

Sandwich Road Menu

Sunday, APRIL 14, 2019



10:00 AM SERVICE – *Giving Up God For Lent* – The Rev. David Kohlmeier

In the Christian tradition, it's common to "give up" something for the 40 days leading up to Easter, or to take on a special spiritual practice. This year, Rev. David gave up God for Lent, and has taken on Atheism as a spiritual practice to prepare for Easter. If this idea has you intrigued or scratching your head in confusion, then you'll want to make sure not to miss this service.

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

RELIGIOUS EDUCATION – Classes will be held.

COFFEE HOUR – Snacks provided by the "2st Sunday" group (members and friends with last names E-K).

EQUAL EXCHANGE FAIR TRADE CHOCOLATE – Julia Withers (jmwithers6@gmail.com) will be selling chocolate after the service. Please bring a check or cash for payment.

YOUTH GROUP MEETING – 11:15 AM in the Youth Group Room.

SERMON DISCUSSION – 11:30 AM in the East Wing. Discuss the sermon and its relevance to our lives.

UPCOMING EVENTS AND ANNOUNCEMENTS

BROWN BAG BOOK BUNCH – The BBBB will meet **Wednesday, April 17 at noon** at the home of Barbara White, 11 View Crest Drive, West Falmouth. Char Owens will present the book. If you have any questions, contact Barbara at 508-331-4711.

SUNDAY SERVICE, April 21, 10:00 AM – *When Hope Is Hard To Find* – The Rev. David Kohlmeier



Many religious traditions celebrate important festivals during the spring, with themes of hope, freedom, and new beginnings. In this multi-generational service, we'll celebrate spring and hear the wisdom of Easter and Passover, opening our hearts to rebirth, hope, and a better tomorrow. **Everyone is invited to bring a bell to ring in spring and a red egg as part of the egg blessing.**



UUFF PASSOVER SEDER – On **Wednesday, April 24 from 6:00 to 8:00 PM**, UUFF is holding its fifth UU Passover Seder at the Meetinghouse. The event will be co-led by Jean and Lew Stern, and Rev. David and Nathan Kohlmeier. Sign up in the Meetinghouse lobby or email Lew Stern at lewstern@comcast.net. Please include the number of adults and children attending. Your donation of \$10 per adult will be accepted at the door to help to defray the costs of the dinner and event. Children are free. We look forward to seeing you there.



GUIDED BUDDHIST MEDITATION AND DHAMMA TALK – On **Thursday, April 25 at 7:00 PM at UUFF**, Ajahn Punnadhammo will lead a guided meditation of about 45 minutes followed by a teaching on Buddhist philosophy and world-view. There will be a question and answer period afterward. There is no charge, but monks are wholly dependent on the community for their livelihood, so donations will be gratefully received.

SHARE THE PLATE Sunday, April 28 for EARTH SUNDAY – GreenCAPE, the Cape Alliance for Pesticide Education, is a 20 year old all-volunteer Cape Cod network of citizens whose mission is to increase public awareness of the risks of pesticides and other chemicals to the health and the vulnerability of the Cape Cod water supply. Although they do not engage in political activities such as lobbying, they do feel that people have the right to make their voices heard. Please give generously to this very worthy organization.

FAITH FORMATION FACTS – Did you know that outside of the Faith Formation office there are fliers listing summer programs and camps for youths and for families? What a fun way to have a UU summer!

AUCTION UPDATE – Close to 100 UUFF Members, Friends and some of their friends gathered to celebrate the hippie era, and to participate in our annual auction last Saturday. We are waiting for final expenses to calculate the results, but so far we have almost \$20,000 in income. We also have some items that are still available. They are just waiting for the right buyer—could that be you? We also have open places at some of our outings and events. A list will be emailed to you and bidding sheets will be available after church on April 14.

The Auction co-chairs extend many thanks to all who helped to make this year's auction a success and a lot of fun. Volunteers helped with planning, decorating, cooking, tending bar, moving furniture, working computers, handling money, cleanup and more! It was fun to work together, and your help was greatly appreciated.

UUFF IS TURNING 60!! Mark your calendars! **Sunday, June 4th** after the service, please join us in celebrating our 60th birthday. Details to come.



LIKE TO SING? ENJOY THE CHOIR? YOUR ARE INVITED! Consider joining us in our Musical Ministry by adding your voice in celebrating our UU Community and our love of harmony! No auditions! Rehearsals on Mondays at 7:00 PM; we sing 3 or 4 Sundays a month. We are currently beginning preparations for Music Sunday, June 8. Please speak with Fred Johnson, Director of Music, or one of our members. We hope you'll give it a try!

GREEN TIPS – Several practical suggestions for reducing waste and the carbon footprint of our homes: Decide what you need from the refrigerator before opening the door and close it within five seconds and you can significantly cut energy loss. Shut off your computer when you are done using it and unplug your TV or other electronics when you are away. One quarter of residential energy consumption is from devices in idle power mode. Not only will you help cut back on greenhouse gases, you will save a lot of money on your utility bills.

COMMUNITY ANNOUNCEMENTS

THE WOODS HOLE DIVERSITY ADVISORY COMMITTEE invites you to participate in a community discussion about diversity and inclusion in the Falmouth/Upper Cape region. ***Not Your Average Diversity Discussion*** brings together folks from the Woods Hole scientific institutions and the Upper Cape community to discuss common goals, actions, and challenges. **Tuesday, April 23**, at the Falmouth Library Hermann Foundation Room. Doors open at **5:00 PM**.

ANTI-SEMITISM HERE AND NOW by **Deborah E. Lipstadt** – No Place for Hate Falmouth invites all to a book discussion and community conversation, **Monday, April 22 (new date) at 7:00 PM at the Falmouth Public Library. RSVP to npfhfalmouth@gmail.com.**

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. The deadline for submissions to the Sandwich Road Menu is **Tuesday at noon**.

MEETINGHOUSE CALENDAR

SUNDAY, April 14

9:00 AM Choir Rehearsal
 10:00 AM Service & RE
 11:15 AM Youth Group Meeting
 11:30 AM Sermon Discussion

MONDAY, April 15

11:00 AM Guided Meditation
 7:00 PM Choir Rehearsal

TUESDAY, April 16

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

WEDNESDAY, April 17

12:00 PM Brown Bag Book Bunch
 3:00 PM Partners Grief Support Grp.
 5:00 PM Lay Ministry Team Mtg.

THURSDAY, April 18

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

FRIDAY, April 19

6:00 PM Parent Social Group