

N O V E M B E R 2 0 1 7

SANDSCRIPT

THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH'S NEWSLETTER



RELIGIOUS SERVICES IN NOVEMBER

NOVEMBER THEME IS GRATITUDE

November 5 – “What Is Remembered Lives”

Drawing from the ancient Celtic festival of Samhain (pronounced “Sow-en”), today we will remember our loved ones who have died. You are invited to bring a picture of someone you want to remember, or an object that reminds you of them, as we build a common altar of remembrance. There will also be an opportunity to name aloud our beloved dead, and share a bit of what about them we are most grateful for.

November 12 – “Gratitude for the Stranger”

Violence against immigrants, people of color, Muslims, transgender persons, Jewish persons, and many more are disturbingly on the rise in our nation. Is our Fellowship a place where the stranger is welcome, or one more place where strangers and visitors are feared, or looked at with suspicion? How can we better cultivate a spirit of gratitude and hospitality for all who visit or might wish to join our Fellowship? That’s what this service will explore. We will also be inducting new Lay Ministers during this service.

November 19 – “Give Thanks”

In our annual all-generations Thanksgiving Service, we will look back on the traditional story of the Pilgrims and the Wampanoag at the first Thanksgiving, and share corn bread, apple cider, and cranberry juice in thanksgiving for all that is our life.

November 26 - TBA

Monthly themes in advance so you can use them for personal meditation or in your Fellowship group.

- November - *Gratitude***
- December - *Hope***
- January - *Commitment***
- February - *Vision***
- March - *Endurance***
- April - *Resurrection***
- May - *Creativity***
- June - *Pride***



Minister's Musingspage 2

*From all that dwell below the skies
Let songs of hope and faith arise;
Let peace, good will on earth be sung
Through every land by every tongue.*

Every week we sing these words as our Song of Affirmation. As our greeters gather the offering, Nancy or the choir offers some music, and when they are finished, the baskets are taken back to the front of the sanctuary, and we sing, in response, our Song. There's something powerful happening here, and it's so ordinary and common for us we might miss it if we aren't paying attention.

Think about what happens. Every week we share some of the Joys and Concerns that make up our common life, and in response we sing "Spirit of Life." We are moved by what we've shared to invoke the Mystery at the heart of life, that "spirit" or character of life that blows in the wind and rises in the sea, that surrounds and penetrates those concerns and joys. We then pray or meditate some more, trying to go even deeper into this Mystery, before moving at last into silence. A reminder that our words aren't enough. It's no coincidence that the Offering comes next. When we bear witness to our common life together, and we see or try to see the common Spirit of Life in all, we discern anew the need for each other. We, in essence, symbolically rebuild the Fellowship every week by reminding ourselves why we need it, and by re-committing to offer what we have to keep it alive and thriving.

Then we sing our Song of Affirmation, as if to say "we who would be one fellowship give of our time and treasures to build a common community, and it is our will that this gift build a place where peace, goodwill, hope, and faith are sung and celebrated." This is a powerful moment. And it's a moment with roots. Our Song's melody traces back to 1551, written originally for singing the 134th Psalm. Over the years, many lyrics have been applied to this tune (maybe we'll sing some of those sometime), but our current lyrics come from Curtis Reese: a Unitarian minister and one of the founders of Humanism. Reese was, in fact, the first president of the American Humanist Association.

For me, the Song is all about gratitude and hope. In gratitude for all that we have received from our Fellowship, we give, in hope that these things continue, and deepen, and spread.

This month our theme is gratitude. I encourage you to reflect on our Song of Affirmation this month. Where do you see faith, hope, peace, and good will being sung? Are you grateful for these? How do you make that gratitude known? What else in your life are you grateful for? What about our Fellowship are you grateful for? Are you giving what you reasonably can to make sure the values of our Fellowship endure? Where are things in your life being taken for granted that you could express more gratitude for?

Meister Eckhart once said that if the only prayer you ever say is "thank you," that will be enough.

So, thank you. All of you. Let's say that prayer together this month.

