

Issue

JUNE 2026

The Foreword

The Newsletter of the
Unitarian Universalist Church of Amherst
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UU AMHERST

*Fostering Justice
and Compassion*

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Summer Is Here!

The sun is making more appearances, lawnmowers have been put to great use and muddy footprints throughout the Faith Development are evidence that kids have been on the playground. So, I'm declaring it before the equinox: summer is here! This means that our UU Amherst Curiosity Week is slowly approaching and it's time to start planning.

In case you missed it, UU Amherst will be hosting a daytime summer program from August 31st to September 4th during standard working hours. We're welcoming kids is rising Kindergarten through 6th grade (or similar developmental levels).

We are so excited to partner with our congregants make this a thriving success for the kids!

We'll need some help with:

- Food: We're going to keep it simple and healthy during the camp. The exact food plan is TBD but we will need some folks to help prep, serve and/or cleanup during lunch times throughout the week.
- Program activities: Since our theme is "curiosity," we're planning to offer all types of games, activities and explorations for kids to dabble in something they might want to try out or haven't had a chance to learn about before. Think: bug identification, improv & puppeteering, kid yoga, woodworking, gardening, etc. If you have a special skill or interest appropriate for these ages and would love to share it, this is a great opportunity!
- General childcare: Want to help but not sure where or how? This is the perfect thing for you! We're planning on small half-day shifts for folks who can simply be present with the kids. Be a buddy to those who want to take a little space for themselves, help with a craft or just keep an eye out for safety – everyone has their own take on being this support, but we welcome all of it.

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.*

If any of these call to you, please use your camera to scan the below QR code and fill out an interest form (or email me for the link). I know, I know... I'm always making everyone fill out forms! This is just a simple capture of ideas and interest so I can keep track of all your generous offerings, and we can move forward with planning.

Katie Cosgrove (she/her),
Director of Faith Development



MINISTER'S CORNER



Throughout the month of June, we'll be offered the opportunity to consider what it means to Flourish Together. *Hey! Do not skip ahead to the next thing! This is important stuff!*

Each of the services this month is an exploration and exaltation of what it means to flourish together and how we get there. Did you notice the 'together' part? So much of what we learn from others is how to flourish alone, or at best, with our immediate families. We may not even realize that this is just a grain of sand on an infinite beach.

Allow me to introduce you to some wise elders who have a LOT to say about the idea of flourishing together:

What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured. Kurt Vonnegut (Unitarian science fiction author)

What do we live for if it is not to make life less difficult for each other? George Eliot (Victorian Unitarian novelist Mary Ann Evans - who chose a masculine nom de plume so she could be published)

I get by with a little help from my friends. Paul McCartney and John Lennon

Even in the Garden of Eden story, God recognizes that humans are not meant to be alone! We are meant to gather, to care for one another, and to let ourselves be embraced and cared for by the community. So, go ahead, keep reading. It's all good stuff. And if you show up and participate, you'll discover just how important our mutual flourishing is to our community and as a witness to the world.

With hope and confidence,
Rev. Michelle

June Services

We welcome James Runfola back to the piano as he's on break from his music studies at SUNY Fredonia. We are so blessed to have three awesome pianists in James, Gregory, and Rick!

June 7th "Birds of a Feather" (John Snodgrass)

An old idiom tells us that, for better or worse, birds with similar feathers flock together. People will find like-minded people. But what if a diversity of birds wanted to build a community?

John (lower case intentional) Snodgrass is a frequent and popular speaker at UU Amherst. An instructor in Religion at Canisius University, John is also a playwright and author of many books, the most recent being *Shakespeare's Goddess*.

June 14th "Where You Go, I Will Go" (Rev. Michelle)

Join us as we combine Pride and Juneteenth in a service that celebrates past, present, and future. Featured musicians include April Starr, Kathy Moriarty, Rebecca Mighells, and Hilary Terhune.

June 21st "Behold the Flowers" (Rev. Michelle)

Today we will celebrate the beloved annual Flower Communion service, with a special Family Dedication as a centerpiece. All are encouraged to bring flowers that day as a symbol of the gathered community. Any families that are interested in dedicating children and youth into the care of this faith and congregation, please connect with Katie (DFD) or Rev. Michelle [by June 14th](#).

