both with an instrumental rendition of another Kurt Weill tune – his collaboration with Ira Gershwin, *My Ship*. Our Soloists will offer up the profound King's Singers arrangement of John David's ballad, *You Are the New Day*, and Jonathan will treat us to a piano composition by Clara Schumann, whose 201st birth anniversary is celebrated that day. Finally, we'll conclude the service with a bold experiment – our first Choir hymn recording project, *When in Our Music*. This beloved hymn regularly features in our Music Sunday services, and we hope to make a community invitational hymn sing recording project with as many from our congregation who'd like to participate, once we mix together this service Postlude – stay tuned!

Our *Values Voting* service on 9-20 will begin with another of Mark David Buckles' *Seven Principles* pieces, here in a bespoke arrangement by our own soprano soloist, Jessie Downs. Our service begins with Principle 5: *The right of conscience and the use of the democratic process within our congregations*. The late, great, Leonard Cohen's 1992 song *Democracy* will be performed by bass soloist, Michael Harris, and our Musical Reflection for the service will be a mournful jazz ballad now familiar to our congregation, Horace Silver's *Peace*. Finally, we'll conclude the service with an instrumental rendition of David Bowie's *The Man Who Sold the World*.

On 9-27, our final church service for this month of *Renewal* is entitled, *Change, Always Change*. A reflective service of music and readings, it will feature our soloists in a choral arrangement of Andrew Lloyd Webber's *Love Changes Everything* alongside hymns, solo songs, and an instrumental postlude version of Tom Waits' *Time*.

UUCB FUN & FELLOWSHIP CELEBRATION !



The 2nd Edition of UUCB's Fun and Fellowship **ROLLING AUCTION** Catalogue IS STILL OPEN FOR BIDDING !

JOIN US FOR THE 2020 UUCB ROLLING AUCTION!

The auction is not only a major fundraiser for the church but also offers important safe and supportive fellowship opportunities, which have been missing for so many of us.

There are still openings in our late Summer / early Fall events. In addition to an exceptional four-hands piano concert and a bike ride to Gallagher Beach, as a winning bidder you can join old friends and meet new ones as you hike through the amazing Griffis Sculpture Park. And don't miss the opportunity to become enlightened about the "Best of Downtown Buffalo" through a walking tour scheduled just for auction winners and led by docent Karen Streech! Check the catalog for details. If you have not received the 2nd catalog, you can find it on the UUCB webpage <https://www.buffalouu.org/auction-2020.html>

We are gathering ideas for our next catalog. It's not too late to think of a creative way to contribute to the auction! Donations of events, artwork, or culinary treats are always welcomed! Contact Maria Testa at marialtesta@gmail.com or Juli Van Woert at JVW61@aol.com and we will happily help you brainstorm!

If you were a lucky bidder on items from the last two catalogs, your payment can be made by check, written to UUCB with "Auction" on the memo line. If you prefer to pay by credit card, go to **the church PayPal account by clicking [HERE](#)**.

Be on the lookout for the new catalogue in late September. Get ready to Bid! Bid! Bid!

Don't miss out on the fun! Thank you for your generosity and support !!

Share-the-Plate September – [VOICE Buffalo](#)

