



Sandwich Road Menu

For the week of October 11, 2020

SUNDAY SERVICE OCTOBER 11, 10:00 AM – The Rev. David Kohlmeier

This Sunday we will be honoring both Indigenous People's Day and United Nations Sunday by focusing on the urgency of the global climate crisis. With wisdom from Earth-centered spiritual traditions, and the guidance of our Unitarian Universalist Principles, we'll look at what's happening here on the Cape, and we'll seek to ground our environmental activism in a deeper spiritual vision.

WRITING SESSIONS – Are you writing down your memories or doing other writing, or do you wish you could start? Could you benefit from regular writing sessions with a time set aside to make it happen? Over Zoom we could start with an optional prompt (a possible first line, for example) and then turn off our cameras and microphones for 20 minutes or so. After writing alone, we'd meet again via Zoom and possibly read aloud if desired. The sessions will be guided by Nannette Oldenbourg who trained with *Amherst Writers and Artists* and has led positive, encouraging workshops locally. Contact Nannette via admin@uuffm.org if you are interested in sharing the muse.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH – For those in abusive intimate partner or family relationships trapped at home or elsewhere with their abuser, now more than ever, we need to be vigilant in addressing domestic violence, sexual assault, child abuse, and elder abuse. If anyone you know needs support, resources, and a safe place for themselves or their children; domestic violence, sexual assault, child abuse, and elder abuse services are available. Please contact: the Massachusetts hotline (**SafeLink: 877-785-2020/877-521-2601 TTY**), or locally call Independence House's 24 hour hotline number (**800-439-6507**) or go to <https://independencehouse.org/>.

SUNDAY SERVICE OCTOBER 18, 10:00 AM – The Rev. David Kohlmeier

During this service, we will turn to our own personal relationships and consider what it is to let go of toxic relationships and claim the power of the First UU Principle (the inherent worth and dignity of every person) for ourselves. Can you believe in your own inherent worth, and claim only healthy, life-giving relationships for yourself and others?

PANDEMIC TASK FORCE – I would like to report that I've assembled a task force that will monitor ongoing pandemic news and advisories with an eye toward assessing appropriate incremental steps toward our eventual return to the Meetinghouse in the future. In addition to advising us on safe practices before we return indoors, they will also anticipate any necessary changes to the Meetinghouse that may be required, including HVAC requirements. Please be aware that there is nothing imminent planned. The four members are Jim Liljestrand (MD), Bob Reece (MD), Bruce Bell (PhD, environmental science), and Joanne Treistman (MPH, epidemiology). How lucky we are to have such a stellar group available and willing to advise us as we navigate uncharted waters. A giant thanks to all of them! ~Steve Treistman

START READING NOW! – For Native American Heritage Month, we will be discussing *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz. Join us on **Wednesday, November 18, at 7:00 PM** on Zoom as we unlearn and relearn American history, with a focus on what this means for Cape Cod.



GREEN TIPS – Vote for Earth and environmental and climate friendly candidates. To see what November's candidates say, and to pledge to be a climate voter, go to Greenpeace:

<https://www.greenpeace.org/usa/climate2020/>

TED CLEMENTS – As many of you know, Ted Clements died on September 30, 2020. He was an active member of the Fellowship for many years, serving as president from 1996-1998, starting the Social Concerns Committee (now the Social Action Committee), initiating the sale of supermarket food cards, among many other activities. Ted was an ardent recycler, a lover of music, and as one of his close friends remembers, “was one of those low key guys who worked quietly, and had an immense stamina and desire to help the world.” A celebration of his life is currently planned for late spring 2021.



UU FALMOUTH AUCTION HAS MOVED TO THE FALL (NOVEMBER 20-30) – Please start thinking of things you can contribute to make our new fall event a success. We are especially looking for items that will make good holiday gifts; homemade meals, soups, or baked goods to be delivered to the purchaser; services such as dog walking, snow removal, computer tech services or Zoom classes. We still have a backlog of ‘rain dates’ for events from the spring auction, and many of us are reluctant to meet in person, so we are not accepting hosted events for this auction. Contact Ellen Todd or John Jackson via admin@uuffm.org for more information. Look for the auction website link in the Sandwich Road Menu soon!

COMMUNITY ANNOUNCEMENTS



BELONGING TO EACH OTHER SILENT AUCTION – Online bidding open **October 9-17**. Over 50 fantastic items including artwork; fine wine; jewelry; gift certificates from local shops, restaurants, and services. **Preview October 7-8** at www.bteofalmouth.com. Help “put a roof over people experiencing homelessness.”

LEAGUE OF WOMEN VOTERS COMMUNITY MURAL – On **Saturday, October 10 from 10-2, at Peg Noonan Park in Falmouth** you are invited to help paint a community mural along side your neighbors and award-winning local artist Jackie Reeves. The mural encourages everyone to *Be A Voter!* Sign up in advance by going to <https://www.signupgenius.com/go/LWV> if you want to be sure to get a chance to paint. COVID rules will be strictly adhered to with all paint brushes and pots single use.



EMERGENCY RENTAL ASSISTANCE AVAILABLE TO CAPE COD RESIDENTS – The Barnstable County HOME Program announces a new emergency rental assistance program that provides relief to Cape Cod residents impacted by COVID-19. \$100,000 in HOME funds has been targeted to provide rental assistance in Barnstable County. Eligible households can receive up to \$6,000 in rental assistance. A single online application for this program and other rental and mortgage assistance programs is available at www.haconcapecod.org.

MEETINGHOUSE CALENDAR

(Red = Congregation-wide Events Open to All)

SUNDAY, October 11

10:00 AM **Sunday Service**
11:15 AM **Coffee Hour**

MONDAY, October 12

3:00 PM Fellowship Group #4

TUESDAY, October 13

1:00 PM **Mah Jongg**
1:30 PM Fellowship Group #1
3:30 PM Welcoming Congregation
4:00 PM **Fellowship Tea**
7:15 PM Fellowship Group #2

WEDNESDAY, October 14

12:00 PM Religious Services
1:00 PM Caring Committee
3:00 PM Fellowship Group #6
7:00 PM Governing Board

THURSDAY, October 15

8:00 AM Men’s Breakfast
12:00 PM **Fellowship Lunch**
5:00 PM Whole Life Learning Cmte

SATURDAY, October 17

9:00 PM Leadership Council

