

Issue  
MAY 2026

# The Foreword

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



**UU AMHERST**

*Fostering Justice  
and Compassion*

## Our Staff:

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## Special Musical Service, Sunday May 31st

### How the Light Gets In Featuring Rev. Fran Manly and Doug Yeomans

We all know our world is not perfect, not on any level. Even we ourselves are not perfect, no matter how hard we try. So imperfection is simply a fact of life—but is it a feature or a bug? Leonard Cohen's song "Anthem" suggests that it's actually a feature: "There is a crack in everything; that's how the light gets in."

Rev. Frances Manly is Minister Emerita of the First UU Church of Niagara in Niagara Falls, NY. She is currently an active member of the UU Church of Buffalo, where she serves on the Worship Associates Ministry Team, facilitates a memoir writing group, and preaches occasionally. She and Doug Yeomans have been collaborating on music-centered services since 2010, presenting them at Unitarian Universalist churches throughout Western New York.



Singer, songwriter, and guitarist Doug Yeomans is a member of the Buffalo Music Hall of Fame since 2004 and was recently inducted into the East Aurora Music Hall of Fame. He plays a hybrid style including blues, bluegrass, rock and roll, and country with influences from jazz and beyond. He performs regularly throughout Western New York in venues ranging from churches to clubs, has toured nationally with Broadway shows, and composed and performed the music for "A Lesson Before Dying" at the Studio Arena Theatre.

## 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

Throughout the month of May, we'll be offered the opportunity to Awaken Our Curiosity. I am borrowing an activity from the Soul Matters small group ministry collection for this month. Yes, that means homework! This homework could just change your life, or at least the way you experience it.

First, find a place where you won't be disturbed for 45-60 minutes. Bring your computer or a journal and a pen.

Second, start writing down questions you have about yourself and your life. Keep writing until you have 100 of them! The first 20 or so will come fairly easily; then it will get harder. Your questions may range from the mundane ("Why do I love rhubarb pie so much?") to the psychological ("Where does the religious impulse come from?"). No matter what, do not let your inner critic or perfectionism sneak in. (It's okay if you can only come up with 50 - the point is to push yourself way beyond the point where it is easy to come up with questions.)

Third, look for themes. What groupings do your questions fall into? Career? Family? Relationships? Status? Happiness seeking? Money concerns? Aging concerns? Spirituality? Anxieties? The meaning of life? Focus on the top 2-3 themes and get curious about what they say about what is going on for you at a deeper level.

Fourth, pick your top 10 questions. This is going to be tough! Take your time and forget perfection. The goal is to pull out your curiosity antenna and identify the 10 most compelling ones. The ones you find most powerful and meaningful. Then rank them. Have fun!

With curiosity,  
Rev. Michelle

## May Services

**May 3rd** "The Merry Month of May" (Rev. Michelle)  
Look around you! Everything is blooming! Listen to the lively birdsong! It's May!

**May 10th** "How Far Along Are You?" (Rev. Michelle)  
It's Mothers Day! What better time to think about our spiritual growth?

**May 17th** "How to Think Like Leonardo DaVinci" (Rev. Michelle)  
Yes, Leonardo DaVinci was an amazing artist - one of the great masters of all time. But what if the artistry was simply the product of something that we all have access to?

**May 24th** "Awakening Curiosity Awakens Compassion" (Rev. Michelle)  
Perhaps you've seen the phrase, *Less Judgment, More Curiosity*. Good advice that I need to remind myself of all the time. Let's consider how our willingness to lead with curiosity can open up and awaken our capacity for compassion - for ourselves and others.

**May 31st** "How the Light Gets In" (see front page article) Rev. Frances Manly and Doug Yeomans

**All Sunday announcements must be in to the office (administrator@uuamherst.org) by noon on the Wednesday prior to be included in the order of service and in the Friday Weekly Update.**

## BOARD REPORT

The Board of Trustees has appointed Michele Bjella to fill an open position. Welcome Michele!

Hold the Date! The Board invites you to the annual summer Barbecue on Sunday June 14.

Another first for our Amherst congregation. We're excited to see that the summer will include a camp for children at UUCA. Thanks to all who have done the planning.

