

Issue

NOVEMBER 2023

# The Foreword



**UU AMHERST**

*Fostering Justice  
and Compassion*

The Newsletter of the  
Unitarian Universalist Church of Amherst  
6320 Main Street, Williamsville, NY 14221  
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Office Hours Tues.—Fri. 9am to 2pm [www.uuamherst.org](http://www.uuamherst.org)

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Rev. Maureen Q. Thitchener

## NOVEMBER SUNDAY SERVICES AT 10:30 AM

Sunday services are continuing as dual platform—both in-person and livestreamed. A link to our YouTube channel is available on our website. You can view the recorded service anytime on the channel. Invite friends and family! Remember that coffee hour follows.

Supervised Care for Littles available in the room adjoining the Atrium.

### Multi Sensory Services for All Ages

**11/5** *Where Our Hearts Are* Rev. Michelle  
Jesus is purported to have said, “For where your treasure is, there your heart will be also.” Heart and treasure go hand-in-hand. You can tell what things are important to a person by the amount of time, energy, and money they invest in those things, people, or activities.

**11/12** *Hard Times* Rev. Fran Manly and Doug Yeomans  
What shall we do when our world seems to be breaking up around us? When democracy, truth, civility, justice, and respect are all threatened, and there seems little or nothing any of us can do to change things. Where do we find hope? How do we stay centered enough to do the little we can? Doug and Fran will wrestle with these questions in words and music. Maybe we’ll even find some answers. Bios on page 8.

**11/19** *Oh, We Give Thanks!* Rev. Michelle  
Join in a celebration of gratitude!

**11/26** *Thank God for Evolution!* Rev. Michelle  
Did you celebrate Evolution Day? It’s not too late! Join us as we lift up our fifth Source that includes the guidance of science.

November Share the Offering will benefit Hearts & Hands: Faith in Action. See details on page 2.

### Our Covenant

*Together we promise:  
To gather in compassionate  
community,  
To celebrate diversity of thought and  
unity of spirit;  
And to seek wholeness for ourselves,  
our children, and our world.*

## MINISTER'S CORNER



### Barking Dogs

I'm using this monthly column to engage in a virtual book discussion together; I read the book and I'm discussing it with you! The book is *For A New Generation*, by Christian church builder, Lee Kricher. This month we address the third of five strategies: Reduce the Distractions.

In this chapter, Kricher relates a short anecdote of a church where the minister would take his dog with him to church every week, and that the dog would lie down in front of the podium and frequently bark during the service. Although members were used to the distraction, a visitor spoke to the minister about it. He

was told, "My dog is my best friend, and he stays even if that means you don't." Ouch.

Most churches have 'barking dogs' - things that distract members and visitors from the congregation's mission. Kricher advises, "Think of your church as a hot-air balloon. Some programs, ministries, and practices are like bags of sand that will have to be jettisoned if you are ever going to soar." He offers some distractions: bad signage, bad parking lots, bulletin boards, outdated and used furniture, aging and uncomfortable seating; and then he mentions programs, ministries, and practices that dilute energy and exhaust volunteers. "When all is said and done, effectively fulfilling your vision is as dependent on what you choose not to do as it is on what you choose to do."

How will we confront and address our barking dogs?

Thoughtfully,  
Rev. Michelle

### Share the Offering

Throughout the month of November we will share the offering with Hearts & Hands: Faith in Action. UU Amherst has made a commitment to further the work of this important local agency as they provide transportation to the elders in our community. We have several members who volunteer with Hearts & Hands and others who are the grateful recipients of their services.

To participate, simply make checks out to UU Amherst with "H&H" in the memo line. Or place a cash contribution in an envelope with "H&H" on the front. Thank you for supporting this important ministry.

### 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.

### HAVE AN ANNOUNCEMENT?

Email: administrator@uuamherst.org  
For Newsletter: by 10:00 am on the 16th  
For Website: two weeks prior to event  
For All Church list serve: daily during the week.  
For Weekly Update: Fridays by 10:00 am

**Administrator/Office Hours:**  
Tuesday through Friday—9:00 am to 2:00 pm

## BOARD REPORT

It's Autumn and time for our Generosity Drive where we ask everyone for the money we need to continue our mission at UU Amherst.