Love,

Rev. David

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**The Reverend David M.
Kohlmeier**, Minister

Deborah Keller Wood,
Director of Faith Formation

Fred Johnson, Director of
Music

Kit O'Connor, Office
Administrator

Nancy Wendlandt, Pianist

Paul Simmons, Sexton

Heather Worrilow,
Nursery Caregiver

Office Hours ~ 9 to Noon,
Monday through Friday

Our website:

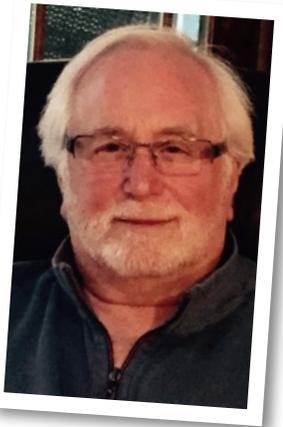
<http://uuffm.org>

Post notices:

to post items for publication
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President's Corner.....page 3



UUFF BOARD

Officers 2017-2018

Bruce Bell, President

*Stephen Treistman,
Vice President*

*Gail Donkin, Treasurer
Judy Andrade, Clerk*

Directors :

Amy Bower

Richard Feeney

Aja Frigon

Committee Chairs 2017-2018

Adult RE-Susan McCourt

Art Exhibits-Nick Vardak

Building & Grounds-

*Dave Dimmick and Phil
Zimmerman*

Caring-Marion Flurkey

Communications-

Joanie Thompson

Finance-Barry Blake

Membership-Pat Howitt

*Memorial Woodland-Phil
Zimmerman*

Ministry-Marion Flurkey

Music-Mie Rietsema

Nominating-Win Munro

Personnel-Gail Donkin

Planned Giving-Stu Graham

Faith Formation-

Nathan Wilson &

David Mark Welch

Social Action-Julia Withers

Stewardship-John McWilliam

The Leadership Council's Meetinghouse Connections Fair, which was held at the end of September, was a great success. People stayed after services, visited the tables set up by committees, and expressed interest in joining committees.

Rev. David has indicated that during the year, there will be approximately one service every two months in which there will be no sermon. On those dates, in lieu of a sermon discussion, members of the Board will hold a listening session. It is our hope that this will provide a great opportunity for the Board to hear from members and friends on issues the congregation finds important. In addition, board members have distinctive name tags. Please seek us out if you have something you want to communicate to the Board or just want to talk.

On October 29th, UUFF held a Congregational Meeting. Among other topics, we reported that UUFF will pay its Fair Share dues to UUA this year. Many thanks to Jean Stern who spearheaded fund raising and all those who contributed to making this possible.

The Social Action Committee did not select a designated recipient for the Shared Plate for November. At its October meeting the Board voted that instead of a shared plate, we will have a designated plate to raise money in the aftermath of Hurricane Maria on the second Sunday of November. It is our intention to donate the funds raised to a local organization in Puerto Rico. Steve Treistman, who has colleagues and friends in Puerto Rico, has offered to identify candidate recipients.

The Social Action Committee will be going through a process to get congregational input into the selected recipients for 2018. Please contact Julia Withers or another member of the SAC for more information.

Have a great month.

Best,

Bruce



November News from the Wings in Faith Formation

Schedule for the Month

Nov 4	Saturday	10:00-12:00	Youth Group Pie Making
Nov 5	Sunday	10:00	class 5
		11:15	Faith Formation Committee Meeting
Nov 12	Sunday	9:45	Harry Potter & UU Class Arrive for Food Drive
		10:00	class 6
		11:15-12:30	Youth Group
Nov 17	Friday	6:00	Parent Social Group
Nov 19	Sunday	10:00	Multi Generational Thanksgiving Service
		11:15-12:30	Youth Group Pie Selling after Service
Nov 26	Sunday	10:00	class 7

The Spirit of Thanksgiving

The Spirit of Thanksgiving is so much more than just one day.