And speaking of summer, we have an opportunity to participate locally at this year's General Assembly from June 21 to June 24.

UAA has created a new model for General Assembly in 2026. The 65th UUA General Assembly will be a virtual event with an optional in-person component.

This "virtual everywhere GA" enables UUs to participate individually online or as part of a smaller, more localized group. We are fortunate that one of the satellite groups will be located at the First Unitarian Church of Rochester.

Participating in Rochester has the advantage of reducing air travel costs and it's also possible to reduce hotel costs if you choose to commute to Rochester.

The theme of this year's GA is *Meet the Moment: Together Everywhere*. GA provides critical tools in helping us answer three Key questions:

1. What is the moment we are in and our wider world?
2. What are the most urgent needs of the moment?
3. What do our shared values call us to do in response to this moment?

These are also questions that were also explored in the Spring/Summer issue of UUWorld.

The assembly will feature two parts, with a midweek pause.

- From Sunday, June 14 to Tuesday, June 16, delegates will engage in fully virtual General Sessions focused on the business of the Association.
- Programming resumes Friday, June 19 through Sunday, June 21 with worship, featured speakers, and Meet the Moment themed programs that can be experienced online, at the studio site in Louisville or in participating local congregations.

When you register for General Assembly 2026, you'll receive access to the Whova Event App, your central hub for interactive and on-demand video content, the EduCenter library, and networking opportunities with other participants. For more information, use this link: <https://www.uua.org/ga>

Ruth Bowen, Board Chair



### 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
6. Don't forget Legacy Giving – in your will

*Hey,  
you!*



*Did you know  
this section  
isn't just for  
families?*



*Read some  
important  
updates  
for all below!*

### **May Blessing: A Doorway Pause**

Before you leave the house, pause with your hand on the door. Take one steady breath and say:

*Peace before me, peace behind.*

*May this day be safe and kind.*

*What is heavy now grow still,*

*And may I move with steady will.*

–The Witch of the Willows

### **It Takes a Village & We Need Your Help**

I've heard this phrase my whole life and running Faith Development at UU Amherst has made it especially meaningful!

As our children's program grows, it can be hard for staff and caregivers to keep an eye on everyone, especially during busy times like coffee hour. Our community has already been so kind and supportive, and we're grateful!

*We're asking for a little extra help:*

**If you see a child wandering alone or leaving a room, please let a parent or FD staff member know as soon as you can!**

This isn't meant to alarm—just to help keep everyone safe and supported. As a reminder, children should be with two adults if they're in a room without a parent or caregiver. Thank you for being part of the village.

### **Summer Curiosity Week: CALL FOR CONGREGANT SUPPORT**

Do you have a special skill, workshop or fun activity that you'd like to offer K-6 participants at Summer Curiosity Week?! Or, do you want to support the program in other ways like logistics, food or childcare? Both types of help are needed (and important)!



Now that registration is underway, we are putting out an official call for support. If you can be of support in any way, please contact Katie at [dfd@uuamherst.org](mailto:dfd@uuamherst.org) or check the Weekly Update for the form to fill out! We will be gathering support interest this way to keep everything organized so we can build the week's activities. The details of the camp (times, themes, etc.) will be in this form as well!

### **No Philosophy & Spirituality in May**

Unfortunately due to calendar availability and my travel dates, we will not be able to hold a Philosophy & Spirituality circle in May. We will post the June date as soon as possible!

### **Out of Office: May 9-18th**

Please note that I will be on vacation out of the country from May 9th-18th. I will not have access to calls/text and access to email will be limited.

## AMHERST LITTLE FREE PANTRY

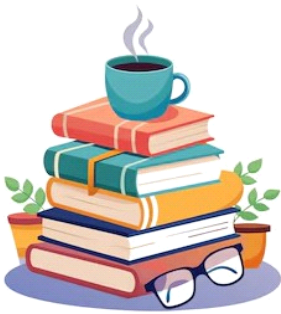
The pantry team has started the Cheryl Forell Tomasulo Memorial Menstrual Care Collection, to ensure we can provide appropriate products to users who menstruate. We accept pads and tampons, or funds to purchase them. We greatly miss Cheryl, a dedicated leader and problem-solver. A volunteer since the pantry began operations in 2018, she was instrumental in growing and organizing ALFP's capacity to serve our community.