While we are fortunate to have members who donate much of their time and energy to our community, we can't operate without the money to pay our bills, our minister and our staff, as well as support our programs, maintain our buildings and grounds AND add new programs that we need, especially in regard to families and faith development.

Our theme this year is Reimagining US at 70, because we were founded in 1954, and have much to celebrate especially as things have been looking up for us in 2023.

Reimagining US is also important because society and the conditions we operate in change, and we need to adapt to them while continuing our overall mission. Just because we "always did it that way" does not mean we should not reexamine how we do things. We need to look at things we do and decide what is most important to the health and strength of our community.

The recent closing of Main Street Children's Academy is a case in point. While we will miss their rental income their departure can also provide other opportunities for us.

That said we do need to replace some of that income, as well as deal with rising costs from inflation and fund a Faith Development Director to help us retain the families with young children we attract.

The Generosity Team has looked at our needs and is asking us all to increase our previous pledges by 10%.

We want to have the financial resources to thrive, not just survive so we can make a difference in both our congregation and the larger community.

Randy Kent, Board Chair



## ENDOWMENT TRUST

At our October meeting, Mike Angelucci reviewed our portfolio performance over the past 90 days. As of September 30<sup>th</sup> the Endowment's total value was \$1,004,882.60. Bonds purchased specifically for the next installment of \$11,250 for our commitment to the church 2023 -24 operating budget are ready to be cashed. After thoroughly reviewing our present and future financial status, the trustees passed the motion to commit to provide up to 5% of the Total Value of Unrestricted Funds annually to church operating budget. The trustees will be working with the Church Board to present an appropriate motion to congregation to approve this action. Launch of the Legacy Society has been postponed until after the Generosity Drive. The final \$6,000 payment for our wonderful new sign has been made.

Our next scheduled meeting is January 16, 2024 at 6:00 pm in the Emerson Room. Church members are welcome to attend (please contact a Trustee in advance if you have a specific topic/question).

Thank you to Ardis Stewart who made a donation in memory of Kenton during the month of September.

Lauraine Marcus, on behalf of the Endowment Trustees Elaine Cusker, John Thompson; Dorothy Reade; Barry Kent

## UU AMHERST BOOK GROUP

UU Amherst's Book Club alternates monthly between picking a general topic for the month (for which participants can choose any relevant book they'd like to read), and choosing one "common read" book. All are welcome to attend our meetings, whether or not you've "done the reading." We gather in the Living Room at 12 noon on the last Sunday of the month (September through May).

The book for October 29 was *All Souls: A Family Story from Southie* by Michael Patrick MacDonald, suggested by Peggy Cook.

Our topic for November 26 is Gratitude, as proposed by Suzanne Christ. Marie Evans will lead the conversation about which books readers picked.

The book for December 31 is *Lessons in Chemistry* by Bonnie Garmus. That meeting's facilitator, Lauraine Marcus, recommended it.

Our topic for January 28, 2024 is any book by Anne Lamont. Wendy Scott, who put this idea forward, will be guiding our discussion.



## THEATER LOVERS

UU Amherst Theater Lovers is an occasional group outing to the Sunday matinee of a play, followed by dinner together afterward (pay your own way).

First up this season is *Sisters in Law* (October 26 - November 19) about Sandra Day O'Connor and Ruth Bader Ginsburg. **Our outing will be Sunday, November 12.** We are able to purchase discount tickets to Jewish Repertory Theatre (both for our chosen outing date and to other performances during the run), courtesy of Buffalo Hadassah. Our price is \$30 each; box office is \$48/JCC members pay \$36. Contact me to email you the discount ticket order form, or look for it on the bulletin board outside the Emerson Room entrance closest to the chapel. *Ticket orders should be mailed to the Hadassah/JRT representative at least 10 days prior to the performance you plan to attend. If you'd like to be included in the dinner reservation, please contact me by noon on Friday, November 10. JRT's performance space is in the Getzville Jewish Community Center, 2640 North Forest Road, Getzville. Our dinner venue is Lebro's at 330 Campbell Blvd.*

