

# Sandwich Road Menu

Sunday, MARCH 17, 2019



**10:00 AM SERVICE – *What Shall We Do With Our Gifts?*** Tom Kirkman, a long-time member of UUFF, will lead this morning's worship. Since 2002, he has been a member of the Unitarian Universalist Society for Community Ministries. This morning's service will look outside the doors of our Meetinghouse into Intentional Community Ministries while asking how all of us can live in service to heal a hurting world.

**CHOIR WILL BE SINGING** – Choir rehearsal at 9:00 AM.

**RELIGIOUS EDUCATION** – Classes will be held.

**COFFEE HOUR** – St. Patrick's Day cake provided by Jack Mulkeen; snacks provided by the "3<sup>rd</sup> Sunday" group (members and friends with last names L-R).



**FAITH FORMATION MEETING** – 11:15 AM in the Library.

**SERMON DISCUSSION** – 11:15 AM in the East Wing. Discuss the sermon and its relevance to our lives.

## UPCOMING EVENTS AND ANNOUNCEMENTS

**WEEKLY MEDITATION SESSION AT UUFF** –Beginning **Monday, March 18 from 11-11:45 AM**, Dan Joslyn-sensei will be offering a guided meditation for newcomers, as well as a silent-sit and walking meditation periods. These sessions are open to everyone as no prior meditation experience is required, while more seasoned practitioners are also welcome. Both chairs and cushions will be available. Donations are accepted with half of what is received going to UUFF and the other half to the Falmouth Soto Zen Sangha. Feel free to contact Dan at [sensei@falmouthsotozensngha.net](mailto:sensei@falmouthsotozensngha.net) if you have any questions.

**DECODING THE WEATHER MACHINE** – **Wednesday, March 20 at 5:30 PM** at the Meetinghouse. (Note: refreshments will be served at 5:30 PM; the program will begin at 6:00 PM.) Come join Dave McGlinchey, JD, Senior Director of Communications and Government Relations at the Woods Hole Research Center who will introduce the documentary film *Decoding the Weather Machine*. It will help you better understand the working of the weather machine we call Earth, and discover how they are finding that we can be resilient and even thrive in the face of enormous change.



**BROWN BAG BOOK BUNCH** – The BBBB will meet **Wednesday, March 20 at noon** in the North Falmouth home of Betsy Reece, 32 Quail Hollow Road. Please contact Betsy at 508-548-0848 if you have any questions.

**SUNDAY SERVICE, March 24, 10:00 AM** –The Jewish festival of Purim commemorates the story found in the Book of Esther, where one woman's act of courage saved the entire Jewish people from annihilation. Purim commemorates this through a carnival-esque celebration that turns all our expectations upside-down. Why is that? Why is Esther considered a sacred text when it never mentions God, prayer, or anything religious? And what might all this have to say to us living right now in our own dangerous times?

**ADULT ED PRESENTATION ON NATIVE PLANTS ON CAPE COD** – **On March 27 at 7:00 PM** just in time for spring, Master Gardener Stephanie Simpson will be hosting a presentation on *Native Plants on Cape Cod—Why They Should Be Utilized*. She will be discussing the status of native plants in Massachusetts, and which plants to choose for various kinds of growing conditions, light exposure and soil types. Handouts will include a list of recommended plants and area nurseries where they can be purchased.

Stephanie has her own garden coach business, *Cape Garden Girl*. For more information, you can contact her at [ssimpson@macmaps.com](mailto:ssimpson@macmaps.com) or 774-773-0420.

**DANCE FOR ALL AGES** – **March 29 from 6:30-8:30 PM** – Bring friends and join us for a family-friendly, fun evening of cardio and conversation! Snacks provided. Free and open to all in the community! Dance off the winter! Relax to Motown, Swing, 5 Seconds of Summer, Katy Perry, Taylor Swift, Walk the Moon, Pit Bull, JT and much more at the UUFF Meetinghouse.



**NEW UUFF SAFETY TASK FORCE** – The Governing Board has authorized the formation of a Safety Task Force, currently headed by Steve Treistman with members Debi Keller Wood and Dave Dimmick. We will also have input from our sexton, Paul Simmons, and ad hoc members such as Carol Glazier, who are providing additional expertise. We meet weekly and are in the process of prioritizing topics to address.

