



THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER
 840 Sandwich Road, East Falmouth, MA 02536 * 508-457-0449 * www.UUFalmouth.org

Important Events in January

Date With Death Club

Wednesday, Jan. 3 at 6:30pm
 Wednesday, Jan. 31 at 6:30pm
 (See page 3 for more info.)

Community Circle

Friday, Jan. 5 at 2pm
 (Members & Friends only)
 Friday, Jan. 12 at 2pm
 (Open to the Public)
 (See page 3 for more info.)

Restorative Movement

Friday, Jan. 5 at 6:30pm
 (See page 3 for more info.)

People Against Trafficking Humans Presentation

Wednesday, Jan. 10 at 6:30pm
 (See page 4 for more info.)

Percussion Discussion

Friday, Jan. 12 at 6:30pm
 Friday, Jan. 26 at 6:30pm
 (See page 4 for more info.)

Brown Bag Book Bunch

Wednesday, Jan. 17 at 12pm
 (See page 4 for more info.)

Linking Indigenous and Non-Indigenous Knowledge Presentation

Saturday, Jan. 20 from 1-3pm
 (See page 5 for more info.)

RELIGIOUS SERVICES IN JANUARY

*The Theme for January is **The Gift of Liberating Love***

January 7th at 10 AM—*I Don't Know Yet*, led by Steve Treistman; service associates Julie DeSorgher, Joanne Treistman and Izzie Williams. Marcel Proust made one of the most profound warnings I can imagine when he advised: "Love those who seek the truth; beware of those who find it." I think this means that he loved UU's. A number of years ago, a Buddhist monk spent a few days in my laboratory. We discussed the nature of truth from the perspectives of western science and Buddhist thought. How might these differing views of reality inform our journey at UU Falmouth?

January 14th at 10 AM—Mini Service & Mini Breakfast, led by the Social and Environmental Action Committee; service associate Judy Andrade. SEAC will lead this service with a focus on Eco-Justice. Our good friend, Lew Stern, will participate in the program. A mini breakfast provided by the SEAC Committee will follow the service.

January 21st at 10 AM—*Why Make Resolutions*, led by Dan Joslin; service associates Judy Andrade and Izzie Williams. Sangaku Dan Joslyn, founder and guiding teacher of the Falmouth Soto Zen Sangha will look into the history of New Year resolutions. This will include how we view change—its rate of speed, its benefits, and the psychological impact of success and failure—while also offering a possible alternative method.

January 28th at 10 AM—*Divine Plan or Luck?* led by Rev. Dr. Kristen Harper; service associates Judy Andrade and Tedi Bell. Divine plan or luck: Is there a grand plan to our lives? Is there such a thing as fate? Or is everything a random event? Rev. Dr. Harper will explore what some religions believe and what that says about our lives and the divine.

The Rev. Dr. Kristen Harper is the minister of the Unitarian Church of Barnstable where she has served for 22 years. She received her doctorate at Meadville/Lombard Theological School in Chicago, is a published author and poet, and lives in Marstons Mills with her cat Advent.

NOTE: If you have an announcement for Sunday services, please contact the service associate listed with that week's service description.

President's Corner



UU FALMOUTH BOARD

2023-2024 Officers

Charlotte Harris, President
Phil Zimmerman, Vice President
Gail Donkin, Treasurer
John McWilliam, Clerk

Directors

Dave Crichton
Maggie Jones
David Mark Welch

2023-2024 Committee Chairs

Art Exhibits—Joanie Thompson
Building & Grounds—Bob Sabin,
Phil Zimmerman, Dave Dimmick,
emeritus chair
Caring Community—Judy Alden
Committee on Ministry—Marion
Flurkey
Communications—Joanie
Thompson & Nannette
Oldenbourg
Denominational Affairs—Larry Ladd
Development—TBD
Fellowship Activities—Steve &
Joanne Treistman
Finance—Gayle Simundza
Lay Ministry Team—Tom Kirkman
Leadership Council—Julie
DeSorgher
Membership—Carolyn Powers
Memorial Woodland—Phil
Zimmerman
Music—Susan Brooks
Nominating—Julie DeSorgher
Religious Services—Judy Andrade
& Julie DeSorgher
Safe Church—Contact: Tom
Kirkman
Social & Environmental Action—
Robin Melavalin & Rosa Whiting
Welcoming Congregation—
Contact: Judy LeBeau
Whole Life Learning—TBD

Hello Members and Friends,

I am having such a good time being president of the congregation. Thank you for trusting me with this honor. People are so nice to me, not that they weren't before but more so, and best yet, not always but often, people say yes to taking on responsibility for leading the activities that make us a strong community. I have really good examples to show you what I mean.