Each JRT show this season will have special, FREE programming on two dates during the run, which are not part of our outing. Both the following take place at the theater in Getzville. For *Sisters in Law*, there is a Panel Discussion on Wednesday, November 1 at 6:30 pm, to consider themes of the play. Participants will be director Josie DiVincenzo, the cast of the production, and distinguished members of the Buffalo Legal community. On Monday, November 6 at 7:00 pm, they will present "Stage To Screen": a free movie showing of the acclaimed 2018 documentary RBG, which explores the life and career of the United States Supreme Court Justice Ruth Bader Ginsburg, and how her legal legacy has propelled the battle for gender equality. Popcorn and refreshments are included.

For those looking for an even lower-priced ticket, without a group outing, Jacque Babka recommends Niagara Regional Theatre Guild (<https://niagaratheatre.com/tickets>), where the price range is \$19-22. NRTG has special reduced-rate pricing for Senior Citizens, Students, and Military personnel. *The Baker's Wife* is playing November 3 - 19, and there are several one-night shows in December: *A Christmas Carol: Solo Performance starring Mike Randall*, *A Jazzy Christmas*, and *Home for the Harmonies: A Barbershop Christmas*. All shows are at Ellicott Creek Playhouse, 550 Ellicott Creek Road, Tonawanda.

Marie Evans ([evans.marie@gmail.com](mailto:evans.marie@gmail.com), 716-636-5770)



## CONNECTIONS CORNER

Welcoming newcomers, connecting people to meaningful relationships and interests, developing programming and activities for youth, and growing membership in the congregation.

Led by Linda Joy Groat & Laurie Kasnicki

November's theme @ the U is Generosity. This word, according to dictionary.com, originated in the 1400's, and was associated with the word gentle or "of noble birth," and referred primarily to status. In the 1600's it became associated with "noble qualities that aristocrats were supposed to have, such as being fair-minded and above pettiness." Now, it is primarily used to indicate the quality of being kind, freely giving to others of time, effort, money, and resources. It also refers to abundance. What's interesting about generosity is that it is contagious. When we give to others, we inspire them to give, too. We empower them to feel capable and loved. I see generosity all around me at UU Amherst. We are all sharing deeply of ourselves with each other, through our ministries, social justice activities, social interaction, and educational opportunities. It is the thread we are woven together with. Each time we engage in a small act of helping another or working together, we build our bank account of generosity. Some of us can give deeply of our time and effort and that's all we can do. Others can give deeply through financial support, which we definitely need to keep the lights and heat on. Some of us are lucky enough to be able to do both. We need all of us together to keep our beloved community alive. I feel so fortunate to be among us as we celebrate this season of abundance and congratulate ourselves and each other on being examples and leaders of Generosity this season.



Art & Ecology at the Living Green Festival, Photo from Betty Leader & Eve Tulbert

The Volunteer Sign-Up is our "one stop shopping" portal for all things Volunteer, and includes all of our Sunday service participation opportunities; along with descriptions for each position, linked to the headings in each column of the spreadsheet. A link to the sign-up will be included in each Weekly Update. Anyone needing help for the spreadsheet access, please email Linda Joy at [lmgeag@gmail.com](mailto:lmgeag@gmail.com).

In addition, hard copies of these opportunities are now available in a rainbow-colored binder called "Volunteer Job Descriptions @ the U," on the coffee table behind the Welcome Center.

We really need people willing to be Extra Pairs of Hands each week to support children and families. Training is provided.

Please email Linda Joy at [lmgeag@gmail.com](mailto:lmgeag@gmail.com) to join our team. Everyone is welcome.

### All Aboard! Next Ministry Train Meeting by Zoom: Saturday, November 4th, 10:15-11:30 am

Team leads and members are invited to come and hear what we are all doing together. It's a great way to get involved and see what opportunities are available for you to join in.