June 28th "In Your Dreams" (Rev. Michelle)

Each night we are invited into a world of mystery and wonder - all in service to our health and wellbeing. So, roll out of bed, sleepyhead! Let's consider our dreams. Featured musician: Kathy Moriarty

BOARD REPORT

The *UUWORLD Wayfinder* Newsletter has a focus this month on innovative UU Communities that are re-imagining what their congregations might be. It's a fascinating article that highlights UU Communities that have broken old patterns and made bold changes that benefit their members and communities. Highlights include the congregation in Rochester, NY that acts as a Red Cross Shelter, a congregation in Boston that leverages member talent to create a music-centered program with Wednesday night services in a rented sanctuary.

These examples prompt us to re-imagine our own congregation as we move forward, add new members, consider new programs and identify what assets we have to leverage into the future.



Sharing ideas with other Unitarian congregations is also a valuable way to consider possibilities for growth and change. The BOT benefitted from attending the first retreat of local Unitarian Universalist church boards including Buffalo, Hamburg, Niagara Falls and Albion on May 2 at UU Amherst. We are also planning an all-congregations summer potluck picnic for this summer at UU Amherst. (August 22–save the date!)

Our BOT held a workshop on May 16 where we shared ideas and brainstormed about what a future at Amherst might look like. The BOT is also reading and discussing *Moving on from Church Folly Lane*, a book that offers a framework for congregations in transition. We may not initially recognize it, but we are in a transition, with more members, more children and children's programming including a camp in August, and with more emphasis on social justice, with a new music model, a new vegetable garden and more.

The Quote below from the UUA summarizes why we must “Meet The Moment” –also the theme of this year's General Assembly.

“Our Unitarian Universalist values have always pushed our people to show up, to risk, to struggle for justice and liberation and radically inclusive communities centered in Love. The heart of our faith transcends cultural shifts and political trends. But at key moments throughout the centuries, our religious ancestors have also always been willing to transform themselves and their faith to meet the needs of the moment – to let go of what no longer serves, to open to new possibilities, to seize opportunities and lean into aspiration and innovation. At our best, Unitarian Universalists are both deeply grounded in our core values and shared commitments and nimble enough to respond to the challenges and opportunities that emerge in rapidly changing times.” –Meet the Moment | UUA.org

Note: Congratulations to the Amherst Little Free Pantry team which celebrated three years of community service as a registered non-profit organization. See page 5 of this newsletter for information about summer needs and how to contribute to “Refund the Pantry.”

–Ruth Bowen, Board Chair

CONTRIBUTING TO UU AMHERST

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

FAITH DEVELOPMENT

June Blessing: A UU take on a Prayer to St. Dominic

May the Earth continue to nourish us and teach us to be better st
May the water around us keep us full of vitality and strength.
May the wind inspire us to be rooted
in our values and flexible in our minds.



As we look to the Earth for her answers, may we find peace and hope.

Child Dedication During Flower Communion

Join us for an extra special Flower Communion service on June 21st where we will be offering and participating in a child dedication!

Flower Communion services honor our community in a way that celebrates both the diverse individual as well as the common collective. Originally created in 1923 by Unitarian minister Norbert Capek of Prague, Czechoslovakia, the Flower Ceremony was introduced to the United States by Norbert's widow, Rev. Maya Capek. So, while we're celebrating our interwoven fabric of community, what a perfect time to honor our youngest congregants and build covenant with our families.

For those new to UU, a child dedication in Unitarian Universalism offers both families and other congregants a way to hold a promise *together* to nurture our children and youth within UU values and through congregational life. Our last child dedication can be found on our YouTube (@uuamherst) during the 4-20-2025 service, "Earth Day & Easter, Of Course."

We offer child dedications to all members as well as UU Amherst friends who have been visiting for some time. Please contact Rev. Michelle or myself, Katie, by June 14th if you are interested in participating in this ceremony with your children or if you have any questions!

Philosophy & Spirituality Circle: June 21st

Everyone is welcome to join a monthly drop-in conversation group that will use philosophical prompts to explore individual thoughts about morality, ethics, meaning and more, through the lens of spirituality.

Facilitated by Katie Cosgrove, we'll be using puzzles, paradoxes and thought experiments to get conversation flowing within the hour.

Participants of all backgrounds and beliefs are welcome. No philosophy knowledge or RSVP needed. Just meet us in the back of the Sanctuary by 12:00 pm on Sunday, June 21st with your morning beverage of choice for some thought-provoking topics!

PREVIOUS ATTENDEES PLEASE NOTE: We have a slight start time change this month to accommodate for Flower Communion. We will be starting the circle promptly at noon and wrap up at 1:00 pm.