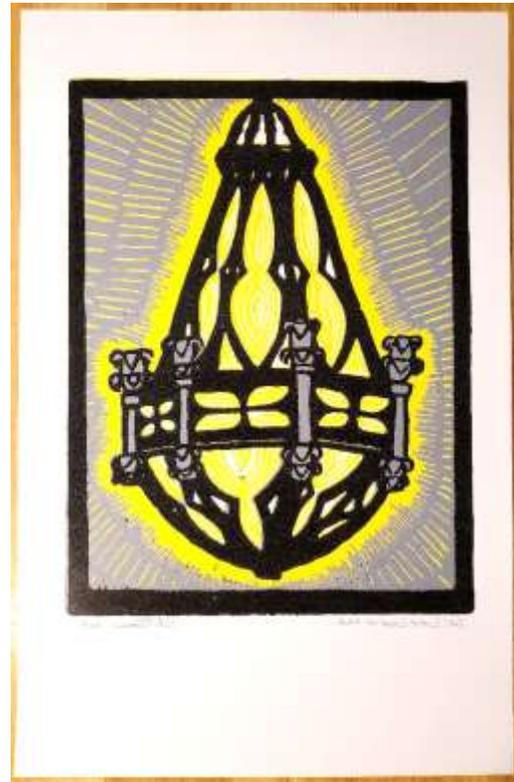
VOICE Buffalo is an interfaith social justice organization made up of over 40 congregations and community-based organizations in Buffalo and Erie County. Our organization has been in existence for 24 years, during which time we have won on issues and policy change involving Criminal Justice Reform, Restorative Justice in Education and Policing Systems, Disability Rights, Civic Engagement, local conditional release in Mass Incarceration, and creating alternatives to arrest. We believe in Justice, Equity, Democracy, and Inclusion, to faithfully bring forth justice and equity in our region through organized, collective action.

“This Little Light of Mine”

During our time apart, an original print has been seen each week hanging to the right of Rev. Joan during our virtual worship services. This lovely image, entitled “This Little Light of Mine,” has come to represent the radiating warmth of the UUCB community, as each of us brings our “little light” into connection with each other. Such a welcoming image calling us all together.

“This Little Light of Mine,” is Peter Sloan’s donation to the 2020 Fun & Fellowship Auction. Each year, Peter creates an original linoleum block print representing a revered aspect of UUCB life. This year’s piece depicts a sanctuary chandelier, which is actually an “electrolier.” The electroliers that grace the ceiling of our beloved sanctuary are made especially beautiful with the addition of candles lighted for Christmas Eve services.

Most people would call these works of art chandeliers, but technically “chandelier” means the fitting was originally made for candles. Electroliers began to appear in the early 1900’s as people began to convert their homes to electricity and wanted a beautiful ‘chandelier’ powered by this incredible new energy. Electroliers were wired for electricity as well as being fitted with candle holders. Preservationist Tom Yots shared this quote from the August 4, 1906 Buffalo Courier: “The electroliers are lanterns of isinglass and wrought iron, suspended by iron chains from the woodwork. They are most artistic.”



Peter’s original block print, valued at \$250, will be auctioned to one lucky bidder at the end of 2020. But we wanted to make this image available to everyone, as a symbol of the connection the UUCB community has maintained in this most challenging of times. Peter has worked with a local graphics company to produce affordable copies for all. Printed on 11” x 17” card stock, prints will be made-to-order locally and shipped in a sturdy cardboard mailing tube. \$25.00 includes the print, handling and postage.

If you would like a print for your own home or to give as a gift, place your order via e-mail to JVW61@aol.com. Include **the number of prints, the complete name and address to whom they should be mailed, and your phone number**. Prints will be mailed after payment is received. Send a check (write PRINT on the memo line) to UUCB, 695 Elmwood Ave., Buffalo, NY 14222. To pay by credit card, click [HERE](#) to go to the church PayPal account.

**Thank you for your support of the auction and the work of UUCB.
Your “little light” is a gift to us all.**

Social Justice Ministry

The Justice Ministry team wants to provide everyone information about the 2020 Election Dates and Deadlines (General Election)

All NYS village and town elections originally scheduled for March, April, May and June have been rescheduled for September 15, 2020. Learn if this affects you at [Vote411](#).

Friday, October 9: Deadline to register to vote in the General Election (including Early Voting period).

October 24 - November 1: Early Voting Dates for General Election

Tuesday, November 3: General Election

We are including information about absentee voting. The opportunity to vote absentee will be available if you are concerned about voting in person due to the Covid 19 pandemic. You must request an absentee ballot and mark the box indicating your preference. As this article is being put together it is unclear as to whether all registered voters will receive an application for an absentee ballot similar to what happened in the June primary.