**Zoom Link: \***

<https://us06web.zoom.us/j/85272070296?pwd=N2z3MmBBJvftb9fntk6chUIGF1VJBQ.1>

**Meeting ID:** 852 7207 0296

**Passcode:** Ministry

### Connections Meeting by Zoom: Tuesday November 14th, 7:00-8:15 pm.

**Zoom Link \***

<https://us02web.zoom.us/j/81033884181?pwd=d1Z3VnNqSU5lQ05ZOUtFWWtiTIB4QT09>

**Meeting ID:** 810 3388 4181

**Passcode:** 450365

**Dial by your location:** +1 929 205 6099

\*See the *Weekly Update* for clickable hyperlink

## NOVEMBER 2023 CALENDAR

**PLEASE NOTE:** Some meetings are virtual-only; others are dual platform (Zoom and in-person); and some in-person only. See the notation after the meeting. Zoom links for general groups are published in the *Weekly Update* unless they are hosted on a private account. Zoom events taking place in the Zadmin or Zrev rooms are identified with the abbreviation.

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

### Wednesday, November 1st

6:30 pm: Lace Guild Meeting BUL

### Saturday, November 4th

9:00 am: Private Rental EM

12:30 pm: Ministry Train Meeting Zadmin

### Sunday, November 5th

11:30 am: Nominating & Leadership Coffee Hour EM

12:00 pm: Little Free Pantry Meeting LR

### Tuesday, November 7th

12:30 pm: Women's Study Group Lunch EM

### Wednesday, November 8th (monthly 2nd Wed)

5:30 pm: Finance Committee EM

### Thursday, November 9th (monthly 2nd Thu)

7:30 pm: Green Justice Team Meeting

### Sunday, November 12th

11:30 am: Facilities Update & Conversation

### Tuesday, November 14th

7:00 pm: Connections Meeting Zadmin

### Wednesday, November 15th (monthly 3rd Wed)

1:00 pm: 3rd Wednesday Covenant Group

7:00 pm: Board Meeting EM

7:00 pm: Bofinger Covenant Group

7:00 pm: Northtowns Village Meetup

### Saturday, November 18th

Holiday Party (see *Weekly Update* for details)

10:00 am: Lace Guild BUL

### Thursday, November 23rd

12:00 pm: Thanksgiving with Friends

### Saturday, November 25th

11:00 am: Private Rental EM

5:00 pm: Friends & Family Game Night EM

### Sunday, November 26th (monthly 4th Sun)

12:00 pm: UU Amherst Book Club LR

## RECURRING:

**UU Universe-ity Sunrise Sessions continues M-F 8:30 am.**

All "tree" names are for Village groups

### Saturdays, November 4th-25th

7:00 pm: Birch Bunch Zoom

### Sundays, November 5th-26th

10:30 am: Sunday service—in-person and livestream  
Coffee Hour following

### Mondays, November 6th-27th

7:00 pm: Tulip Crabapple Zadmin (weekly)

L. Marcus

7:30 pm: Marvelous Maples (2nd & 4th Mon: 11/13 & 11/27) R. Palmere

### Tuesdays, November 7th-28th

12:30 pm: Women's Study Group Zoom

### Wednesdays, November 8th-29th

1:30 pm: Caring Team (11/8) Zoom

7:00 pm: Marlana's Covenant Group  
(2nd Weds 11/8) LR

7:00 pm: Northtowns Village (3rd Wed 11/15)

7:00 pm: Bofinger Covenant Group (3rd Wed 11/15)

### Thursdays, November 2nd-16th

7:00 pm: Dare to Lead Book Discussion

**Reminder:** Groups, please restore rooms before leaving. Return chairs to their places and take any papers (etc) with you or dispose of them properly.

**Kitchen Storage:** All opened packages must be enclosed in plastic containers or Ziplock bags before placing in cupboards.

Thank you.

## Facilities Coordination

The Facility Coordination Team has assumed many of the responsibilities and duties which previously had been performed by our residential caretaker.