Our next meeting is Sunday, May 3, at noon in the Library/Living Room. Please join us if you're interested in our operations or in volunteering.

Thank you to our many donors! Whether you bring one or two canned goods on Sundays, drop off returnable beverage containers in the Refund the Pantry bins in the back lot, or make a financial contribution, we appreciate your generosity. Checks should be made payable directly to Amherst Little Free Pantry. You can find links to make credit card donations on our website: [amherstlittlefreepantry.org](http://amherstlittlefreepantry.org)

—Marie Evans

## UU AMHERST BOOK GROUP



UU Amherst Book Group meets the last Sunday of each month during the church year at noon in the Library/Living Room.

On April 24, we'll discuss the BOOK: *The Berry Pickers* by Amanda Peters.

On May 31, our TOPIC is Speculative Fiction, which includes Science Fiction. Read any book that fits the topic then report on it to the group.

New titles, recently donated by Marge Marcille, are in the Lending Library. *World Crisis and the Pathway to Peace* by Mirza Masroor Ahmad, *Humanist Voices in Unitarian Universalism* edited by Kendyl L.R. Gibbons and William R. Murry, *What If the World Went Humanist?: Ten Pulpit Addresses* by John H. Dietrich, *Regaining*

*Balance: The Evolution of the UUA* by Michael Werner, *Landscapes of Aging and Spirituality: Essays* edited by Kathleen Montgomery, *Mood By Mood: The Daily Emotion Tracker* by L.J. Tracosas, and *Chaos, Chaos* by John Snodgrass.

You'll find books about world religions and spiritual practice in the glass cabinet at the window end of the Emerson Room, and books about life transitions, social and environmental justice on the brown bookcase in the Library/Living Room. Sign them out in the spiral notebooks at each location.

—Marie Evans

## Inspiration for Beltane, May 1st

Your UU Administrator, Elaine Harrigan, recently completed an intensive 8-week course in Religions & Ecology offered through Yale University which included an incredible list of multimedia resources. To celebrate the festival of Beltane coming May 1, watch this stunning video, "Journey of the Universe," on YouTube that takes you on a journey through the origins of the universe and reminds us of our interconnectedness. (Tip: Instead of trying to type in the full url's, search YouTube by the title). —Elaine

### Journey of the Universe (2013)

<https://youtu.be/uIXflv3wHvg?si=FfCsV3oBe71FfUYQ>

This is the epic documentary exploring the human connection to Earth and the cosmos. From producer/directors Patsy Northcutt and David Kennard (director of Carl Sagan's "Cosmos" and "The Hero's Journey: The World of Joseph Campbell"). Winner of the 2012 Northern California Emmy Award for best documentary, the film premiered on PBS stations nationwide in 2011.

## MAY 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)

### Friday, May 1st

7:00 pm: Justice Advocacy Team Movie Night EM

### Saturday, May 2nd

9:00 am: Board Retreat EM

10:00 am: Lace Guild (rental) MMR

### Sunday, May 3rd

12:00 pm: Amherst Little Free Pantry MMR

2:30 pm: Shamanic Journey (rental) LR

### Tuesday, May 5th

10:30 am: Leadership Dev & Nominating Comm EM

12:30 pm: Women's Group Lunch EM

### Wednesday, May 6th

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

### Thursday, May 7th

7:00 pm: Ministry Train Zoom

### Friday, May 8th

5:30 pm: Havurah Meeting EM

### Saturday, May 9th

9:30 am: Holistic Balance Retreat (rental) BUL

1:00 pm: Scherer Memorial Service & Recep CH/EM

1:00 pm: Rainbow Cafe MMR

### Wednesday, May 13th

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

### Saturday, May 16th

9:00 am: Firewall CH/EM

### Sunday, May 17th

12:00 pm: Shamanic Journey (rental) LR

### Tuesday, May 19th

6:30 pm: Lace Guild (rental) MMR

### Wednesday, May 20th

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

6:00 pm: Finance Meeting MMR

7:30 pm: Board Meeting MMR

### Wednesday, May 27th

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

(con'td)