Robin Melavalin and Rosa Whiting are the new co-chairs of the Social and Environmental Action Committee. Rosa is no newcomer to leadership. She's been a member for several years, serves on the Religious Services Committee and the Safe Church Task Force as well as SEAC, and never hesitates to think productively and speak up. Robin, while a lifetime active UU, is relatively new to us but not to environmental activism. A retired academic, before and in retirement, she organizes and leads walking tours in far flung countries and is one of the leading workers of Old Ladies Against Underwater Garbage. FYI, OLAUG has received national attention. Together, Robin and Rosa will do a great job for us with SEAC.

Joanne and Steve Treistman are the new leaders for what Judy Alden suggested we call Fellowship Activities. Fellowship is pretty broad. It covers adult education, social activities, week-day and night spiritual activities—all the pursuits that bring us and others outside of us together during the week. As you know, Joanne leads community circles and Steve has initiated and led many planning groups and study groups. Bring your activity needs and desires to them and they will try to help you create and sustain them.

Dave Crichton, elected member of the Nominating Committee, pillar of Building and Grounds, and tireless landscape volunteer, joined the Governing Board to complete Dorothy Schrupf's term. The other six of us welcomed him with affection and gratitude.

Jessica Mark Welch stepped forward to lead a candlelight service with her son Daniel on Christmas Eve. The candlelight service has been UU Falmouth's tradition for as long as I have been attending and that goes way back to attending with my mother before I moved here in 1991. Were it not for Jessica and her love for this Fellowship—and this observance—we would be without. After all, we are a spiritual outfit.

My thanks to these seven people and to the members and friends who accept their leadership, who staff the committees, task forces and planning groups, who contribute their time and creativity and brains and hearts to our shared enterprise.

Enjoy the holiday season,

Respectfully,
Charlotte

Charris20@me.com and 508-563-5165 – *Do not hesitate to get in touch!*

Upcoming UU Falmouth Events

Date With Death Club - Two sessions in January

“Owning Your Dying” - Wednesday, January 3 from 6:30-9:00 PM via Zoom (*Note New Date!*)

Death as a general concept is one thing; our own death is a whole other thing. In this session, we'll talk about possible ways to face our own death with intention, exploring the process of holding deathbed vigils, as well as home funerals. We'll talk about the role of end-of-life support people and other community supports for reclaiming this aspect of our lives.

“Afterlife /Afterlives” - Wednesday, January 31 from 6:30-9:00 PM via Zoom

What happens after we die is a mystery. There's lots of speculation and theory but no concrete evidence. In this non-dogmatic session, we'll explore concepts of an afterlife (or not) through an interfaith panel representing different traditions and outlooks, then engage in personal reflection on what our beliefs are, where we got them from, and how they have held up over our lifetimes.



People may come to just one or any number of the classes. Free and open to all!

Community Circles In January

Topic for both circles: “Looking to the future.”

*** Friday, January 5 at 2 PM at the Meeting House. Community Circle for UU Falmouth *friends and members only*.**

*** Friday, January 12 at 2 PM at the Meeting House. Community Circle *open to the public*.**

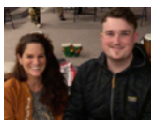
Community Circles of Falmouth encourages community building, problem solving and face-to-face opportunities for listening and sharing. A Zoom session meets online on the third Saturday from 1-3 PM. Please check with Joanne Treistman (treistmanjoanne@gmail.com) if you have any questions.