Sunday, Nov 5 - Saturday, Nov 11 – Barry Kent  
Sunday, Nov 12 - Saturday, Nov 18 – Don Tucker  
Sunday, Nov19 - Saturday, Nov 25 –Bruce Becker

Routine facility-related questions or concerns should be directed to the Office Administrator, or in emergencies to the assigned Facility Coordination point person.

## Tuesday Women's Group

Our in-person meeting this month will be Tuesday, November 7th at 12:30 pm in the Emerson Room. Our other meetings in November will be via Zoom. They are November 14, 21 and 28.

If you are free for the in-person meeting, bring your lunch and beverage and meet us in the Emerson Room. There is always delightful conversation!

For the Zoom contact information, consult the *What's Up* Friday announcements or contact Marge Marcille to be added to the reminder list, usually sent out Monday night.

## Church of the Wild Done for the Year

Lauraine Marcus, who undertook this Sunday morning, pre-service gathering through the summer and into mid-October, is looking at the possibility of an indoor gathering. Stay tuned!

## Thanksgiving with Friends Potluck Thursday, Nov. 23, 12 Noon

Turkey and beverages provided. Sign up in the Lobby or email [minister@uuamherst.org](mailto:minister@uuamherst.org).

## MINISTRY & MORE

### ***Dare to Lead* (Brené Brown) Book Discussion**

Thursdays (continues 11/2,9,16, 12/7)  
Via Zoom 7:00 pm

This is a closed group, but with enough interest, another cohort will be developed for early in 2024. Contact [minister@uuamherst.org](mailto:minister@uuamherst.org) if you are interested.

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### **Plan Ahead: Christmas Eve**

Since December 24 falls on a Sunday this year, we will have just one service in the morning at 10:30 am. Rev. Michelle and the Board agreed that a morning service would be the most inclusive for our folks who have family gatherings or who don't wish to drive after dark.

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### **A Christmas Carol - Readers' Theater**

We will present a dramatic reading of (Unitarian) Charles Dickens' holiday favorite, *A Christmas Carol*, on Sunday, December 17. Readers needed! Male and female roles; no memorization required. Radio-style sound effects included. **If you would like to be part of the fun, contact Rev. Michelle by Sunday, 11/19.**

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### **Grief Group Forming**

There is interest in forming a UU Amherst grief support group. Contact Rev. Michelle with preferences (day/evening, Zoom/in-person) if you are interested in participating.

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### **Friends & Family Game Night Saturday, Nov. 25 5:00-8:30 pm**

Snacks and games provided. Bring your favorite!

## NEWS FROM CER

### The Disaster Relief Fund Needs Your Help

This calendar year has been an eventful year for disaster impacting our UU congregations. The Disaster Relief Fund is in place to help channel donations from individuals and congregations to our UU congregations to help them in the wake of disasters, and for them to also be able to support their local community's recovery, particularly those most affected and unable to access other funding sources.

Already this year, thanks to the generous contributions over the past few years, the Fund has distributed more than \$275,000 to our congregations impacted by hurricanes, flooding, and other natural disasters. This is the second highest amount since the fund was created in 2017—the highest year was 2018. In total we have given out more than \$1.5 million in grants over the 7 years of the Fund's existence.

But we need your help—the Fund is at its lowest level since the beginning—we have under \$50,000 on hand, and that can be distributed with just one more request. Can you share some of your funds with congregations that will be impacted because of natural disasters, many of which are worsening because of climate change? If your congregation does "share the plate" Sundays, can your congregation be part of the group that lives out our interconnectedness by sharing the collection with the Disaster Relief Fund?

Often our grants are the first to roll into the congregation and allow them immediate resources to protect their people and their buildings. We have had a couple of congregations return the funds, when they discovered that their insurance or other sources paid for their needs, and they have been pleased to be able to support the fund in that way.

Please consider joining us in this way to live out our covenant with each other.

Information on the Disaster Relief Fund, including how to donate, and how to file a claim, are on the UUA website.

### Sunday November 12th Guest Bios

Rev. Fran Manly is a retired UU minister now active in the Buffalo UU church as a Worship Associate and in the choir. She has served churches in Niagara Falls and Hamburg and preaches occasionally at the small UU churches in Western New York.