### Saturday, May 30th

8:00 am: Bat Mitzvah Set-up (rental) CH/EM

11:00 am-3:00 pm: Bat Mitzvah & Luncheon CH/EM

### Sunday, May 31st

12:00 pm: UU Amherst Book Group LR

### RECURRING: SUNDAYS

#### Sundays, May 3rd-31st

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-ity Sunrise Sessions

M-F 8:30 am on Zadmin

All "tree" names are for Village groups

#### Mondays, May 4th-25th

7:00 pm: Tulip Crabapples Zadmin (weekly)

#### Tuesdays, May 5th-26th

12:30 pm: Women's Group Lunch EM (5/5th)

Women's Group Zadmin (5/12, 5/19, 5/26)

#### Wednesdays, May 6th-27th

4/15 (3rd Wed)

1:00 pm: 3rd Wed Covenant Group Zoom

6:00 pm: Finance Meeting MMR

7:00 pm: Bofinger Covenant Group Zoom

7:00 pm: Northtowns Village Zoom

7:30 pm: Board Meeting

5/27 (4th Wed)

7:00 pm: Marlana's Covenant Group LR

#### Saturdays, May 2nd-30th

9:30 am: Sharing Circle Zadmin

7:00 pm: Birch Bunch Zadmin

### Coordination of Caretaker Duties — May

Sun, May 3 to Sat, May 9 - Bruce Becker

Sun, May 10 to Sat, May 16 - Dian & Don Tucker

Sun, May 17 to Sat, May 23 - Bob Johnson

Sun, May 24 to Sat, May 30 - Barry Kent

Sat, May 31 to Sat, June 6 - Randy Kent



## Soulful Conversations

Looking for connection with others on a deeper level than Coffee Hour? simply needing a place to “land” if you get to church early? Conversations in the Living Room starting about 9:15 am. Coffee and tea will be available. inspirational writing, poem, or music will focus the gathering (feel free to bring one of your own). will follow. group will break up in time for service.

## Sacred Singing Circle

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

## Tuesday Women’s Group

This month our in-person meeting will be Tuesday, May 5th. We will meet in the Emerson Room at 12:30 p.m. Bring your lunch and a beverage. Other meeting dates via Zoom are: May 12th, 19th, and 26th- Zoom link provided by host Marge Marcille or Office Administrator.

## Joyce Scherer Memorial Service Saturday, May 9th 1:00 pm

The service will be followed by a reception in the Emerson Room. Members are invited to attend. Just a reminder that donations are welcome to the UU Amherst Endowment Trust in memory of congregation members who have passed. Family members can also chose to honor their loved one with a memorial plaque in the church. A brochure is available in the lobby or request information from the Office.



## Ministry Train Update

The Ministry Train is meeting via Zoom on Thursday, May 7th, at 7:00 pm. Contact Rev. Michelle for the link if you’d like to be part of the conversation and strengthen the bonds of friendship and service at UU Amherst.

## 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.

## 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, & drink. Contact Dian Tucker to volunteer for this important work. Diantucker17@gmail.com or 716-510-3517.

## Extra Pair of Hands

Looking for a way to help out at UUAmherst? Taking part in our “Extra Pair of Hands” program is a great way to help out and get to know people. You can be a Worship Weaver, Greeter, Kitchen Crew, Coffee Clean-up, or FD\* Friend. Get more information at the Welcome Desk.

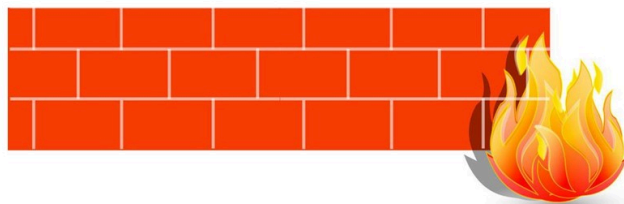
\*FD is Faith Development and Nursery

## Firewall Meeting

Saturday May 16th @ 9:00 am

Unitarian Universalist Church of Amherst

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



Follow us on [YouTube: @FirewallUmbrellaWNY](#)

Check us out on Bluesky by clicking on the QR code. [Firewall451.bsky.social](#)

## GREEN JUSTICE

Currently the GJT has been focusing on the April 19 Earth Day service and its dual aims of informing and engaging the congregation. The committee members are few but have ongoing projects as well as our new big interest, the Homegrown National Park effort (also known as National Park in Your Back Yard) to nativize habitat on a local and national level.