When people ask me what my favorite holiday is, I always say Thanksgiving. Sure, there have been a few attempts to make Thanksgiving more exciting. You can buy a few Thanksgiving decorations and there is a Charlie Brown Thanksgiving special. There are even a few hymns in church we seem to reserve for Thanksgiving. But, at its core, Thanksgiving is about being thankful for the gifts of life, love, joy, family and friends, and more.

How can we show our children the importance of both Thanksgiving and giving thanks? We need to start by telling them why WE, as individuals, choose to celebrate Thanksgiving. There are many good ways to establish traditions for thinking about what we are thankful for and sharing it with others. Maybe you have a thankfulness tree, journal, shoebox, tablecloth, calendar, or space on the refrigerator. This Thanksgiving you could have everyone in the family start recording what they are thankful for and by next Thanksgiving you will have a wonderful record of your year. (If you asked your children what they are thankful for, what do you think they might answer? We could all surprise ourselves by what we are thankful for each day.)

This focus on thankfulness will help to move the spirit of Thanksgiving from a one-day event to a basic life attitude. As part of this effort, we need to model thankfulness for our children. This means finding things to be thankful for no matter what our situation in life. Thankfulness means that we are aware of both our blessings and disappointments, but that we focus on the blessings. Your children need to know that you are thankful for them, for your home, and for the other good things in your life. Share with them and give them the chance to share with you all year round.

Lets model how lucky we are by bringing our children to help those with less...less money, less family, less hope, less rights. Instead of the dinner out on Friday night, take the money and together, give it to someone, a group or place and show the joy you feel in being able to make a difference.

May we all take the time to realize our blessings and speak them out loud. May we all take the time to share our blessings with others. May we find something every day to be thankful for. And may we all have a happy Thanksgiving season.

In Spirit, *Debi*

Director of Faith Formation

Adult Education....Page 5

Did you notice the name change? We have decided that our educational programs are inclusive of topics beyond spirituality and our name has been changed to reflect that. In addition, we have amended our vision statement:

The Fellowship will have different types and formats of adult programming designed for a variety of purposes including deepening participants' ethical/spiritual/religious path, nurturing UU identity, providing opportunities to learn new information and skills that enrich one's life and search for meaning and contributing to the greater community.

Committee Meetings: We welcome new members on the first Tuesday of each month at 7:00 PM in the library.

The Inquirer's Series Continues: A drop-in program offered seasonally on Sunday mornings at 11:15 AM for newcomers, members and guests to learn more about our fellowship and Unitarian Universalism. All are welcome! *November 5* - Pastoral Care and small groups; *November 12* - Membership and Congregational Life.

Author Spotlight: Bob Reece, Wednesday, *November 15*, 7:00 PM

Robert M. Reece, M.D. is a retired professor of pediatrics at Tufts University School of Medicine and author of many professional articles. He is a member of the UUFF and an active member of the choir. Since retiring, Bob has written two novels focused around medical issues. He will talk about his most recent novel titled "Double Blind Double Cross" which focuses on a mystery around PTSD.

Discussion: **A Public Forum on Senate Bill # 619, An Act Establishing Medicare for All in Massachusetts: November 29**, 7:00-8:30 PM, at the UUFF Meetinghouse. This important legislative initiative can have a major impact on the lives of all Massachusetts citizens. State Senator James B. Eldridge, who introduced this bill in the Senate in January 2017, and two other knowledgeable speakers will assess the nature and prospects for this bill. We do not seek to present simply an argument for Single Payer, but to provide the audience with a realistic appraisal of reasons for considering Single Payer and in particular Senate Bill #619.

Communications...

Our new website <http://uuffm.org> is up and running. After a summer spent toiling away (Beach? What beach?!) the Web Team, composed of Tedi Bell, Maureen Peters (calendar girls), Ellen Todd (menu maven), Nancy Wilde (widget wizard) Julia Withers (social director) and Joanie Thompson (cat-herder) are proud to announce Version 1. The focus is outward, toward the public. Version 2 will build members & friends pages. Comments? Questions? Email Joanie at joan.k.thompson@gmail.com. Thank you for your patience.