Restorative Movement Workshop

Friday, January 5 from 6:30-8:00 PM at the Meeting House

Come join Angela and Noah Shepherd, the mother and son co-owners of Shamballa Healing, as they present a workshop on restorative movement hosted by UU Falmouth. The program will help people begin the new year peacefully, with renewed energy. After a welcome and introductions, there will be a short crystal bowl sound meditation, followed by connection through music, awakening energy through movement, restorative movement through music, and finally, a relaxing cool down. The program is offered for free, and donations will be accepted.



Angela Shepherd has decades of experience leading programs, including at Gosnold's Emerson House, and her son Noah is a beloved meditation teacher. The two also lead the Percussion Discussion drumming circle every other Friday night from 6:30 to 8 PM at the Meeting House (see next page).

Upcoming UU Falmouth Events continued

Presentation: Cape Cod PATH (*People Against Trafficking Humans*)

Wednesday, January 10 at 6:30 PM at the Meeting House



People Against Trafficking Humans (PATH) is a grass-roots organization working to end human trafficking on Cape Cod. Their mission is to raise awareness through education, outreach and collaboration.

Inspired by the 2014 film *Hidden in Plain Sight*, a group of concerned citizen volunteers came together to do something about human trafficking (HT) and decided to form a task force. They conducted a search to determine if there were any statistics or resources about HT on Cape Cod. They found there were none and only one organization equipped to help victims cope with their trauma. Knowing there are an estimated 250,000 children trafficked annually within the U.S. and millions more trafficked globally, they compiled their own statistics by aligning the risk factors associated with HT nationally with demographic data about the local community to determine the levels of risk on Cape Cod.

During this presentation you will learn what human trafficking is, how to recognize the signs, and what you can do about this disgrace on Cape Cod.

Percussion Discussion

Friday January 12 & 26 (and every other Friday) at 6:30 PM at the Meeting House

Percussion Discussion is a community-building event welcoming people familiar with drum circles and those with no experience. It involves a crystal bowl sound bath, brief guided meditation, and a fun, connective drumming circle using drums and other percussion instruments. Bring a drum or percussion instrument if you have one; we will provide drums as well. Please join us in connection, light, and loving celebration.



Percussion Discussion will be held **every other Friday**, at the Meeting House from 6:30-8 PM.

Brown Bag Book Bunch (BBBB)—UU Falmouth's Book Club with a Twist!

Wednesday, January 17 at 12 PM at the Meeting House

Did you know UU Falmouth has its very own bookclub...with a twist? You don't have to read the book before you come!



The Brown Bag Book Club is a drop-in gathering that meets monthly. They originally took turns hosting but that ended when Covid began. After temporarily switching to Zoom during that time, they now gather at the Meeting House in person.

Everyone is invited to bring their own lunch. After eating, they move on to either a group sharing of books or an in-depth share about a specific book by one person.

All are welcome to meet at noon on the third Wednesday of the month. Contact Christina Jacobi via admin@uuffm.org for more information.

Upcoming UU Falmouth Events continued

L.I.N.K. (Linking Indigenous & Non-Indigenous Knowledge) Program

A 2024 Educational Series starting Saturday, January 20 from 1:00-3:00 PM at the Meeting House

UU Falmouth is collaborating with L.I.N.K. to offer monthly events with educators from the Wampanoag Tribe to teach the local, non-Native community about the true history and culture of the Wampanoag people.

First Light Flashback, the first program in the series, is a dramatic enactment reflecting the personal experience and Tribal history of “People of the Dawn” pre-European contact to the present day. Performer Annawon Weeden, from the Mashpee Wampanoag and Narragansett tribes, has been awarded a Congressional Honor as Culture Bearer for the entire New England region for his continued efforts to correct misinformation and misrepresentation of Indigenous people.



L.I.N.K. is a local non-profit Cape Cod organization seeking pathways to understanding and reciprocity between the non-Native community and the Wampanoag Nation. Their goal, long-term, is to contribute to building authentic relations and partnerships with Wampanoag members by listening to and honoring Native needs and concerns, and recognizing their contributions. L.I.N.K. seeks active collaboration with community groups and organizations like UU Falmouth to change the current environment of societal injustice and to heal relations.

All programs are open to the public. More information can be found at their website: linkcapecod.org.