This means planting native plants, reducing harmful chemicals, and eliminating relatively sterile lawn space, starting on an individual level. This encourages natural growth that supports soil health, insects, birds, and animals, including humans. It proceeds slowly, step by step, and that's where the church and several of its groups want to lead and help. The fascinating website is [homegrownnationalpark.org](http://homegrownnationalpark.org); I recommend looking it up. This requires interested people, and to this end, the Greenies have a table display, are doing a survey to assess interest, and are inviting people to attend the next Green Zoom meeting on April 28 at 7:30. If you want a reminder and the Zoom link, send an email to Wendy Scott [scottw@buffalostate.edu](mailto:scottw@buffalostate.edu) or call 716-874-9072 and I will send a reminder or two before the meeting.

Ongoing projects include recycling, composting, installing rain barrels, joining with church, community and regional groups, and more. Join us in greening up!

—Wendy Scott

## KEEPING OUR (COFFEE) CUPS FILLED....

Like coffee? Who doesn't? The very informal coffee committee knows this and keeps the Sunday coffee bar running smoothly. How do they do it? I'll tell you by listing Qs & As.

Q. Where does it all come from?

A. The church provides the beverages: coffee, tea, and cold drinks. The snacks, light or substantial, bought or homemade, come from the congregation. The labor comes from volunteers: shopping, prep, and cleanup. The core committee consists of Ron Palmere, Roger Keeney, and Wendy Scott.

Q. Who pays for all this?

A. There is an actual coffee line in the annual budget which is replenished by contributions placed in the two small baskets on the tables with the provisions; a standing sign offers a QR code. Those who bring offerings pay themselves.

Q. How can I help?

A. Simply show up at 10:00 am for a little training, or at 12:30 pm for cleanup. For a more formal commitment, sign up on the volunteer spreadsheet. See the link in the *Weekly Update*.

You don't have to be there all the time, or both before and after. It's very informal.

—Wendy Scott



**UU AMHERST ONLINE STORE**

[shop.printyourcause.com/campaigns/uu-amherst-store](http://shop.printyourcause.com/campaigns/uu-amherst-store)

## FINANCE NEWS

### Your Money/Your Spiritual Life

First, I'd like to thank everyone for the warm welcome to my new position as Finance Clerk for UUCA. Thank you for all of the positivity and patience with my transition. Everyone has been so gracious when I'm resolving issues for them. I'm still settling in, but I'm enjoying the work and getting to know more members in the midst of business which has been a joy.

Now, down to the business part.

I have a request for our members to begin making a couple of types of donations differently than in that past. When making donations to the Endowment Trust or the Amherst Little Free Pantry via check, please make out checks:

#### **The Endowment Trust**

**Pay to the order of:** UUCA Endowment Trust

#### **The Amherst Little Free Pantry**

**Pay to the order of:** Amherst Little Free Pantry Limited

Nothing is needed in the memo line unless one of these organizations direct it. Please continue to address checks for the church for all other kinds of donations to UUCA or Unitarian Universalist Church of Amherst with donation-specific information on the memo line (e.g. Minister's Discretionary Fund, pledge for May 2026, general donation, etc.).

The Amherst Little Free Pantry (ALFP) can receive online donations at their website [amherstlittlefreepantry.org](http://amherstlittlefreepantry.org), and they have lots of other information on how you can donate and support them on their website. I encourage you to check it out for yourself.

If you're a big picture or "why" kind of person, please send me an email at [bookkeeper@uuamherst.org](mailto:bookkeeper@uuamherst.org) or call the church office on Wednesdays to bring me any questions.

Thank you for your former and continued generosity to all our organizations.

