

Sandwich Road Menu

For the week of January 3, 2021



Note: Rev. David will be on vacation from December 25th through January 4th. During this time, for urgent pastoral needs, please reach out to Judy Singer or email the office at admin@uuffm.org.

SUNDAY SERVICE JANUARY 3, 10:00 AM – The Rev. Saramaria Allenby. Guest minister Saramaria Allenby will speak to the New Year and how to find resilience and hope as we love and live with one another in the unfolding drama of creation.

Rev. Saramaria is an ordained minister in the United Church of Christ and serves at Gosnold Treatment Center where she has worked for five years as the Spiritual Care Advisor. She is also a Falmouth Hospital chaplain.

CONNECTION CIRCLE #4 – “Social Connections,” January 3 at 11:30 AM.



Start the new year by joining us for the fourth Connection Circle Zoom meeting where opportunities for connecting socially will be shared by Karen Zimmerman. There are many social groups and new options available to you to begin the new year! Sample groups include: Book Club, Ladies Lunch, Mah Jongg, Men’s Breakfast, Kayaking, Greeters and Shepherds, Coffee Teams, and Office Volunteers. Contact Jean Stern, at admin@uuffm.org if you have any questions.

GROCERY CARDS FOR SALE – The Social Action Committee will be selling grocery cards again from **January 8th through 13th**. Please email Pam Morrone at admin@uuffm.org, or text her at 703-362-3313. Deliveries will be made by January 16th.

Available grocery cards:

Stop and Shop – \$20, 25, 50, 100, 200

Shaws – \$25, 50, 100

Windfall – \$5, 10, 20, 25

Jack in the Beanstalk – \$10, 20, 50

Roche Bros. – \$25, 50, 100



SUNDAY SERVICE JANUARY 10, 10:00 AM – This Sunday, we will hear from our new Acting Director of Whole Life Learning, Devin Shmueli. “Interim and Acting professionals have developmental tasks they are trained to facilitate. My first task is to understand who you are and where you have been together. Our shared time this Sunday will be spent doing an activity around this task in addition to a short homily and instructions. I will be working with members of the Board and the Whole Life Learning Committee to help run these small group discussions in breakout rooms!”

(Reminder: if you would like to schedule a personal meeting with Devin, click on this link: <https://calendly.com/devin-l-shmueli>.)

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 includes: 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.

SELF-COMPASSION MINDFULNESS WORKSHOP – Elizabeth Saito will be leading a three-week meditation and gentle yoga workshop on the theme of self-compassion, held **Tuesdays at 7 PM, on January 26, and February 2nd and 9th**. The program runs for one hour, beginning with a seated meditation, followed by a short series of gentle yoga stretches, then a guided relaxation, and ending with time to discuss self-compassion in our own lives. All ages are welcome. No yoga or meditation experience

required. Participants are asked to commit to all three sessions, and attendance is limited to 10 people. Email Elizabeth at admin@uuffm.org to reserve a spot.



THE SHARE THE PLATE (STP) PROGRAM HAS BEEN SUSPENDED until such time as in-person Sunday services are resumed. Social Action committee members encourage you to support local charities with donations you might have made to STP.

GREEN TIPS – The quality of Cape Cod’s 560 miles of coastline and nearly 1,000 ponds is bad and getting worse (<https://capecodwaters.org>). Too much Nitrogen and Phosphorus is the problem. They enter through septic systems, lawn fertilizer, and roadway runoff. Stop using fertilizer on your property. Stop your town from using it. Check your septic system regularly. The beauty and survival of the Cape is up to us for generations to come.

COMMUNITY ANNOUNCEMENTS

HOUSING ASSISTANCE CORP. (HAC) IN NEED OF BLANKETS FOR THE HOMELESS – HAC is in need of food and blankets to assist their most vulnerable population, the homeless. Due to covid-19, they ask that all items be ordered through their Amazon Wish List and shipped directly to the address provided with that list. Below is the link to the Wish List that includes food, apparel and warm items that are desperately needed. <https://a.co/9fnj8lp>

HAC is going to be doing a bulk order for wool blankets from Northeast Woolen Mill with a rate of \$12.50 per blanket. Any monetary donations towards that would be a great help. They are in need of about 40 blankets. Send checks to 460 West Main Street, Hyannis, MA 02601 or call 508-771-5400 x232.

LAUGHTER YOGA – Need a little cheering up during the dark, cold winter? Try laughter yoga! Laughter exercises aerate the body and brain, strengthen the immune system and most importantly, put you back in touch with the joy and promise of life. The sessions, run by Clare and Allen Goodwin, are held **every Monday morning from 9:27 – 10:07 AM**. The Zoom login is: <https://us04web.zoom.us/j/395684525?pwd=RUFabFRnTUhxTmNyS3BsOFrKTGtBQT09>



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

SUNDAY, January 3, 2021

- 10 :00 AM **Sunday Service**
- 11:15 AM **Coffee Hour**
- 11:15 AM Youth Group
- 11:30 AM **Connection Circle #4**

MONDAY, January 4

- 7:45 PM Choir Meeting

TUESDAY, January 5

- 1:00 PM **Mah Jongg**
- 4:00 PM Membership Committee
- 4:00 PM **Fellowship Tea**
- 7:00 PM Religious Services Committee
- 7:15 PM Fellowship Group #2

WEDNESDAY, January 6

- 10:00 AM Writing Time
- 3:00 PM Partners Grief Support Group

THURSDAY, January 7

- 8:00 AM Men’s Breakfast
- 10:30 AM Newsletter Renaming Meeting
- 12:00 PM **Fellowship Lunch**