In Community,
Katie Cosgrove (she/her)
Director of Faith Development
dfd@uuamherst.org

AMHERST LITTLE FREE PANTRY

Amherst Little Free Pantry successfully kicked off the Cheryl Forell Tomasulo Memorial Menstrual Care Collection with a Drum Circle on Saturday, April 25. Forty people participated in joyful music-making, led by Ken Belote of KB Percussion Adventures. We received generous donations of products and funds, and dedicated the PDC (Pantry Distribution Center) in Cheryl's memory.



Do you know about Refund the Pantry? You can drop off returnable beverage containers in one of the marked bins next to the dumpster fence in the back lot. Roger Keeney takes donations to a redemption center. It's a significant source of income for the pantry.

We are grateful to WNY Food 4 Paws and the SPCA Serving Erie County for recent pet food donations. It's our most-requested item.

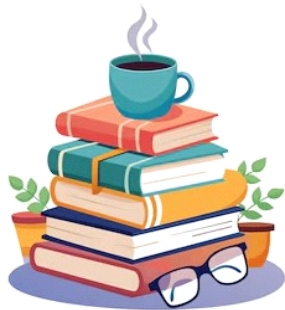
Summer food donations that make a difference include kid-friendly products like juice, shelf-stable milk, cereal, tuna packets, and protein bars. When school isn't in session, families relying on free breakfast and/or lunch face extra challenges.

Non-food necessities like deodorant, shampoo, soap and body wash, laundry or dish detergent, and facial tissues are greatly appreciated, too!

-Marie Evans



UU AMHERST BOOK GROUP



UU Amherst Book Group next meets on Sunday, May 31, at noon in the Library/Living Room. Our TOPIC is Speculative Fiction, which includes Science Fiction. Read any book that fits the topic then report on it to the group. Or just come to listen and get ideas for your TBR (To Be Read) book list.

May is our last gathering for this church year. At that time, we'll choose a date in July to meet for lunch at Bestcellar Book Bar in Clarence, where we'll discuss what we're each reading over the summer.

We've already chosen our themes for September and October. In September, choose one of two related BOOKS: (narrative financial history) *1929: Inside the Greatest Crash in Wall Street History and How It Shattered a Nation* by Andrew Ross Sorkin, OR (fiction) *Trust* by Hernán Díaz. The October TOPIC: The Responsible Quest for Truth & Meaning

-Marie Evans

USED BOOKS

The white shelves in the Library/Living Room are more organized! Thank you to Meg Sabella, Debby Berg, and Betty Crump for sorting help. The first three sections are non-fiction and the final two are fiction. Your free will offering benefits Amherst Little Free Pantry. Suggested donation is \$1 per book. Look for the cash box or scan a QR code.

UU AMHERST ONLINE STORE

shop.printyourcause.com/campaigns/uu-amherst-store



JUNE 2026 CALENDAR

PLEASE NOTE: Some meetings are virtual-only) and some in-person only. See the notation after the meeting. Zoom links are provided by the group hosts or by request from the Office Administrator.

Room abbreviations: EM (Emerson Room); LR Living Room); Bul (Bulfinch-FD Wing); EC (Ecology Center); Murray Meeting Room (MMR)

Tuesday, June 2nd

10:30 am: Leadership Dev & Nominating Comm EM
12:30 pm: Women's Group Lunch EM

Wednesday, June 3rd

7:45 am: John Newman Mission (weekly-rental) MMR
12:00-4:00 pm: Private Memorial Service CH/EM

Saturday, June 6th

10:00 am: Lace Guild (rental) MMR
5:00-8:00 pm: Havurah EM

Sunday, June 7th

12:00 pm: Amherst Little Free Pantry MMR

Wednesday, June 10th

7:45 am: John Newman Mission (weekly-rental) MMR

Saturday, June 13th

9:30 am: Holistic Balance Retreat (rental) BUL
4:00 pm: Beard Memorial Service (rental) CH

Sunday, June 14th

12:00 pm: Church Picnic
2:30 pm: Shamanic Journey (rental) LR

Tuesday, June 16th

6:30 pm: Lace Guild (rental) MMR

Wednesday, June 17th

7:45 am: John Newman Mission (weekly-rental) MMR
6:00 pm: Finance Meeting MMR
7:30 pm: Board Meeting MMR

