

Sandwich Road Menu

For the week of January 7, 2024



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

SUNDAY SERVICE January 7, 2024 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?

COFFEE HOUR: As January 7 is the first Sunday of the month, **we ask people whose last names begin with A-E to please bring a snack to share.**

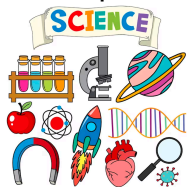
THE BREAKFAST GROUP meets every Tuesday at 8 AM. This month they will be meeting at Betsy's Diner, 457 Main Street in Falmouth. All are welcome. For more information, contact Reed Walsh via admin@uuffm.org.



IS THERE REALLY HUMAN TRAFFICKING ON CAPE COD?! YES! Come learn more from Cape Cod People Against Trafficking Humans (PATH) on **Wednesday, January 10 at 6:30 PM at the Meeting House and via Zoom.** PATH is a grass-roots task force working to end human trafficking and its risks on Cape Cod. Their mission is to raise awareness through education, outreach and collaboration. 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.



SCIENCE VOLUNTEERS NEEDED. A coaching/mentoring volunteer program with Falmouth public schools to help science students is underway. Volunteer opportunities are available at 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.

LADIES LUNCHEON, Thursday, January 11 at noon. On the second Thursday of each month, UU Falmouth friends gather at a local restaurant to relax and enjoy a good meal and good company. This month's gathering will take place at the Wicked Restaurant, 35 South Street in Mashpee. Contact Marion Flurkey or Kathe Crew via admin@uuffm.org to let them know you are coming.

COMMUNITY CIRCLE, January 12 at 2 PM at the Meeting House - open to the public.

The topic will be: "Looking to the Future." Community Circles of Falmouth encourages community building, problem solving and face-to-face opportunities for listening and sharing. People in the circle take turns sharing while passing around a talking stick. (Participants may pass.) The process continues for usually three rounds, led by a facilitator. In this setting, people can have confidence that they will be listened to fully, without interruption. Participants report how effective the process is at creating understanding and community. Please check with Joanne Treistman (treistmanjoanne@gmail.com) if you have any questions.

PERCUSSION DISCUSSION, Friday, January 12 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.

SUNDAY SERVICE January 14, 2024 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.

BROWN BAG BOOK BUNCH—UU Falmouth's Book Club with a twist! Did you know UU Falmouth has its very own book club...with a twist? You don't have to read the book before you come! The Brown Bag Book Bunch is a drop-in gathering that meets monthly at the Meeting House in person. Everyone is invited to bring his or her own lunch. There is 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 Wednesday, January 17 and every third Wednesday of the month.** Contact Christina Jacobi via admin@uuffm.org for more information.



Red = Congregation-wide events open to all.

For the location of events not on Zoom, please see the appropriate articles above.

SUNDAY, January 7

10:00 AM Sunday Service-In Person and Zoom

11:15 AM Coffee Hour/Grocery cards

11:30 AM Sermon Discussion

MONDAY, January 8

1:00 PM Caring Community

3:00 PM Lay Ministry

6:30 PM Choir Rehearsal

8:00 PM Music Committee

TUESDAY, January 9

8:00 AM Breakfast Group

1:00 PM Mah Jongg

1:30 PM Fellowship Group #1

3:30 PM Welcoming Cong. Cmte-Zoom

4:00 PM Fellowship Tea-Zoom

7:00 PM SEAC Committee-note new day/time

WEDNESDAY, January 10

9:30 AM Writing Time

6:30 PM People Against Human Trafficking Event-Hybrid

THURSDAY, January 11

8:00 AM Men's Breakfast

10:00 AM Membership Committee

10:00 AM B&G Committee

12:00 PM Ladies Luncheon

1:00 PM Audit Team

3:30 PM Fellowship Group #3

7:00 PM Finance Committee

FRIDAY, January 12

2:00 PM Community Circle

6:30 PM Percussion Discussion