Committee Updates

BUILDINGS & GROUNDS: Judy and Mark Lebeau removed the old soap dispensers in the bathrooms and filled the screw holes; the spare air compressor for the automatic sprinkler system is back in service; the pipes for water supply in the East Wing have been drained as well as the outside faucets. We now have to **remember to leave the bathroom doors open whenever they are not in use so the pipes don't freeze!**



CARING COMMUNITY: The UU Falmouth Caring Community invites you to help us serve our congregation's needs. Who needs what, where and when? Is it a visit, a meal, a ride or just a card or phone call? Tell us so we may serve. Call Judy Alden at 774-361-6070 or Betsy Young at 508-548-2722. **If you don't share, we can't care!**



COMMUNICATIONS: The Communications Committee has been hard at work on our new website over the past several months. We are about to “go live” very soon. This will be the “beta phase” of the new site where we continue to tweak it with input from our testers—you! Please let us know what needs fixing as we go along in January and the months to come. Contact Joanie Thompson directly or through admin@uuffm.org. Thanks go to web team members Julia Withers and Ellen Todd for their hard work and valuable input.



Meanwhile, we have been busy in both traditional media (the *Enterprise* newspapers) and new media through co-chair Nannette Oldenbourg's efforts on Facebook and Instagram. We encourage you to share our new media feeds with your friends!

Committee Updates continued

SOCIAL & ENVIRONMENTAL ACTION: SEAC has renewed its commitment of service to the following three priorities: 1. Climate and Environment; 2. Upper Cape Food Security; 3. Solidarity with the Wampanoag Tribe.

SEAC will support the January meeting of L.I.N.K. (Linking of Indigenous and Non-Indigenous Knowledge) with some volunteers. Having this monthly program at UU Falmouth has been initiated by Joanne Treistman and Charlotte Harris.



SEAC will host the breakfast service on January 14, 2024. The topic will be “Eco-Justice.”

Share the Plate for January will be on January 14, 2024. The recipient of 50% of the offering will be the Cape Cod Climate Change Collaborative (CCCCC or 5C's). CCCCC is a non-profit 501(c)(3) organization whose mission is to reduce ways in which the Cape and Islands region contributes to climate change, and to protect our region from its potentially devastating impacts.

Share the Plate for November went to UUSC's Guest at Your Table program. UU Falmouth sent them \$386.50.

Winter Coat Collection: Pam Morrone reports that she gave away 29 coats to people who *really* needed them. Thanks to Pam and to everyone who donated a coat. They were all of high quality and greatly appreciated.

Food needed at the Falmouth Service Center: UU Falmouth has collected large amounts of food to be delivered to the Falmouth Service Center. Thank you for continuing to care and share. We're hearing from FSC that the need is extremely great this month. Please bring the following items to the Meeting House: apple juice, quick bread mixes, canned corn, canned green beans, spaghetti, and tomato sauce. Let's make the little red wagon overflow with generosity!

Science volunteers needed: A coaching/mentoring volunteer program with Falmouth public schools to help science students is underway. Volunteer opportunities are available in the high school to help students prepare for the science fair in late February when judges will also be needed. Middle school students can use help for their science fair taking place January 8-12, and will ask for help again for their Earth Day celebration in April. First graders at Mullen Hall can use volunteers with their water study at a local pond on May 30.

You do not need to be a scientist to help these kids. If you have questions or would like to volunteer, please call Judy Lynch at 914-282-0378 or via admin@uuffm.org.

NOTE: SEAC is now meeting on the second Tuesday of the month at 7 PM via Zoom. The next meeting will be January 9. All are welcome to attend. Contact Rosa Whiting or Robin Melavalin via admin@uuffm.org if you would like to join us.

UU Falmouth Announcements



January Birthdays



1/5 Alice Liljestrang
1/8 Anne Giblin
1/9 John Jackson
1/10 Kathy Dyer
1/11 Lillian Palmer
1/13 Bob King

1/16 Rosa Whiting
1/16 Isabelle Williams
1/19 Judy Lynch
1/20 Carol Ann Cronon
1/23 Nathan Gartner
1/23 Silas Gartner

1/25 Ellen Todd
1/26 Julie MacNary
1/27 Trish Keohane
1/30 Joanie Thompson
1/31 Sara Fisichella-Bower

Fellowship Weekly/Monthly Gatherings

For more information on any of these gatherings, contact the person listed or email admin@uuffm.org.