Saturday, June 20th

1:00 pm: Firewall EM/CH
4:30 pm: Groat Private Party (rental) EM

Sunday, June 21st

12:00 pm: Philosophy & Spirituality CH
2:30 pm: Shamanic Journey (rental) LR

Wednesday, June 24th

7:45 am: John Newman Mission (weekly-rental) MMR

Cont'd

Sunday, June 28th

12:00 pm: UU Amherst Book Group LR
12:00 pm: Safety Committee MMR

RECURRING: SUNDAYS

Sundays, June 7th-28th

9:15 am: Soulful Conversations LR
9:30 am: Sacred Singing Circle MMR
10:30 am: Sunday service—in-person and livestream; coffee hour following

RECURRING MEETINGS:

UU Universe-city Sunrise Sessions
M-F 8:30 am on Zadmin

All "tree" names are for Village groups

Mondays, June 1st-29th

7:00 pm: Tulip Crabapples Zadmin (weekly)

Wednesdays, June 3rd-24th

6/17 (3rd Wed)

7:00 pm: Northtowns Village Zoom

Saturdays, June 6th-27th

9:30 am: Sharing Circle Zadmin

7:00 pm: Birch Bunch Zadmin

Coordination of Caretaker Duties — June

Sun, May 31 - Sat, June 6 - Randy Kent
Sun, June 7 - Sat, June 13 - Bruce Becker
Sun, June 14 - Sat, June 20 - Dian & Don Tucker
Sun, June 21 - Sat, June 27 - Bob Johnson
Sun, June 28 - Sat, July 4 - Barry Kent

Coffee Hour Contributions

Your contributions to the Sunday coffee are greatly appreciated. And if you're planning to bring nibbles to share, please (oh please), do not bring candy. We love our energetic children - and they have all the energy they need! Thanks for understanding.



Church of the Wild

Beginning June 7th, join us at 9:30 am in the Debbie Waterhouse Ecology Center. Bring a chair, a poem, your wonder of nature. Lauraine Marcus will meet you at the edge of the Ecology Center at 9:25 am, near the basketball court at the back of the parking lot. Church of the Wild is an all weather event (except a torrential downpour).

Sacred Singing Circle

Come sing with us for connection and calm every Sunday morning in the Murray Meeting Room from 9:30-10:15 am before service. No knowledge or experience in music is needed.

Tuesday Women's Group

The Women's Group is now meeting for in-person lunch, only, the first Tuesday of the month. Our next lunch gathering will be on June 2nd in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage.

Memorial Service Volunteers Needed

Memorial Services are an important part of our spiritual mission. Often, receptions follow in the Emerson Room. Please lend a hand to help your community connect and reflect on the life of their loved one. We are there to support healing through shared memories, stories, food, and drink. Contact Dian Tucker, directly, to volunteer for this important work or email administrator@uuamherst.org.



Ministry Train Update

The Ministry Train met on May 7th. Here are some highlights:

- UU Amherst Curiosity Week is a go! See DFD Katie for info and to help.
- Plans are underway for the Pride Parade and the possibility of joining our UU siblings at UU Buffalo.
- The Justice Advocacy Team (JAT) is planning to promote a special Medicine Wheel program in the Fall.
- Dian T. needs folks who are willing to help with memorial service receptions. Contact her directly.
- Ministry Train agreed to be part of the Harvest House 4th Annual Baby Shower in September. Contact Dian T. or Katie to be part of the Action Team!
- A special combined UU picnic is planned for Sat, August 22, with UU Amherst hosting our UU siblings in WNY. SAVE THE DATE!
- Delegates are needed for the annual meeting of the NYS Convention of Universalists! See Rev. Michelle or Rev. Sally if interested.
- A combined fundraising event (ICE CREAM SOCIAL!) to benefit the church and the Pantry is being planned for summer July or August.
- Rev. Sally and Katie will be on-call during Rev. Michelle's sabbatical

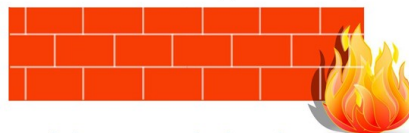
Contact Rev. Michelle if you'd like to be part of the conversation and strengthen the bonds of friendship and service at UU Amherst.

Firewall Meeting

Saturday June 20th@ 9:00 am

Unitarian Universalist Church of Amherst

Firewall is a coalition of Concerned Citizens who support Democracy and the Rule of Law.



**Guest Speaker: Dr. Brianna Migliore – Neuroscientist, writer, Educator – Dysregulation Nation
Burnout in an Age of Endless Crises**

"In an era of constant crises, many people are finding themselves emotionally exhausted, overwhelmed, and struggling to sustain hope and engagement. In this talk, Dr. Brianna Migliore examines burnout through the lens of the nervous system, exploring how modern life keeps us in chronic states of stress and dysregulation, and what individuals can do to support regulation, resilience and sustainable collective action."