-April Starr, Finance Clerk



*Save The Date!*

**Annual**

**UU Amherst**

**Picnic**

**Sunday, June 14, 2026**

*Following The Service*

**Watch For More Details!**

The final show of this year's Jewish Repertory Theatre season is *Just for Us* by and about comedian Alex Edelman. The story begins with an anti-Semitic tweet and ends in a Queens apartment, face-to-face with a gathering of White Nationalists. We will attend the Sunday, May 17, 2 pm performance, then go to dinner together at Lebro's Italian Restaurant. Both venues are in Getzville. Order your own play tickets, and let me know by noon on Thursday, May 14, if you plan to go to dinner (pay your own tab). It's graduation and First Communion season, so we need to book early.



UU Amherst members and friends can purchase discount tickets to any Thursday or Sunday performance during the run (May 7-June 7). Use the order form available in our lobby (on the Church Life bulletin board) or request one via email. Our price is \$30 per ticket. Box office price is \$48 each.

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

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## LEADERSHIP DEVELOPMENT & NOMINATING COMMITTEE

The Leadership Development and Nominating Committee met on April 7th in the Emerson Room. More ideas for skill building and Leader Labs were discussed in depth, and plans are coming together very nicely for all of them. Some good stuff is in the works, so stay tuned!

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

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## RAINBOW COALITION

Buffalo's Pride Parade is coming up on June 6th. The Rainbow Coalition has begun to plan our entry into the parade and how to capture the theme of "Rooted in Pride". We are excited to join with our youth to create trims and props for this year's parade. Anyone who would like to join us in creating our entry or walking with us or has a truck we can use, please contact Katie Cosgrove or Mark Peggy Cook.



The Cafe continues to grow with new individuals coming each month. We are pleased to see how our social media and personal outreach efforts are succeeding. We welcome all our new attendees, and hope to continue building a safe, comfortable place for the local LGBTQ+ individuals of all ages and their direct allies.

—Lauraine Marcus and Mark Cook

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## JUSTICE ADVOCACY

As the month of April was busy with hosting a Silver Pride breakfast, creating tangible forms of resistance, participating in the healing act of a drum circle, May promises to bring new opportunities for education and advocacy.

In August 2026, NYS new Medical Aid In Dying (M.A.I.D.) Act goes into effect. This legislation expands end-of-life options for terminally ill New Yorkers and affirms their right to make informed, compassionate decisions at the end of life. We are pleased to be bringing in Francesca Triest, NY/NJ Campaign Manager for Compassion & Choices to present a video regarding this law and provide education on the options now available for end of life. We will lead into this presentation with an evening of discussion and videos on this topic and other little known laws to help enhance care at end of life. These programs will take place the weekend of the 22nd-24th; check the calendar and white boards for more information.



—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.

### Denver Omelet

From *The Buffalo News*

1 serving

This recipe is a good way to use leftover ham and is suited to be served for any meal.

2 or 3 large eggs  
Kosher salt and freshly ground pepper to taste  
1 tablespoon unsalted butter, divided  
3 tablespoons chopped, cooked ham  
2 tablespoons chopped onion  
2 tablespoons chopped bell pepper, any color  
2 tablespoons shredded cheddar cheese



Whisk the eggs with salt and pepper in a small bowl and set aside.

Melt half the butter in an 8 inch omelet pan or shallow skillet, preferably non stick, over medium high heat. Add the ham and cook, stirring occasionally, for about 2 minutes, until it starts to brown on the edges. Add the onion and bell pepper and stir occasionally for another 3 minutes until the vegetables soften slightly. Transfer the ham and vegetables to a small bowl.

Return the pan to the heat and add the rest of the butter. Let it melt and swirl the pan to coat the bottom evenly. Pour the eggs into the pan and shake and swirl it so the eggs cover the entire bottom of the pan. Let the eggs firm up on the bottom, about 30 seconds, then use a rubber spatula to lift the edges of the omelet up, letting the uncooked egg on top run underneath.

Sprinkle half of the eggs with the sautéed vegetables and ham and the cheese and let it cook another 30 seconds. The top should be moist but not quite runny. Flip the untopped side of the eggs over the filling and slide it onto a plate.

Serve with toast, bagel, muffin, whatever you prefer. Any leftovers can be used for a sandwich at another time.

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](mailto: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.