Absentee Voting

Qualifications to Vote by Absentee Ballot

- Absent from your county or, if a resident of New York City absents from said city, on Election Day.
- Unable to appear at the polls due to temporary or permanent illness or disability; or because you are the primary care giver of one or more individuals who are ill or physically disabled.
- A resident or patient of a Veterans Health Administration Hospital.
- Detained in jail awaiting Grand Jury action or confined in prison after conviction for an offense other than a felony.

How to Vote by Absentee Ballot

Applications for Absentee Ballots are available at your county board of elections.

You may also download a PDF version of the New York State Absentee Ballot Application Form:

- [Download English Form \(!\[\]\(04e1a3144b22fafe75e717d93ed8fdbb_img.jpg\) 485KB\)](#)

The Justice Ministry Team invites you to join our newly formed Advocacy Team. As a member of the team, you will contact legislators, policymakers, friends, family, and neighbors in order to advance a justice cause. This may take the form of phone calls, emails and/or postcards and you will be expected to contribute in only those ways you feel comfortable and have the time to devote.

Please contact Kathy Taylor (ktay0409@gmail.com or 203 605-1544) to join the **Advocacy Team**.

Endowment Committee News

Returning Something to the Soil

This season of overflowing, jubilantly-colored mounds of fruits and vegetables found in our local farmers markets reminds me of my farming heritage and of the many lessons learned from my ancestors. It offers opportunities to introduce to my kids and grandkids the wonders of nature and of our role in sustaining the bounty that nourishes us. It also brings to mind parallels to the work in which UUCB's Endowment Committee is engaged.

You see, not all the crops on my grandparents' farms were harvested. Some were intentionally plowed back into the soil. If that soil was to continue to be productive, it was important to enrich it by returning nutrients to the ground.

Likewise, in order to maintain and cultivate the richness of our UU community over time, it's important that we nourish our permanent financial base – our Endowment Fund – by regularly feeding it. It's in that spirit that past and present members of our community have invested in the current and future richness of our UUCB "soil" through their contributions and commitments to our endowment.

If you would like to see our community flourish in perpetuity, please consider joining with the dozens of UUCB members who have already committed to assuring the promise of UUCB's future. Endowment Committee Chair, Diane Bockrath, or any of the committee members, Joel Cohen, Andrea Burke-Harris, Richard Leimbach, Sally Metzger, or I would be pleased to speak with you.

Jane Armbruster, on behalf of the Endowment Committee

Family Promise

Making a Difference Just Got Easier Meals for Family Promise of WNY

Everything is different...and easier, now to provide a supper for families in the Family Promise homeless shelter program. (This is the most fulfilling volunteer work I have ever done, and it is now simpler.) Two volunteers team up to provide either a precooked meal or the ingredients for a simple supper. Before 5 o'clock, drop it off at the Family Promise Center at 75 Hickory Street at Clinton, just five minutes from the Central Library's back door. That's it! The staff and families will prepare and serve the meal, set and clear the table, and wash the dishes. You get a BIG thank you!

This program will now care for up to SIX families, thanks to a NY State grant which enabled doubling the sleeping rooms and bathrooms at the Center. Families will no longer be staying at participating host churches; our role now is to provide supper.

The need will be even greater this season, as the suspension of evictions expires, and unemployment soars due to the pandemic. The NY State grant was for construction - the Center still relies on volunteers to provide food. There will be more homeless families as the consequences of the pandemic evolves.

The program is a success; families find permanent homes in an average of seven weeks and depart with not only the keys to a new home, but the tools to cope with the challenges before them.

If you'd like to volunteer (with a UUCB partner I'll provide), please call me at 432-6983, or email nlaurienwilkins@yahoo.com. Available dates are: Thurs., 9/3, Thurs. 9/17, Tues. 9/22, Thurs. 9/24, Mon. 9/28, Tues. 9/29, Weds. 9/30. THANK YOU.

Nancy Wilkins, Coordinator, UUCB Family Promise

Here's more information from the Executive Director of Family Promise, Luanne Firestone . . .

Family Promise of Western New York is a family homeless shelter. We are one of only TWO emergency shelters in Erie County that keep families intact. FP welcomes families which include fathers and teenage sons - most other shelters separate men from women and children. The majority of our guests are children. While our families stay with us, we help them find permanent homes, to be ready for that change, and network with our community to help provide nutritious dinners every night.

