

Powerline

*First Unitarian Universalist
Church of Niagara*

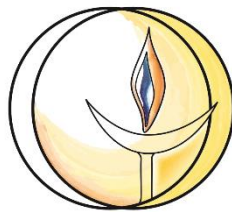
March 2023

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Learn, Love, Build a Better World

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The Powerline is a monthly publication of the First Unitarian Universalist Church of Niagara. It is free online to anyone who wishes to subscribe- members, friends, and anyone else anywhere in the country and beyond.

It's a simple one step process: Just email your request to uuniagara@gmail.com or click the link. Please spread the word.

Many thanks to our contributors Paul Brundage, Shelley Baxter, and Erica Kopp.

Sunday Services

March 5: "An Existential Outcry"

Climate Crisis, War, Natural and Man Made Disasters... WHY !?
In this reflection, our speaker will reflect on the trials and tribulations of Life. Is there a greater lesson in suffering? Where is "God" in all of this !?
You just might be surprised at some of his suppositions

Speaker: Ron Skowronski

Coffee Hour: Marie Spears- Howard

Usher: Joan Davis

March 12: "Thanks to the Maple"

As Maple sap rises in early spring, we'll explore some indigenous traditions about trees and maple syrup.

Speaker: John Snodgrass

Coffee Hour: Kathy McCunn and Wally Lamb

Usher: Teresa Labuszewski

Adult Education Class February 12, 12:30 - 1:30

March 19: A Poetic Journey to China with International Award Winning Poet

Bob will share some of his recent poetry and offer personal reflections on a sponsored trip to Sichuan, where he took part in an international gathering of poets convened prior to the pandemic. Bob has authored three books of poetry and received numerous honors for his work at home and abroad. He has been translated and published in China, Nepal, and Poland, and recognized for his ability to express universal truths with simplicity and beauty. His poetry evokes the wonders of the natural world and everyday life with an engaging philosophical resonance.

Speaker: Robert Gianetti

Coffee Hour: Paul Brundage

Usher: Pam Smith

March 26: Why Join a Church?"

Membership has its privilege, so the credit card ad says. The same is true for churches. There is something special about being a member of a community. A faith community has much to offer and has some requirements. Come hear what it's all about and learn what being a UU member means.

Speaker: Susan Frawley

Coffee Hour: March Potluck

Usher: Bill Lisk

President's Report

We are now coming into March with the anticipation of spring around the corner. Will March come in like a lion or a lamb? We'll see. Of course two groundhogs this year did give us two conflicting predictions. Phil said 6 more weeks of winter and our local Dunkirk Dave said early spring. Who do you believe?

Good news is at this point at the end of the winter season, the days are getting longer.

At our last board meeting, we discussed having an annual dinner here at our church. We talked about possibly having it catered and or pot luck with a tentative date of April 29th or it could be earlier or later from that date.

April 30th is our tentative date for our Pledge Drive near the end of our 2022-2023 term on the board. May 21st is our tentative date for the Annual Meeting.

Our finances have a slight gain holding up well, so no big change in that area.

There was some audio problems with our ZOOM last Sunday but Bill got us some new equipment to improve the audio. After setting the new equipment up, the problem was fixed and the audio is working better now. Thank you Bill.

These are just a few of the things we need to do and in the next few months, we will go forward with these current changes and the ones to come.

President of UU Board - Paul Brundage

Annual Meeting

Congregational Annual Meeting will be May 21, 2023 after service

Potlucks

We will have potluck at the end of each month. There is plenty of food -- everyone is welcome. Bring a dish to pass if you are able.

Nadja



Shelley met Nadja at her apartment building in a crocheting group about 7 years ago. As Nadja's health started deteriorating, Shelley could tell she no longer should live alone. As a holocaust, survivor, she had no family alive. She moved in with Shelley November 2022.

Nadja was born in 1925 in Lenin, Belarus. She lived on a farm in Lenin. Her father, Paul, delivered all of his children at home. Nadja's siblings: Olga, Natalie, Pologia (Paula), Mesh's (Micheal), Hergeena (Reggie), (Theodor)Teddy, Coshja(Costsnta) and a baby 2 years old died of scarlet fever. Nadja's says, "Poor thing was so sick."



The family name is "Bohug" There were 10 people in the family home, including Nadja's grandmother. Nadajs' mother's name was Elaina. The grandmother shared a bed with Nadja. Nadja's father was a post master.

The community used their house for dances because they had the largest one room house. Each of the beds were behind a curtain. Later the town built a big room for dances.

Nadja recalled her mother would use her middle name, Helen, when she was asked to do something. "Helka come go to the store," her mother would tell her.

Her Christmas as child had no gifts. On Christmas Day her family would put hay on the table. Cover it and have 12 different foods. They would sing 12 Days of Christmas in Polish. They had a tree and made paper ornaments. The priest would come by to visit and bless the cross over their door. On Christmas Eve day Three Kings would come to their home dressed as kings and bless their home.

Stay tuned. More stories from Nadja next month.

UUA

Communion and Sustenance

By [Tania Márquez](#)

February 8, 2023

“Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.”

– Winona LaDuke

My mom does not keep a recipe book. Every meal she made was made from memory and intuition. No measuring cups: only the knowledge of her eyes and hands that could measure the exact amount of spices or ingredients needed for the food. And her food was always perfect!

When I attempted to learn her recipes, I asked her to teach me and she invited me to watch her, but she would cook so fast that I would often miss steps or ingredients. I gave up. I found it impossible to learn that way. Many years later, as my mom’s aging became more noticeable to me, I once again decided to learn some of her recipes. She was visiting once and I asked her to make enchiladas. This time, instead of trying to take notes, I decided to take pictures of every part of the process: boiling to hydrate the dried chilies, put them in the blender with clove and cinnamon, add water, bring to a boil, add *pilloncillo* and some corn starch to



thicken the sauce. Then work on the filling. The sweet smell of the sauce filled the air in my kitchen and awoke the memories of my children who soon rushed to find out what was cooking.

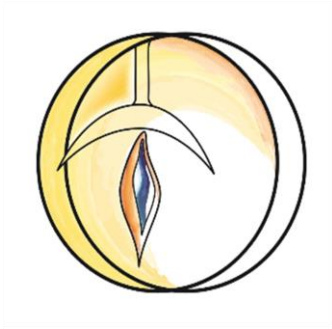
This is a recipe from our region of origin, a recipe created in valleys and mountains of the southeast part of Jalisco, in the area near the volcano. It is the recipe my mom learned from my grandmother, and that my grandmother learned from my great-grandmother and so on. I make it from time to time. I don’t have exact measurements so I am still in the process of intuiting the right amount of ingredients but I notice my progress every time. I have been able to recreate other meals with success, but the enchiladas have been challenging. Still, the smell of the chilies and spices together bring back the memories of family meals and shared moments. In the spaces between each step of the process, I add prayers and blessings to the food, as I know my mom and grandmothers did, too.

Food is nourishment and *cultura*; it carries the love, wisdom, and stories of survival of a people. When I cook the meals I learned from my mother, I am in communion with life and with my ancestors and I receive sustenance for the body and the spirit.

Prayer: May every meal bring you nourishment of body and spirit. May every pause to eat remind you of your connection to others. May gratitude be the only response for the gift of food and all the love and work behind it.

Rev [Tania Márquez](#) (she/ella) is an ordained UU minister, Spiritual Director, and Hospital Chaplain.





Return Service Requested
March 2023

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First Unitarian Universalist Church of Niagara
Facilities available for Wedding Services,
Receptions, and Celebrations



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