

Sandwich Road Menu

For the week of October 4, 2020



SUNDAY SERVICE OCTOBER 4, 10:00 AM – Guest Speaker Roddy Biggs

This Sunday we welcome as our guest speaker Roddy Biggs (pronouns He/They). Roddy's topic is "Searching for Answers; Changing Communities; Saving Lives." They write: "Join us as we attempt to understand more about the very nature of suicide, and what causes it. As a liberal faith community, we can come together to help change the damaging narrative of suicide that has been created by society and by religious communities for centuries. Together we can make a difference; we can change the story and save lives."

Roddy is a Middle Tennessee State University student finishing his bachelor's degree in Religious Studies before pursuing seminary in the fall of 2021, as they study and work towards ordination in UU ministry. They are currently a member of the First UU Church of Nashville, where they are a worship associate, a lay minister on the pastoral care team, and serve as co-chair for the Social Justice Ministries at the church. Roddy is also very active in young adult ministry work within the UU faith, and is currently also serving as an intern under the leadership of the UU Society of San Francisco, California.

SHARE THE PLATE ON OCTOBER 4, 2020 will benefit Belonging to Each Other. BTEO provides temporary housing, food, transportation and social services for homeless men and women in Falmouth during the cold winter months, while helping clients identify more stable housing and/or necessary services. Please give generously by mailing a check to the Meetinghouse, 840 Sandwich Road, E. Falmouth, MA 02536. Make sure to note that the money is for "Share the Plate" or STP.



BELONGING TO EACH OTHER SILENT AUCTION – Online bidding opens 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."

LADIES LUNCH will be meeting via Zoom on **Thursday, October 8 at 12:30 PM.** Please contact Kathe Crew via admin@uuffm.org to get the login information.

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

This Sunday we'll 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.

PEN PALS: LET'S CONNECT WITH EACH OTHER! In an effort to stay connected during these times of social distancing, Whole Life Learning is starting a Pen Pal Collective within our Fellowship. If you let us know how you like to communicate (email or letters), we will connect you with a fellow UU Falmouth member or friend. We have a series of questions for starters so don't be shy, we are in this together. "A friend may be waiting behind a stranger's face." — Maya Angelou, *Letter to My Daughter*. If you are interested or want more information, **please contact wll@uuffm.org by October 10th.**



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; a time set aside to make it happen? We could Zoom and 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. Nannette Oldenbourg 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.

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!

CHANGE THE MASSACHUSETTS STATE FLAG – The Massachusetts flag features an indigenous figure holding a downward pointing arrow, beneath a raised arm holding a broadsword, which could be interpreted as a message of white supremacy. Efforts to change this symbol have been underway since 1984, but it finally gained momentum on July 28, 2020 when the Massachusetts Senate unanimously passed resolution S. 2848, which would establish a special commission, to report by October 1, 2021, on the need for changes in the official seal and motto of the Commonwealth appearing on our State flag.



The UUA's 2020 General Assembly called for congregations to be in solidarity with the Massachusetts Wampanoag Tribe and other indigenous people. To that end, our Social Action Committee (SAC) encourages UU Falmouth members and friends to email or phone their State representatives, urging that the House concur in resolution S. 2848. More information can be found at <http://changethemassflag.com/>.

The email addresses and phone numbers of the representatives in our area are: William.Crocker@mahouse.gov, tel. (617) 722-2014; Dylan.Fernandes@mahouse.gov, tel. (617) 722-2013; Randy.Hunt@mahouse.gov, tel. (617) 722-2396; and David.Vieira@mahouse.gov, tel. (617) 722-2230.

SAC appreciates having the support of Reverend David and our Governing Board in this matter.

FELLOWSHIP GROUP #4 HAS OPENINGS – Fellowship Group #4, which meets every 2nd and 4th Monday from 3:00-4:30 PM through the winter, has openings. This is a great way to get to know a small group of 8-10 people who meet regularly to share about themselves and discuss a topic chosen by the group. Contact Mead Sommers via admin@uuffm.org if you are interested.

VIRTUAL CHOIR – We have all thoroughly enjoyed the beautiful music put on by the UU Falmouth Virtual Choir. If you would like to join, please contact Susan Brooks or Fred Johnson via admin@uuffm.org. All are welcome.



GREEN TIPS – Recycling is extra effort, but it reduces landfill (which creates methane) and reduces production of new products (like cutting trees for paper). We all believe that adults should clean up their own messes, and intensive recycling supports that belief.

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

SUNDAY, October 4

- 10:00 AM **Sunday Service**
- 11:15 AM **Coffee Hour**
- 11:15 AM Youth Group
- 3:45 PM Fellowship Group #5

TUESDAY, October 6

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

WEDNESDAY, October 7

- 3:00 PM Partners Grief Support
- 7:00 PM **Thriving Through Self-Compassion**

THURSDAY, October 8

- 8:00 AM Men's Breakfast
- 12:30 PM **Ladies Lunch**
- 3:30 PM Fellowship Group #3
- 5:00 PM Whole Life Learning Cmte.
- 7:00 PM Finance Committee

SATURDAY, October 10

- 10:00 PM Soft Chair Board Meeting