RACHEL CARSON DINNER: Saturday November 4, 2017 at 6:00 PM



Come join us for this annual UUFF tradition. We gather together for a ham and bean potluck with lots of vegetable dishes and desserts. There will be live music and a poster presentation about our local environmentalist, Rachel Carson. Come and enjoy the food and the fellowship. All are welcome. There is an admission fee of \$10 per person, \$5 for children and \$20 for a family. The funds we raise will go to support the Falmouth, Bourne, and Sandwich Food Pantries. Look for the sign-up sheet in the front lobby to sign up to bring a vegetable side, salad, or dessert. **COME ONE COME ALL!!!**

ALTERNATIVE GIFT MARKET: Saturday & Sunday November 11 & 12, 2017, 11 AM - 3 PM

IT'S AGM TIME ONCE AGAIN!! This year the Alternative Gift Market takes place on Saturday and Sunday, November 12 and 13 from 11 AM - 3 PM at the St. Barnabas Episcopal Church parish hall with seven sponsoring communities of faith. And once again, UUFF, as a founding congregation, is asking our members to volunteer for shifts at various booths. Sign up sheets for volunteers are posted in the UU foyer. Please consider giving a time shift of two hours or even more! And if you have never attended any of the previous ten AGMs, come see what you have been missing! In a time of so much need across the nation and the globe, the call to help others this holiday season is especially powerful. For more information, contact janebjackson@gamil.com or Marcia at measterling7@comcast.net.

Fellowship Life

Stewardship Committee: *Volunteers needed for three fundraisers!!*

There are three fundraisers planned for this fiscal year, besides the auction. The newest one is going to be a ***silent auction for dinner parties to take place over the winter***. Ellen Todd will have a sign-up sheet at coffee hour after Sunday service for those who will offer hospitality. On December 3 and 10 at coffee hour you will have the chance to silently bid.

The ***yard or "trunk" sale*** is a popular event whereby you fill the trunk of your car with all those things you want to rid your attic of, with the proceeds going to the Fellowship. A pie sale is usually included in this event.

The ***Green Planet Faire*** takes place in the spring around Earth Day. It is an important community outreach event and not just a fundraiser for the Fellowship.

Volunteers are needed for all three events! Please contact John McWilliam at 508-548-1292 to choose the event you want to volunteer for. We need you!

The Music Committee and the Choir are looking forward with great pleasure to our music plans for the coming months:

World Unity Choir: A very special 2-day program to promote World Peace and Unity to be held on Martin Luther King, Jr.'s birthday in January. Our church will be sponsoring a Saturday afternoon concert together with a Sunday service to follow the next morning. We are inviting young and old to come and sing this special concert with us. NO singing experience is required; there are 4 remaining rehearsals, Mondays Nov. 13, Dec. 11, and Jan. 8 from 7-8 PM; plus Sat. Jan. 13 just prior to the 3 PM concert.

Youth Choir: Held most Sunday mornings at 11:15 AM. All ages are welcome!! We know how busy families can be, so please know that a child is always welcome any time they can come, and they won't miss out if they can only attend on an irregular basis. The music is simple, yet meaningful and enjoyable, and we go over it as needed. All ages are invited to attend and be a part of the joy of singing informally together.



Submitted by *Ruth Pearce*, for the Music Committee and Choir

Caring Committee

~Wishing Maureen Rounds a speedy recovery.

~Sorry to hear of the passing of Richard Hess. Although not a member, he was a presence in our fellowship.

~Oops! Judy Levin? First we heard she had died, but now we learned she has moved to Connecticut.

~Reminder: There is a memorial for Jan Nam on November 18 at 10 AM at the Meetinghouse.

~We still have people who have difficulty getting out and would love a phone call or visit. Newly added to our list are Barbara Bunker and Christiana Collins.

Happy fall!

Marion Flurkey

Fellowship Gatherings

Men's Breakfast

Held every Thursday, 8:00-10:00 AM, at the meetinghouse, all male members and friends of the UUFF are welcome. Cost is less than \$5.00.