*We would like to know who has experience in emergency medicine or psychology, and might be able to help in an emergency situation.* Please email Debi at [dre@uuffm.org](mailto:dre@uuffm.org) or Steve Treistman at [Steventreistman@gmail.com](mailto:Steventreistman@gmail.com) or fill out a form in the office. Feel free to contact anyone involved in the task force with your input.

**GREEN TIP OF THE WEEK** – This month’s Green Tips are focused on things we can do to reduce the carbon footprint of our homes. If you own your house, get a quote to install solar as a purchase, or to have it installed at no cost and purchase your renewable energy at a discount from the installer. You could save hundreds of dollars per month. UUFF members highly recommend E2 Solar of Cape Cod or Cotuit Solar. For more information see <https://www.e2solarcapecod.com/residential-solar/> or [Info@SolarRising.net](mailto:Info@SolarRising.net).

**FAITH FORMATION FACTS** – Did you know that the children and youth of UUFF are collecting change to donate to the Stewardship Campaign? All are welcome to help in this effort. There is a big bottle by the welcome table in the front foyer.

**NEW UUFF SENIOR SUPPORTIVE SERVICES LIST** – As we all get older, we may be looking for a variety of supportive services to help us with staying in our homes, transportation, medical supports and much more. An up-to-date list has been created that incorporates many senior services for the upper Cape. It is available to all our Members and Friends through our website [uuffm.org](http://uuffm.org) (select “Connections” then “Caring for Eachother”) and copies can be picked up from the bookshelf in the volunteer office. Please take a look at the many opportunities for your future reference. Our Caring Committee has this information as well.

**FAR OUT FLOWER POWER AUCTION ON APRIL 6** – Wonderful items are coming in for our auction on April 6 - dinners, an oriental rug, and other treasures! We hope for more wonderful items, services & events to make this fundraising effort a huge success. We also need several volunteers to fill in some gaps. If you can bake cookies, be a runner (getting food from the kitchen to the buffet and back to the kitchen), cleanup, decorate, or simply volunteer where needed, please contact Ellen Todd (info below).



We will have working and planning meetings for Auction Décor on Friday, March 15, at 1:00 PM and Saturday, March 16 at 10 AM. We will make 1960s themed signs and paper flowers while we talk about other possible decorations. Let me know if you can attend; walk-ins are also welcome. Email [ellen@jackson-todd.com](mailto:ellen@jackson-todd.com) or text 978-877-7630. *And, don’t forget your tickets--they will be on sale starting this Sunday. Look for ticket sellers, who will be wearing tissue paper flowers.*

**Sandwich Road Menu** brings you the latest news and highlights of upcoming events for the Unitarian Universalist Fellowship of Falmouth, Massachusetts. It is emailed each Friday and folded into the Order of Service on Sunday. Send submissions for all UUFF publications, including the Sandwich Road Menu, to [announce@uuffm.org](mailto:announce@uuffm.org). The deadline for submissions to the Sandwich Road Menu is **Tuesday at noon.**

## MEETINGHOUSE CALENDAR

### SUNDAY, March 17

9:00 AM Choir rehearsal  
 10:00 AM Service & RE  
 11:15 AM Faith Formation  
 11:15 AM Sermon Discussion

### MONDAY, March 18

7:00 PM Choir Rehearsal

### TUESDAY, March 19

1:00 PM Mah Jongg  
 1:30 PM Fellowship Group #1  
 4:00 PM Social Action Committee  
 7:00 PM Soto Zen Sangha

### WEDNESDAY, March 20

12:00 PM Brown Bag Book Bunch  
 2:00 PM Safety Task Force Meeting  
 3:00 PM Partners Grief Support Grp.  
 5:30 PM Adult Ed Program

### THURSDAY, March 21

8:00 AM Men’s Breakfast  
 9:45 PM B&G Committee  
 5:30 PM Women’s AA  
 7:00 PM Governing Board Meeting  
 7:00 PM Music Committee