Singer, Songwriter, and Guitarist Doug Yeomans, a member of the Buffalo Music Hall of Fame, is a popular guest musician here and in other congregations. He and Fran have been creating services together since 2010. Check him out at <https://dougyeomansmusic.com/home>





## COMMITTEE ON MISSION (CoM)

Now that the Living Green Festival is over, the CoM is looking to meet with another Ministry Team or Board of Trustees Committee to work on their mission and goals. CoM meets with teams & committees as needed to develop missions and goals, and teach the circle way. If your team or committee would like to meet with CoM this fall, contact Diane Bofinger at [dpbofinger@gmail.com](mailto:dpbofinger@gmail.com), 716-689-8954 (call), or 716-418-3272 (text).

The purpose of our work is to align the mission and goals of all of the ministry teams and BOT Committees with the mission of the church. This written information will inform the rest of our church community about the work of each team/committee and enable these groups to continue their work as leadership changes over the years.

Diane Bofinger, CoM Chair, and Committee Members, Marge Marcille (Scribe), and Jeanine Moyer (Board Liaison)

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## UU CAMPUS MINISTRY AND YOUNG ADULT (18-21ISH)

The UB Campus Ministry Advisors, Bob Johnson (main campus contact), Diane Bofinger, and Scott Harrigan spoke briefly at the pancake breakfast about setting up a meeting over the next month to brainstorm ideas for the school year. If you have ideas of things that we can do on campus and would like to join our discussion, please contact me.

Are you a young adult 18-21ish looking for connection with others in this age range or life stage? Let me know. You may be in college or considering college, but you don't have to be! There are many other life choices! Perhaps we can get a group together for support and exploration.

Diane Bofinger (she/her/hers) (text 716-418-3272), Co-Advisor, UB Campus Ministry

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## CLOTHING MINISTRY/FUNDRAISING TASK GOUP

We have successfully made the seasonal changeover and now have cold weather clothing available on the clothing pantry rack and in our clothing room on the second floor of the Faith Development wing. We continue to supply our community with clothing articles and accessories of all sizes. Thank you for your generous donation of clean, gently used winter clothing. Outerwear is very popular on our racks and, of course, boots, coats, hats, etc. are always needed.

### **Fundraising Task Force:**

In October, we hosted a very successful cocktail party followed by assisting with the Generosity Campaign's Pancake Lunch. We also wanted to host a Buffalo Bills game viewing. Due to the Bills popularity, it was difficult to find an acceptable date and time for our viewing, so...we found ONE date and time we thought would work and it was Sunday, October 22 at 1:00 pm. By the time this is printed, our very busy October will be over and hopefully, our members have enjoyed the multiple events: cocktail party, pancake lunch, Bills viewing, game night hosted by Rev. Michelle, and the Witch Dance fundraiser for the Little Free Pantry.

Our plan for November includes a pre-holiday party on Saturday, November 18th in the afternoon. We hope to include the entire UU Amherst community. We will be asking you to join us for an afternoon of pre-holiday fun and community. Watch the *Weekly Update* for specific information.

Clothing Ministry Team, Dian ([diantucker17@gmail.com](mailto:diantucker17@gmail.com)) and Don Tucker, Pam and Jerry Kent, Barry Kent and Barbara Kent Gauger

## CARING FOR ONE ANOTHER RECIPES Provided by Christine Boczarska and Faith Pham

Christine Boczarska and Faith Pham are sisters and dedicated members of our Caring For One Another group. They provide occasional meals to 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.

This recipe came from Dash's grocery store and we found it easy, quick and very tasty. Because it is so quick to make, it's best to have all the ingredients measured and prepped and ready to add. We added some sautéed white mushrooms which were a nice blend with the ingredients. Also, we used half and half instead of cream, which made it a bit lighter. You could add a few tablespoons of white wine if you choose, but keep the chicken stock handy in order to add more if the sauce appears too thick. It makes a very pretty and delicious dish. Two chicken breasts easily serves four people. Enjoy!