- Follow us on **YouTube: @FirewallUmbrellaWNY**
- Check us out on Bluesky by clicking on the QR code. **[Firewall451.bsky.social](#)**

Firewall is a Political Action Group that is not affiliated with the UU Church of Amherst.

Dr. Brianna Migliore is a popular speaker with frequent posts on Substack. Look for her insights on Dysregulation Nation. She spoke to FIREWALL on September 20, 2025 and shared insights that were helpful for all who are part of the resistance.

LEADERSHIP DEVELOPMENT & NOMINATING COMMITTEE

The LD&NC met on Tuesday, May 5th in the Emerson Room. Topics for the Leadership Lab and workshops were discussed in great detail. Dates for these events are in the process of being confirmed and will be shared soon!

—Julie Marquis, on behalf of: Lauraine Marcus and Susanne Sardella, Co-Chairs; Ellen Moomaw, Marlana Rice, BOT Liaison



ENDOWMENT TRUST

The Endowment Committee met in April and reviewed the Q1 2026 numbers with our investment advisor. The value of the Trust as of March 31st was \$1,241,871, down 2.5% from year end. The U.S. and world indices have been somewhat volatile, and the current total is in the positive for the year.

Please consider a gift to the UUCA Endowment Trust and contact any of the trustees for assistance.

—Eric Groat, on behalf of the Endowment Trustees: Ryan Inge, Barry Kent, Tamara Kofke, and Dian Tucker

YOUR MONEY/YOUR SPIRITUAL LIFE

WHAT IS VANCO??

Many of us set up our pledges to auto-deduct or make plate donations each week through E-giving. Any time you see the green E-giving button on our website or text a donation to the UU Amherst (833-987-1968), this transaction is processed by a service called Vanco. Like all online credit card processors, Vanco charges us a percentage fee for each credit card transaction. You can choose to offset some of this fee when you donate via credit card (this includes your ATM/bank card), but the fees can never be totally offset. Never fear! These are not huge amounts – less than 50 cents if you donate \$25, for example.

WHAT IS ACH? ACH is “Automated Clearing House” which means a whole lot of nothing to most of us, but it’s the banking term for direct deposit and direct debit between banking accounts.

DID YOU KNOW? If you choose to set up Vanco to deduct from your bank account via ACH instead of on a credit card, Vanco doesn’t charge us the additional transaction fee, just the monthly fee. When submitting a donation, just choose Checking or Savings on “Account Type” instead of Credit/Debit Card, and the transaction will process via ACH and directly debit the amount you designate from your bank account and directly deposit that amount into the UU Amherst bank account.

Which is a better way to send money? Well, that’s a complex and personal decision based on your own needs and financial situation. I’ll cover the pros and cons of each method, credit card versus ACH, in July’s newsletter.

If you would like to change your online donations in any way, you can go to the green E-giving button on the Donate page of our website, and you can log into your Vanco account on the top right of the online donation page. Once in your account, you can change how and when you are donating. You can also email me, and I can edit donations for you at your direction. Bookkeeper@uuamherst.org

REMINDER: make all checks for the Endowment Trust or Amherst Little Free Pantry pay to the order of those organizations, and not UU Amherst. Thank you for your generosity to our organizations.

—April Starr, Finance Clerk



July 5th-11th Oberlin College, Ohio

Get ready for an unforgettable week of community, music and learning!

Our theme speaker is Rev. Susan Ritchie and the theme is **Co-Creating Hope: The Art and Beauty of Resilience**.



In these talks, Rev. Ritchie invites us to explore how Unitarian Universalists have turned to the arts—literature, visual arts, architecture, and music—not only as sources of inspiration, but as spiritual practices that generate hope. By engaging these with these creative forms in our Unitarian Universalist way today, we can cultivate resilience: learning to live with uncertainty, widening compassion, awakening imagination, and nurturing lives in harmony with nature, one another, and ourselves.

Be part of a vibrant community dedicated to personal growth, social justice, and spiritual exploration.

- Connect with like-minded individuals
- Explore new ideas and perspectives
- Enjoy inspiring music and arts
- Be inspired by Rev. Susan Ritchie's message

CERSI is an "in-person" experience. Register on the CERSI website <https://www.cersiuu.org/register/>
Some elements of the program will be offered online. Use the link for ONLINE ATTENDANCE on the registration page to learn more.