The Ladies Luncheon November 9 at Noon at Wicked Restaurant in the Roche Brothers shopping area. Please text (much preferred) or call 508 524 0986, email swimmer.kathe@gmail.com. Katherine needs to know how many are coming.

Brown Bag Book Bunch

Held the third Wednesday of the month at noon. Everyone brings a sandwich and the hostess supplies drinks and other goodies. The November meeting is at Marion Flurkey's, 528 Menauhant Road. All are welcome.



November Birthdays

1 Avis Grosslein
6 Darby Rioux
12 Amy Bower
13 Joan Vaughn
16 Peter Wells

16 Scott Fitzmaurice
16 Silas Lacey
17 Marion Flurkey
23 Chris Wheeler
26 Bill Donkin
27 Jack Mulkeen

28 Lisa Dunne
28 Pia Munro

Anniversaries:

7 Janet/Rolf Kluever
10 John/Susan Carpenter
24 Donna/Steve Jumper

Committee Chairs! Down with secret meetings! Please email your meeting dates and times to the meetinghouse office so they can be included on *Sandscript's* calendar. All UUFF meetings are open to members and friends but this is meaningless unless people know when to attend the meetings! Send info to admin@uuffm.org. All meetings are at the Meetinghouse unless otherwise noted. For details & updates go to uuffm.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 8:00 AM Mens' Breakfast 9:45 AM Membership 9:45 AM Stewardship 5:30 PM Women's AA 6:00 PM Women's Divorce Grp.	3	4 10 AM Youth Grp Pie Making 12 PM Soto Zen Sangha 6 PM Rachel Carson Dinner
5 9 AM Nature Walk 9:45 AM Membership 10:00 AM Service, & RE 11:15 Discussion 11:15 Youth Group	6 7:00 PM Choir	7 1:00 PM Mah Jongg 1:30 PM Fellowship #1 7:00 PM Soto Zen Sangha 7:00 PM Adult Ed Comm.	8 1:00 PM Communication 2:30 PM Fellowship #3 7:00 PM Finance	9 8:00 AM Mens' Breakfast 12:00 Noon Ladies Lunch 3:30 PM Fellowship #4 5:30 PM Women's AA 6:00 PM Women's Divorce Grp.	10 VETERANS DAY (observed)	11 11:00 AM Alternative Gift Market
12 10:00 AM Service & RE 11:15 Discussion 11 AM Alternative Gift Market 11:15 Youth Grp & Youth Choir Reh. 11:30 AM Inquirer's Series 1:00 PM RE Ed Comm.	13 7:00 PM Choir 7:00 PM World Unity Choir	14 1:00 PM Mah Jongg 1:00 PM Caring Comm. 7:00 PM Fellowship #2 7:00 PM Soto Zen Sangha	15 12:00 Brown Bag Bk Bunch 5:00 Lay Ministry 7:00 PM Music Comm. 7:00 PM Adult Ed	16 8:00 AM Mens' Breakfast 9:45 AM B&G 5:30 PM Women's AA 6:00 PM Women's Divorce Grp. 7:00 PM Gov. Board 7:15 PM Music Comm.	17 5:30 PM Parent Social	18 10:00 AM Jane Nam Memorial
19 10:00 AM Service & RE 11:15 Discussion 11:15 AM Ways & Means 11:15 AM Youth Group Pie Sale Youth Choir Rehearsal	20 7:00 PM Choir	21 1:00 PM Mah Jongg 1:30 PM Fellowship #1 4:00 PM Soc. Action Comm. 7:00 PM Soto Zen Sangha	22 2:30 PM Fellowship #3	23 THANKSGIVING	24 Office Closed	25
26 10:00 AM Service & RE 11:15 Discussion 11:15 Youth Grp & Youth Choir	27 7:00 PM Choir	28 1:00 PM Mah Jongg 7:00 PM Soto Zen 7:00 PM Fellowship #2	29 7:00 Adult Ed.	30 8:00 AM Mens' Breakfast 5:30 PM Women's AA	1	2