

Sandwich Road Menu

For the week of January 17, 2021



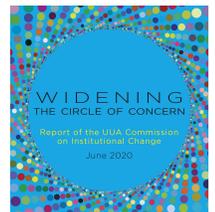
SUNDAY SERVICE JANUARY 17, 10:00 AM – This Sunday is Martin Luther King Jr. Sunday, a day to reflect on the ongoing spiritual struggle for racial justice. This year the service will focus on the special report from the Unitarian Universalist Association Commission on Institutional Change: “Widening the Circle of Concern.” This report comes out of years of in-depth research and study into the real lived experiences of people of color in our congregations. As we look ahead to this challenging new year, how can we at UU Falmouth model the kind of world we want to see? How can we be a truly accepting and inclusive spiritual home for everyone, including people of color?

The service will be done in conjunction with our Denominational Affairs and Whole Life Learning committees, who will be hosting a series of conversations on this important report. (See article below for details.) “Widening the Circle of Concern” is available online at uua.org/widening. Everyone is encouraged to read it.

CONNECTION CIRCLE #5 – “Tending To Our Meetinghouse” and “Governance,” January 17 at 11:30 AM. We wrap up the last of our Connection Circles with these two important areas of interest. There are many ways to participate in “Tending To Our Meetinghouse,” which include: Buildings and Grounds, Art Exhibits, Memorial Garden and Meadow, Technology, and Flowers. You will also be able to find out more about options in the area of “Governance” as a Board Member or member of the Committee on Ministry. Contact Jean Stern at admin@uuffm.org if you have any questions.



“WIDENING THE CIRCLE” - The UUA Commission on Institutional Change: What it means for UU Falmouth and for Unitarian Universalism – The message of Black Lives Matter has had a dramatic impact on Unitarian Universalism but hasn’t yet touched UU Falmouth very much. Please consider attending four sessions, lead by the Denominational Affairs Committee with the support of the Whole Life Learning Committee, exploring how the anti-racism movement is changing our faith and how UU Falmouth and your spiritual practice could change as well. The sessions will be based on the UUA Commission on Institutional Change report, which casts a spotlight on our practices and recommends significant changes needed if we are to “widen the circle.”



The one-hour sessions will be held Wednesdays at 7:00 PM on January 20 & 27, and February 3 & 10.

SUNDAY SERVICE JANUARY 24, 10:00 AM – This is the Sunday after Inauguration Day. What kinds of challenges are coming our way? What will it take to be the resilient persons and resilient congregation 2021 needs us to be? To symbolize moving into a new future, and thinking beyond “blue states” vs. “red states,” we will be putting on a joint service with the UU Congregation of Charleston, West Virginia – Rev. David’s home church!

BROWN BAG BOOK BUNCH WILL NOT BE HELD IN JANUARY as the Presidential Inauguration Ceremony will be taking place. They will meet again on Wednesday, February 17 at noon.

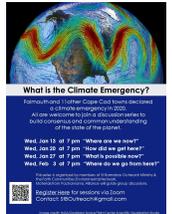
WELCOMING CONGREGATION COMMITTEE MONTHLY MEETING HAS BEEN CHANGED to January 19 at 3:00 PM for this month only. It will be back to the second Tuesday of the month at 3:30 PM on February 9. All are welcome to attend these meetings.

COMMUNITY ANNOUNCEMENTS

THE ANNUAL REV. DR. MARTIN LUTHER KING JR. SERVICE OF COMMEMORATION – All are invited to gather virtually in celebration of the Rev. Dr. Martin Luther King Jr.’s legacy on **Sunday, January 17, 2021 at 3 PM**. This special interfaith service will be accessible using the link: federatedchurch.org/. The service will address our community’s ongoing work confronting racism and enacting equal justice, and feature recordings of the Barnstable County youth speaking in a “Listening Session” this fall that was sponsored by No Place for Hate-Barnstable. The youth speak powerfully about their first hand experiences as people of color living on the Cape. Their messages are particularly meaningful during this year that has seen such racial and social unrest.

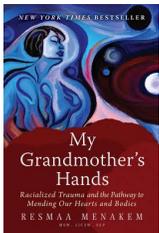


WHAT IS THE CLIMATE EMERGENCY? In 2020 Falmouth and 11 other Cape Cod towns declared a climate emergency. The Saint Barnabas Outreach Ministry and the Faith Communities Environmental Network of Cape Cod will host a public series aimed at building consensus and common understanding about the state of the planet. The three remaining sessions take place on **Wednesday evenings from 7:00 – 8:30 PM: January 20, “How did we get here?” January 27, “What is possible now?” and February 3, “Where do we go from here?”** Email dmarkwelch@mbl.edu for more information.



BLACK LIVES MATTER – Each Sunday, at noon, people gather at the narrow end of Falmouth’s Village Green to stand or kneel in silence for 8-minutes-and-46-seconds...the amount of time it took to rob George Floyd of his life. Black Lives Matter signs are appropriate and welcome. Organized under the aegis of No Place for Hate-Falmouth and Racial Justice Falmouth.

A BOOK GROUP FOR UU'S ON CAPE COD – MY GRANDMOTHER’S HANDS: USING EMBODIED PRACTICES AS TOOLS FOR HEALING RACIALIZED TRAUMA.



We will use Resmaa Menakem’s book, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* as a method for people of all races and ethnicities to understand how whitebody supremacy is reinforced in the US. It will also be used as a healing process. While this program will involve reading and some discussion, there will be emphasis on the body-centered practices contained in the book. Menakem writes: “If you see white supremacy as a belief system or ideology, in this book you will discover only a fraction of it exists in our cognitive brains. For the most part, white supremacy lives in our bodies.” This course will provide insight and tools to help you understand and constructively deal with the embodied aspects of racism.

Facilitated on Zoom by Rev. Jessica Clay, First Parish Brewster. Offered Mondays Feb 1, 8, 22, March 1, 8, 15, 22 from 4:00-6:30 PM. For questions, contact Rev. Jessica Clay at revjessica@firstparishbrewster.org To sign up, please email cove@firstparishbrewster.org

MEETINGHOUSE CALENDAR (Red = Congregation-wide Events Open to All)

SUNDAY, January 17, 2021

- 10:00 AM **Sunday Service**
- 11:15 AM **Coffee Hour**
- 11:15 AM Youth Group
- 11:30 AM **Connection Circle #5**

MONDAY, January 18

- 7:45 PM Choir Meeting

TUESDAY, January 19

- 1:00 PM **Mah Jongg**
- 3:00 PM **Welcoming Congregation**
- 4:00 PM **Fellowship Tea**
- 4:00 PM Social Action Committee
- 7:15 PM Fellowship Group #2

WEDNESDAY, January 20

- 10:00 AM Writing Time
- 3:00 PM Partners Grief Support
- 7:00 PM **“Widening the Circle”**

THURSDAY, January 21

- 8:00 AM **Men’s Breakfast**
- 12:00 PM **Fellowship Lunch**
- 7:00 PM Governing Board