



# Sandwich Road Menu

For the week of December 27, 2020

*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](mailto:admin@uuffm.org).*

**SUNDAY SERVICE DECEMBER 27** – This Sunday we will not be holding a service at UU Falmouth. Most of the other UU congregations on the Cape will also be taking the day off—except for Nantucket! They will be holding a lay-led service at 10:45 AM on the celebration of family holiday traditions. Anyone who would like to attend can email them directly at [office@unitarianchurchnantucket.org](mailto:office@unitarianchurchnantucket.org) for the link. The direct login will also be sent to everyone by email.

**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 live and love with one another in the unfolding drama of creation.

Rev. Saramaria is an ordained minister in the United Church of Christ and serves at the 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](mailto:admin@uuffm.org) if you have any questions.

**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” (both as a Board Member or member of the Committee on Ministry). Contact Jean Stern, at [admin@uuffm.org](mailto: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 7pm, 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](mailto:admin@uuffm.org) to reserve a spot.



**THE UU FALMOUTH MEETINGHOUSE TURNS 25!** This month marks the 25 anniversary of the UU Falmouth Meetinghouse. While we would love to celebrate in person with a big party and cake, we will instead take a look back through history in the January Sandscript. If you have any pictures of the Meetinghouse construction or other historic photographs you think would help enrich this special occasion, please contact Karen Zimmerman at [admin@uuffm.org](mailto:admin@uuffm.org).



**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: Let Those Plastics Go** – Plastics only came onto the scene eighty years ago. They poison our water, kill birds, fish and animals, and fill our atmosphere with carbon and other toxins. We can break the plastics habit. We've already started with plastic bags and bottles. We need to go further and faster. Every time you need or want to buy something, ask if it has plastic in it. If it does or what it's packed in does, look for another option or don't buy it: containers, utensils, furniture, packaging, or clothing to name a few. Make 2021 the year to Say No to Plastics.

### COMMUNITY ANNOUNCEMENTS

**LINKS TO SOLSTICE SINGERS SONGS** – There have been requests for a link to the winter solstice pagan songs in the service last Sunday: <https://www.youtube.com/playlist?list=PL0c32fnB66xhmLNxfqZapv-J7O8rmS6OU>. Here is also a link to the Solstice Singers “A Solstice Masque” show that debuted Sunday, December 20 for those who couldn't make it. (It got rave reviews!) <https://www.youtube.com/watch?v=TGPviOypQ-A&t=69s>

**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, December 27

**NO Sunday Service**

3:45 PM Fellowship Group #5

#### MONDAY, December 28

1:00 PM Lay Ministry Team

1:30 PM Covid Task Force

3:00 PM Fellowship Group #4

7:45 PM Choir Meeting

#### TUESDAY, December 29

1:00 PM **Mah Jongg**

4:00 PM **Fellowship Tea**

7:15 PM Fellowship Group #2

#### WEDNESDAY, December 30

10:00 AM Writing Time

#### THURSDAY, December 31

**New Year's Eve**

8:00 AM Men's Breakfast

12:00 PM **Fellowship Lunch**

#### FRIDAY, January 1, 2021