- **The Breakfast Group** - Tuesdays at 8 AM at various restaurants. This month they will be meeting at Betsy's Diner, 457 Main Street, Falmouth. For more information, contact Reed Walsh.
- **Mah Jongg** - Tuesdays from 1:00-3:00 PM at the Meeting House. For more information, contact Peggy Sabin.
- **Fellowship Tea** - Tuesdays at 4 PM. To get the Zoom login, email admin@uuffm.org.
- **Brown Bag Book Bunch** - Wednesday, January 17 at noon at the Meeting House. For more information, contact Chris Jacobi.
- **Men's Breakfast** - Thursdays from 8:00-10:00 AM. Meet via Zoom on January 4 & 18; and in person at the Meeting House on January 11 & 25. If you would like more information, or for the Zoom login, please contact Bob Sabin.
- **Ladies Luncheon** - Thursday, January 11 at noon and the 2nd Thursday of each month. This month it will be at the Wicked Restaurant, 35 South Street, Mashpee. Contact Marion Flurkey or Kathe Crew to let them know you are coming.
- **Community Circle** - Friday, January 5 at 2 PM at the Meeting House for members and friends only; January 12 open to the public. For more information, contact Joanne Treistman.
- **Percussion Discussion** - Friday, January 12 & 26 and every other Friday at 6:30 PM at the Meeting House. For more information, email admin@uuffm.org.

Unitarian Universalist Fellowship of Falmouth Staff

Ann German, Bookkeeper (contact Gail Donkin, treasurer@uuffm.org)
Frederick Johnson, Director of Music - johnsonfrederick953@gmail.com

Kit O'Connor, Office Administrator - admin@uuffm.org
Nancy Wendlandt, Pianist - welcome3434@yahoo.com

Office Hours: Kit will be in the office from
9 AM - 1 PM Monday, Wednesday, Thursday and Friday

The UU Falmouth central calendar is linked in real time to the website, UUFalmouth.org so you can see up-to-date

• SUNDAY	• MONDAY	• TUESDAY	• WEDNESDAY	• THURSDAY	• FRIDAY	• SATURDAY
		January 2024		Red = All are welcome to attend.		
	1	2 8am Breakfast Grp. 1pm Mah Jongg 4pm Fellowship Tea	3 8am Religious Services Committee 9:30am Writing Time 1pm CoM Meeting 3pm Partners Grief Support Group 6:30pm Date With Death Club	4 8am Men's Breakfast 1pm Audit Team	5 2pm Community Circle - UUFF only 6:30pm Restorative Movement workshop	6
7 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30am Sermon Discussion	8 1pm Caring Community Meeting 3pm Lay Ministry 6:30pm Choir Rehearsal 8pm Music Committee	9 8am Breakfast Grp. 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation Cmte 4pm Fellowship Tea 7pm SEAC Meeting	10 9:30am Writing Time 6:30pm People Against Trafficking Humans (PATH) Presentation	11 8am Men's Breakfast 10am Membership Committee 10am B&G 12pm Ladies Luncheon 1pm Audit Team 3:30pm Fellowship Group #3 7pm Finance Committee	12 2pm Community Circle - Open to the public 6:30pm Percussion Discussion	13
14 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30am Sermon Discussion	15 6:30pm Choir Rehearsal	16 8am Breakfast Grp. 1pm Mah Jongg 4pm Fellowship Tea	17 9:30am Writing Time 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group	18 8am Men's Breakfast 1pm Audit Team 7pm Governing Board	19	20 1-3pm L.I.N.K. program
21 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30am Sermon Discussion	22 3pm Lay Ministry 6:30pm Choir Rehearsal	23 8am Breakfast Grp. 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Fellowship Tea	24 9:30am Writing Time	25 8am Men's Breakfast 1pm Audit Team 3:30pm Fellowship Group #3	26 6:30pm Percussion Discussion	27
28 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30am Sermon Discussion	29 6:30pm Choir Rehearsal	30 8am Breakfast Grp. 1pm Mah Jongg 4pm Fellowship Tea	31 9:30am Writing Time 6:30pm Date With Death Club			