**2026 UU Amherst
PICNIC**

Hamburgers, Hot Dogs, Veggie Options & Beverages Provided
Please Bring A Salad, Side Dish Or Dessert To Share!

Sunday, June 14th

Following The Service Rain Or Shine Free!

TREASURER'S REPORT

For the first four months of 2026 (through April 30th) the congregation's overall financial position is healthy and running close to the approved budgeted expectations.

Total operating revenues for the period were \$154,049, representing 48% of the budgeted \$319,125 total annual revenues. 2026 pledge payments paid to date are \$112,032, with a balance of \$104,637 in pledges due. Historically, many pledges are paid in full during the early months of the year and this holds true in 2026.

Total operating expenses for the period were \$102,032, representing 31% of the budgeted \$330,080 total annual operating expenses. It should be noted that we operate on a cash accounting basis; expenses are only recorded when they are incurred and several large one-time budgeted expense items (including for our general insurance coverages) have yet to be recorded for the year. Unfortunately, (and as is no surprise) the winter's electric and gas expenses were significantly high and I'm currently projecting that the overall year-end utility costs will be at least \$5,500 higher than budgeted!

Capital expenses year-to-date are \$14,475 and include \$9,565 for the new Carriage House fire escape stairs and \$4,910 for the Faith Development Restroom Renovation project. An estimated additional \$8,000 will be expended in the coming months to complete this restroom project.

For the first four months of the year, the net overall cash impact is a positive \$36,909. Note that the approved budgeted year-end net cash impact is a negative (\$19,955).

The total of the bank accounts and brokerage holdings on April 30, 2026 was \$335,664.

Please connect with me if you have any questions or would like more information. (See the UU Amherst directory for phone and email.)

–Bruce Becker, Treasurer

RAINBOW COALITION

During this Pride Month, everyone was very busy with lots of community events. The Rainbow Café will not take place in June due to scheduling conflicts, but we will resume meeting on July 11, 1:00-3:00 pm, in the Murray Meeting Room, and all LGBTQIA2S+ people and their direct allies are welcome.

–Lauraine Marcus and Mark Peggy Cook



JUSTICE ADVOCACY

We are taking a break. Though Summer will be filled with rallies, protests, and town halls, the Team is taking a well-deserved break in monitoring and heralding these events in June, July, and August. We will be back, rested and ready to fight come September.

For those also looking for a fun Summer retreat, come join us 4th of July weekend down in Sherman, NY, for the Blue Heron Music Festival. Information is posted on the Team's whiteboard or see Marie Evans.

–Lauraine Marcus and Mark Peggy Cook



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 Team. They provide occasional meals to UU Amherst members on an as-needed basis. With the meal they generally include a “goodie bag” and a card on behalf of the Caring Group. Each month you’ll find one of their healthy recipes here in *The Foreword* often incorporating fresh vegetables and even gluten-free.

Crispy Chicken Strips

Based on a recipe by Kaleb Wyse
40 minutes 375 degrees

8 servings...for fewer servings, cut recipe in half, prep the entire amount and freeze, unbaked, whatever you do not use for a later time.

2 lbs boneless, skinless chicken breast sliced into 4 or 5 strips each
2 cups panko crumbs or Chex crushed
1 cup grated parmesan cheese
1/3 cup flour
2 tablespoons cornstarch
1 1/2 teaspoons garlic powder
1/2 teaspoon, or more to taste, cayenne pepper
1 teaspoon onion powder
1 teaspoon smoked paprika
1 1/2 teaspoons salt
1 large egg, whisked
3/4 cup buttermilk, or regular milk with 1 teaspoon vinegar added



Preheat oven to 375 degrees. Prepare a baking sheet with a wire rack. Cut chicken into strips and set aside. In 3 bowls prepare coating. Bowl 1: Combine flour, cornstarch, garlic powder, onion powder, cayenne, smoked paprika and salt. Mix well. Bowl 2: Whisk egg and buttermilk until smooth. Bowl 3: Mix panko/Chex crumbs with parmesan.

Dredge strips in flour mixture, shaking off excess; dip in egg mixture and drip off; roll in crumb mixture, coating all sides. Lay strips on prepared rack. Bake in oven until they register 160 degrees, 15 to 20 minutes, and lightly brown. Remove and let rest a few minutes. Serve with any desired sauce such as honey mustard or tzatziki. Serve with a salad and rice pilaf for a quick, tasty and healthy meal.

Enjoy, Christine

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.