### Chicken with Spinach and Sun-dried Tomatoes

- 1/4 cup all-purpose flour
- 3-4 boneless skinless chicken breasts
- 2-3 tsps kosher salt
- A few turns of freshly ground black pepper
- 4 cloves garlic minced
- 1/2 cup chicken broth
- 3/4 cup heavy cream
- 1 tsp Italian seasoning
- 1/2 cup parmesan cheese grated
- 1-2 cups fresh spinach roughly chopped
- 1/2 cup sun-dried tomatoes roughly chopped
- Pasta for serving



Slice chicken breasts in half or thirds lengthwise so they are not as thick for cooking. In a large skillet, warm olive oil over medium-high heat. Place flour in a small bowl or plate. Lightly sprinkle each side of the chicken breasts with kosher salt and black pepper, then dredge each side lightly through the flour. Shake off any excess, then place chicken breasts in the warm pan. Cook for 3-4 minutes on each side, just until browned and no longer pink in the center. Remove chicken to a plate and set aside.

If the skillet is dry, add a tiny bit more olive oil, followed by the garlic. Cook for about 1 minute, just until fragrant. Add chicken broth, and scrape any browned bits from the bottom of the skillet.

Add cream, Italian seasoning, and Parmesan cheese. Cook over medium heat for 5-7 minutes, stirring frequently, until the sauce visibly thickens. Stir in spinach and sun-dried tomatoes, and simmer for 1-2 minutes, until spinach wilts. Add chicken back to the skillet, spoon a bit of sauce over each piece, and serve with pasta or other sides as desired.

## LITTLE FREE PANTRY

The Wild Witches of Williamsville thank all who attended our Witch Dance fundraising event on October 28! We appreciate Meg Sabella, who brought the idea to our team and followed through as organizer and choreographer, and to Lauraine Marcus who helped publicize.

We are extremely grateful for the recent influx of donations to the pantry. Both prices and usage have soared recently, and your generosity helps us keep shopping weekly to meet demand. Gifts of non-perishable food items (no glass, please!) and personal care items are welcome, as well as monetary donations. Every little bit helps!

Our 501(c)(3) application has been submitted to the IRS for non-profit status, and we have set up our own bank account. This means you can donate directly to ALFP Ltd by writing a check or using PayPal.

Marie Evans, Chair, with co-Directors Meg Sabella and Doreen Park

## GENEROSITY DRIVE - PLEDGE NOW!

We are "Reimagining US at 70"!

We are looking to the future and creating a firm foundation for those who will call UU Amherst home in the years to come.

You can change your pledge fulfillment plans at any time. Payments can be made anytime, in any amount, and at any frequency that is convenient for you. Pledges can also be paid in cash, by check, credit card, distributions, or automatic withdrawal.\*

\*Please contact our UU Bookkeeper, Camilla Lee, if you need assistance with making a credit card payment, or setting up or changing your auto payments through VANCO.

If you need a pledge form, please contact the Administrator at [administrator@uuamherst.org](mailto:administrator@uuamherst.org). You can also pledge online by scanning the QR code, below, with your mobile device or use the link in the *Weekly Update*.



## COVID TASK FORCE UPDATE

Covid is still with us and showing a resurgence. The UUCA Covid Task Force is recommending the following guidelines, which follow the Center for Disease Control recommendation:

- Anyone who feels ill should not attend church or participate in other in-person activities regardless of whether they have tested positive for Covid or not.
- If you have symptoms of Covid (sore throat, cough, cold symptoms, fever, etc.) please test yourself.
- If you test positive for Covid you should quarantine yourself for 5 days.
- After 5 days you can end your quarantine if you no longer have a fever.
- Please wear a mask for 5 days when out in public after you end quarantine.

## Contributing to UU Amherst

1. The **Giving** option on the church website ([uuamherst.org](http://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

**WE ARE:**

**ALL CONNECTED**

**STRONGER TOGETHER**

**LOVE'S HANDS IN THE WORLD**

**CALLED TO CREATE JUSTICE**

**RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH**

 UUA.ORG/IMAGES



**UU AMHERST**

*Fostering Justice and Compassion*

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