

Sandwich Road Menu

For the week of March 5 & 12, 2023



March Theme: *Vulnerability*

There will be a Celebration of Life for Barbara Clements, on Sunday March 5 at 2 PM at the Meeting House. All are welcome to come and help us remember this beloved member of UU Falmouth.

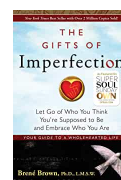
SUNDAY SERVICE March 5, 2023 at 10 AM (In person at the Meeting House and via Zoom)

What About When I Was Wrong? - The Rev. Joe Cherry. Very few of us enjoy being wrong, and yet it has happened to all of us in big and small ways. This Sunday Rev. Joe will talk about being wrong and the importance of acknowledging our mistakes.



COFFEE HOUR snacks this week will be provided by friends and members whose last names begin with A-E. Thank you!

BOOK READ: *The Gifts of Imperfection* by Brené Brown, Mondays March 6, 13, & 27 and Wednesdays March 15 & 29 at 10 AM at the Meeting House and via Zoom. In this groundbreaking *New York Times* best seller, Dr. Brené Brown, a research professor and thought leader on vulnerability, courage, worthiness, and shame, shares ten guideposts on the power of wholehearted living—a way of engaging with the world from a place of worthiness. Come join the discussion lead by Rev. Saramaria. The Zoom login will be sent out by email.



SOUPS & STEWS FROM AROUND THE WORLD! On Saturday, March 11 from 12-2 PM as part of a UU Falmouth fundraiser and social event, you are invited to sample soups and stews from Poland, Thailand, Vietnam, Italy, Brazil, Chili, Morocco, etc. as well as the great state of Massachusetts. The suggested donation is \$5 for a bowl of soup and three small tastings. This event is open to the public and soups will be available for take out. For more information, please contact Celia Gayer or Dorothy Schrupf via admin@uuffm.org.



We will be donating 50% of the proceeds to the World Central Kitchen (WCK) for aid workers and victims of the earthquake in Syria and Turkey. An anonymous donor from the congregation will match 25% of the proceeds and donate them to the WCK.

SUNDAY SERVICE March 12, 2023 at 10 AM (In person at the Meeting House and via Zoom)

It Is Hard To Be Joyful - The Rev. Joe Cherry. Joy seems like something that should be easy to obtain, to access, to live within, and yet most of us spend our lives trying to find the elusive trigger that could bring us into joy. Join us this Sunday as we ask questions and seek answers about the nature of joy and our spiritually complex relationship to it.



COFFEE HOUR snacks this week will be provided by friends and members whose last names begin with F-K. Thank you!

ZENTANGLE! Come join us on **Monday, March 13 from 2-4 PM at the Meeting House** to explore Zentangle art (basically doodling). It is both relaxing and rewarding. It is an easy-to-learn fun way to produce beautiful designs. Your creations can then be used to decorate greeting cards, bookmarks, journal covers, and so much more. All you need is a pen, paper and your imagination! **This event is limited to 10 people.** Contact Chris Jacobi at artnaturally@yahoo.com to reserve a spot.



ARTICLE II DISCUSSION, Wednesday, March 15 at 7 PM at the Meeting House. The upcoming UUA General Assembly will consider a proposed updating of Article II of the UUA Bylaws where the "Seven Principles" adopted in 1985 reside. The proposal is the result of extensive study and consultation by the UUA's Article II Study Commission. **The Denominational Affairs Committee is offering an evening program in-person and via Zoom to learn more about, and discuss, the proposed new statement.**

SPRING EQUINOX CELEBRATION, Tuesday, March 21 at 6:30 PM at the Meeting House. The spring equinox, or vernal equinox, has been celebrated for centuries. Historically, the spring equinox has represented more than just the first day of spring or when the flowers begin to bloom. It has become a symbol for rebirth, fertility, and new beginnings. Join us as we welcome spring with songs, intentions, mythology sharing, and visions of what to sow for spring. For more information, contact Leona Bombaci or Saramaria Allenby via admin@uuffm.org.



