

Sandwich Road Menu

For the Week of December 14, 2025



SINGALONG WITH CAROLYN MCDADE - Saturday, December 13 at 2 PM at the Meeting House. Please join a singalong with Leona Bombaci and others who have sung with Carolyn McDade and her singing group for years. The event will be held via Zoom on the big screen at the Meeting House. It will include over a hundred women from the US and Canada who have sung with one another and Carolyn over the years. Song books will be available online. This is a transcendent experience as we join together singing music from the heart.

SUNDAY SERVICE December 14, 2025 at 10 AM at the Meeting House and via Zoom.

"Nurturing Peace in Our Hearts" led by Rev. Rali Weaver; service associate, Tedi Bell. Join us as we reflect on the practices—from mindfulness to active compassion—that allow us to settle our anxiety, confront our inner conflicts, and create a resilient inner foundation. Only from a place of centered peace can we truly become the unwavering beacons of justice, love, and hope the world so desperately needs.

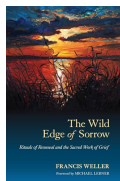
Share the Plate on December 14, 2025: The United Nation World Food Programme is the largest humanitarian organization saving and changing lives worldwide. It brings life-saving relief in emergencies and uses food assistance to build a pathway to peace, stability, and prosperity for people recovering from conflicts, disasters, and the impacts of climate change. It has a presence in over 120 countries, including those across the Caribbean who are suffering from the effects of Hurricane Melissa, half a million Palestinians in Gaza facing catastrophic levels of hunger and starvation, and over 300 million other people facing acute hunger across the globe.



An Important Note About Sunday Announcements: Please submit all your announcements to Rev. Rali Weaver at minister@uuffm.org by 10:00 AM on Friday mornings. This deadline will help her make sure there is enough time allotted for announcements as she plans the Sunday service. Thank you!

COFFEE HOUR: As December 14 will be the second Sunday of the month, we ask people **whose last names begin with F-L** to bring a snack to share and stay to help clean up.

END ZONE READING GROUP: *Exploring Life, Death, and Grief*, hosted by Rev. Rali, Tuesday December 16 and every Tuesday from 6-7:30 PM only on Zoom. In this group, we will explore



topics of mortality, peace, grief, and the sacred work of preparing for the end of life through thoughtful and transformative books. **The book for December is *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief* by Francis Weller.** This is an exploration of grief as a necessary and essential practice, providing a context for understanding its relationship to personal and collective healing.

To sign up and receive the Zoom login, please contact Rev. Rali at minister@uuffm.org or email admin@uuffm.org.

ECUMENICAL "BLUE" CHRISTMAS SERVICE - Wednesday, December 17 at 6 PM at John Wesley Methodist Church, 270 Gifford Street, Falmouth. A quiet, healing service of candlelight, music, and prayer for all carrying pain, suffering loss of any kind, or feeling alone. Rev. Rail will be participating in the service.





WINTER COATS, HATS, MITTENS NEEDED. By **December 18**, please bring in **NEW children's winter coats, hats, mittens and scarves**, sizes infant to 16, and put them on the rack or in the basket in the foyer. They will be given to the Falmouth Service Center. Last year we donated over 20 brand new beautiful coats and received the nicest thank you letters. Watch for sales!

SUNDAY SERVICE December 21, 2025 at 10 AM at the Meeting House and via Zoom.

"Preparing Our Hearts" led by Rev. Rali Weaver; service associate, Michael Goldring. Together, we will explore the themes of hope, love, and renewal that resonate through both the Christmas season and Pagan Yule traditions. As the days grow shorter, we will reflect on the light we can bring into the world and into our own lives. We'll sing beloved Christmas carols, blending in the warmth of Yule. Let us come together to prepare our hearts for the season ahead, embracing the joys and challenges it brings.

CHRISTMAS EVE SERVICE, Wednesday, December 24 at 5 PM at the Meeting House and via Zoom led by Rev. Rali Weaver; service associates, Jessica and Daniel Mark Welch. Join us for traditional lessons and carols during this beautiful candlelight Christmas Eve service.

Share the Plate on December 24, 2025 will go to the Minister's Discretionary Fund.



END OF LIFE Booklets "Good Life and Good Grief Guide" on Sale! Give the gift of information to your family this holiday. Buy an "End of Life" booklet and fill it out. They will be on sale after the service through December. See Reed Walsh to purchase a copy or email admin@uuffm.org.

SAVE THE DATES: The *Starting Point* Program will begin Saturdays, February 14 & 28 and March 14 & 28 from 1-3 PM at the Meeting House. The Membership Committee is again offering a unique program designed for Members, Friends and newcomers. This program presents opportunities to experience the deep listening and sharing practices inherent in UU small groups. It promises an understanding of UU history and the history of this congregation, a new connection to your fellow participants, an experience of UU small group practices, and a sense of the next step in your spiritual journey. ***It is important to commit to all four sessions***, either in person or by Zoom.



If you have questions, please talk to any member of the Membership Committee. Sign-up sheets are posted in the foyer, or you can sign up by contacting Betsy Wilder at betsymail2012@gmail.com.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, December 14

- 10:00 AM Sunday Service**
In Person and Zoom
- 11:15 AM Coffee Hour/Grocery cards**
- 11:30 AM Sermon Discussion**

MONDAY, December 15

- 6:30 PM Choir Rehearsal

TUESDAY, December 16

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 6:00 PM End Zone Reading Group**
Zoom only

WEDNESDAY, December 17

- 9:30 AM Writing Time
- 6:00 PM "Blue Christmas" Service
at John Wesley Methodist Church
(Rev. Rali participating)

THURSDAY, December 18

- 8:00 AM Men's Breakfast**
- 10:00 AM Soul Matters Small Group
- 1:00 PM Chimes Ensemble
- 7:00 PM Governing Board Meeting**

FRIDAY, December 19

- 2:00 PM Drum Circle/Sound Healing**
(aka Percussion Discussion)