To help dinner volunteers not repeat meals during a week, please follow the basic guidelines below:

MONDAY - CHICKEN (Baked, grilled, Fried, etc..)

TUESDAY - ITALIAN (Spaghetti, stuffed shells, meatballs, lasagna, etc..)

WEDNESDAY - AMERICAN (Hamburgers, hot dogs, mac and cheese, grilled cheese, pizza, pulled pork, chicken fingers, BBQ Ribs, etc.)

THURSDAY - WILD CARD (Tacos, chili, cold cut sandwiches, breakfast for dinner, etc.)

When you are planning your meal, please keep in mind:

- think kid-friendly (not spicy) and nothing too fancy!
- try to avoid main dishes with ingredients that are difficult for guests to identify (casseroles, stews, lasagna, etc).
- Please provide a well-rounded meal. Bringing whole fruit (apples, bananas, watermelon, oranges, etc.) along with the meal is great.
- If you would like to bring a few pantry staples in addition to dinner to help stock our kitchen, we always accept milk, individual yogurt cups, cereal, whole wheat bread, eggs, juice boxes and sliced American cheese.
- We promote healthy eating habits, so we do not accept soda or other bottled beverages, desserts or candy.
- Plan a meal to feed between 15-20 people. Don't worry - we'll call you in advance with specifics about who is in our shelter when your meal date arrives.

We have plates, cups, and cutlery already here. We also have a grill that you can use! Due to the Covid-19 pandemic and social distancing protocol, all meals must be dropped off and we cannot allow our donors to stay and eat with our families.

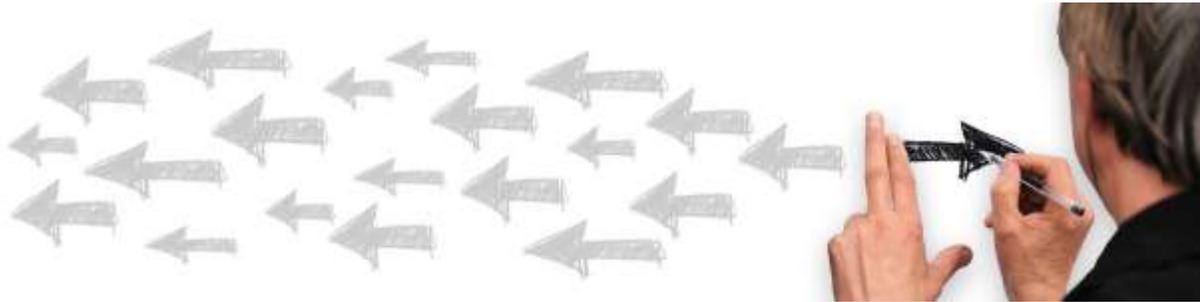
We are requesting that each meal be delivered to our shelter at 75 Hickory Street (at Clinton) [\[view map\]](#), between the hours of 9:00am-5:00pm for a 6:00pm dinner time. When you get here, find the building labeled "Family Promise of WNY" located across the parking lot from Saints Columba-Brigid Catholic Church. The door is red and has a sign reading "Family Promise" on it. Any questions please call the main office at (716)771-3007.

Can't make a meal from your own kitchen? Send one instead by going to the Family Promise website fpwny.org for details.

Thank you and God bless you and your families. Please share this meal schedule with any friends you feel would be happy to help. For more information about Family Promise, click on [Family Promise of WNY](#).

Widow and Widowers Circle

At this point we are not meeting at all but I am available by email (collinsb@buffalo.edu) or by phone (648 4455) or text (867 9628). Rev Joan has offered the church zoom for a meeting if there is enough interest. Let me know by email, phone, or text if you want such a meeting. Stay safe! Namaste, Bonnie



We gather in loving community, inspiring one another, to transform ourselves, to create a more just and compassionate world

The Unitarian Universalist Church of Buffalo

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A sanctuary on the National Registry of Historic Places