EMBRACING AFRICAN DESIGN, Wednesday, March 22 at 7 PM at the Meeting House. Visual artist and educator Carl Lopes will discuss the major influences of African aesthetics on his studio work. Through the viewing of his paintings and life stories, observers will gain an insight into the world of a career visual artist and local person of color educator. His interest in African design stems back to his ancestral heritage on the Cape Verde islands off the West African coast.

Carl received his Master of Fine Arts degree in painting from Pratt Institute and is in the permanent collections of the Cahoon Museum of American Art, Cape Cod Museum of Art, Zion Union Heritage Museum and many restaurants, business offices, and private homes across the country. Locally he is represented by Creative Hands Gallery in Osterville, MA. His works are also on display at the US Embassy, Praia, Cape Verde. For more information go to: www.carllopes.com.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

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

SUNDAY, March 5, 2023

- 10:00 AM** Sunday Service-In Person/Zoom
- 11:15 AM** Coffee Hour
- 11:15 AM** Grocery Cards for Sale
- 2:00 PM** Barbara Clements Memorial

MONDAY, March 6

- 8:00 AM** Learn to Sit
- 10:00 AM** *Gifts of Imperfection Book Read-In Person/Zoom for all sessions.*
- 6:30 PM Choir Rehearsal

TUESDAY, March 7

- 8:00 AM** Breakfast Group
- 1:00 PM** Mah Jongg
- 2:00 PM** Chair Yoga
- 4:00 PM** Fellowship Tea-Zoom
- 7:15 PM Fellowship Group #2

WEDNESDAY, March 8

- 9:30 AM Writing Time

THURSDAY, March 9

- 8:00 AM** Men's Breakfast
- 10:00 AM Membership Committee
- 12:00 PM** Fellowship Lunch-Zoom
- 3:30 PM Fellowship Group #3
- 7:00 PM Finance Committee

FRIDAY, March 10

- 2:00 PM** Community Circle

SATURDAY, March 11

- 12:00 PM** Soups & Stews Event

SUNDAY, March 12, 2023

- 10:00 AM** Sunday Service-In Person/Zoom
- 11:15 AM** Coffee Hour
- 11:15 AM** Grocery Cards for Sale
- 11:30 AM** Finance Dialogue
- 12:15 PM OWL Class

MONDAY, March 13

- 8:00 AM** Learn to Sit
- 10:00 AM** *Gifts of Imperfection Book Read*
- 1:00 PM** Caring Contacts Meeting
- 2:00 PM** Zentangle Session
- 6:30 PM Choir Rehearsal
- 8:00 PM Music Committee

TUESDAY, March 14

- 8:00 AM** Breakfast Group
- 1:00 PM** Mah Jongg
- 1:30 PM Fellowship Group #1
- 2:00 PM** Chair Yoga
- 3:30 PM** Welcoming Cong. Cmte.-Zoom
- 4:00 PM Lay Ministry Team
- 4:00 PM** Fellowship Tea-Zoom

WEDNESDAY, March 15

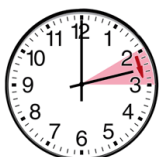
- 9:30 AM Writing Time
- 10:00 AM** *Gifts of Imperfection Book Read*
- 12:00 PM** Brown Bag Book Bunch
- 3:00 PM Partners Grief Support
- 7:00 PM** Article II Revisions Discussion

THURSDAY, March 16

- 8:00 AM** Men's Breakfast-Zoom
- 12:00 PM** Fellowship Lunch-Zoom
- 1:00 PM** Sit and Stitch
- 7:00 PM** Governing Board-Zoom

FRIDAY, March 17

- 2:00 PM B&G Committee
- 6:30 PM** Percussion Discussion



DAYLIGHT SAVINGS TIME

starts Sunday March 12! Set your clocks ahead one hour.