Sandwich Road Menu
For the week of September 13, 2020

UPCOMING EVENTS AND ANNOUNCEMENTS

SUNDAY SERVICE, September 13, 10:00 AM – Traditionally, this would be our annual Water Communion. Everyone would be invited to come forward and share some water from their summer travels or experiences, along with a story about what the water represents to them. This we add into a common bowl to represent how our many individual journeys become one community. Sadly, we can’t observe this ritual as we normally would; however, we will adapt. There will be a container in front of the Meetinghouse to drop off your water, even if it just comes from your house, any time between September 10 and 12! In the service, we will still pour the water together, and reconnect, symbolically, to our common heart. You are also invited to email Rev. David (minister@uuffm.org) a sentence or two about one way you have found healing and renewed Life during this past summer. We will share those messages in the service. This service will also draw from the words and wisdom of Unitarian mystic and transcendentalist Margaret Fuller.

SUMMER KAYAKING – The final trip for the UU Falmouth kayaking group will be on Tuesday, September 15 at 9:15 AM at Great Pond. This is the largest tidal body of water in south Falmouth. Contact Gail Donkin at treasurer@uuffm.org if you need directions. Thanks to all who have join the fun this summer!

BROWN BAG BOOK BUNCH will be starting up again on Wednesday, September 16 at noon via Zoom. Contact Chris Jacobi to get login information.

SOCIAL ACTION NEEDS YOUR HELP TO CLEAN UP UU FALMOUTH’S ADOPTED ROAD. On Saturday September 19 at 10:00 AM, please come to the Meetinghouse with your mask and gloves to help us pick up the trash along Sandwich Road in the areas near the Meetinghouse. Social distancing and mask wearing will be observed. Please, no volunteers under the age of 14 and volunteers between 14 and 18, only with a parent’s or guardian’s consent. Contact Julia Withers or Stu Graham via admin@uuffm.org with questions.

SUNDAY SERVICE SEPTEMBER 20, 10:00 AM – The Rev. David Kohlmeier
This week’s service will focus on Dietrich Bonhoeffer, a theologian who was executed by the Nazis for being part of a plot to assassinate Hitler. We’ll use Bonhoeffer’s life and writings to ask the question: “When a society descends into fascism and white nationalism, when propaganda rules over fact, what does a person of conscience do?” This will be a Bring-a-Friend-to-Service Sunday;” you’re encouraged to send the Zoom link to at least one friend, and since we’re virtual, they can be anywhere! This service will be designed especially with new visitors in mind.

SMALL GROUP COASTSweep, SUNDAY, SEPTEMBER 20 – Every September, adults join with the children and youth in our congregation to clean up the area near Trunk River as part of Coastsweep. This year no large group sweeps will be held. Instead, we can have fun and make progress in family and other small groups. You can start collecting any time, or we can try to do it all together (in our small groups) on 9/20. Please send pictures and data so we can share what we’ve accomplished!! For more information check on this site and download the app. (Don’t forget to add your organization name--UUFalmouth!!) https://oceanconservancy.org/trash-free-seas/international-coastal-cleanup/cleanswell/ or contact Aja Frigon at wll@uuffm.org.
**“FRIDAY MORNING CHAT” ON ZOOM** – All are welcome to shoot the breeze, talk about anything, or just listen every other Friday at 11:00 AM on Zoom, beginning September 18. It’s fun to see other people and hear what they have going on in their lives. Contact Kathe Crew via admin@uuffm.org for the login information.

**ANTI-RACIST BOOK DISCUSSION – Justice on Earth: People of Faith Working at the Intersections of Race, Class and the Environment.** Environmental action has long been a passion of many of us at UU Falmouth, and the climate crisis is truly an existential threat to Cape Cod and the entire planet. But did you know environmental action and anti-racism are deeply interconnected? In this two-part discussion, on **Wednesday, September 23 and 30 at 7:00 PM on Zoom**, we’ll explore environmental justice and what it means for us to engage this as an act of faith.

**THRIVING THROUGH SELF-COMPASSION, Wednesday, October 7 at 7:00 PM** – How would you want to treat a dear friend when they are going through a tough time? With kindness, understanding, love, acceptance, and support? How can we be dear friends to ourselves? In this program we will explore ways to be self-compassionate and the benefits we can experience from it: emotionally, spiritually, and physically. This confidential session will allow participants to share and learn from others how they are experiencing this unusual time and how we could be better to ourselves to not only survive, but thrive. **The program is limited to 12 participants who pre-register by Friday, October 2 at sternconsulting@comcast.net.** Program Leaders: Rev. David Kohlmeier and Lew Stern.

**GREEN TIPS** – It's important to help children understand climate change and to support them as they cope with their emotions. Here is a helpful link on how to talk with kids about climate change: [https://yaleclimateconnections.us10.list-manage.com/track/click?u=1688ba4f33d819bf4152dceb9&id=200d8a94c2&e=908bb2d3c0](https://yaleclimateconnections.us10.list-manage.com/track/click?u=1688ba4f33d819bf4152dceb9&id=200d8a94c2&e=908bb2d3c0)

**COMMUNITY ANNOUNCEMENTS**

**AMPLIFY POC CAPE COD** – Tara Wallace, the organizer of Amplify POC Cape Cod, originally created a list of businesses on Cape Cod owned by people of color (POC) to be shared with interested consumers. It has grown into an organization whose mission is now to highlight POC-owned businesses and to promote racial justice and positive aggressive change on a larger scale through local racial equity and educational initiatives. For further information and to learn more, go to GoFundMe: [https://www.gofundme.com/f/amplify-poc-cape-cod?utm_source=customer&utm_medium=email&utm_campaign=p_cp+share-sheet](https://www.gofundme.com/f/amplify-poc-cape-cod?utm_source=customer&utm_medium=email&utm_campaign=p_cp+share-sheet)

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

**SUNDAY, September 13**
- 10:00 AM  **Sunday Service**
- 11:00 AM  **Coffee Hour**

**MONDAY, September 14**
- 3:00 PM  **Fellowship Group #4**

**TUESDAY, September 15**
- 9:15 AM  **Kayaking**
- 1:00 PM  **Mah Jongg**
- 4:00 PM  **Fellowship Tea**
- 4:00 PM  **Social Action Committee**
- 7:15 PM  **Fellowship Group #2**

**WEDNESDAY, September 16**
- 12:00 PM  **Brown Bag Book Bunch**
- 3:00 PM  **Partners Grief Support Group**

**THURSDAY, September 17**
- 8:00 AM  **Men’s Breakfast**
- 12:00 PM  **Fellowship Lunch**
- 5:00 PM  **Whole Life Learning Cmte.**
- 7:00 PM  **Governing Board Meeting**

**FRIDAY, September 18**
- 11:00 AM  **Friday Morning Chat Group**

**SATURDAY, September 19**
- 10:00 AM  **Sandwich Road Cleanup**

**SUNDAY, September 20**
Finish up small group **Coastsweeps.** Send photos and data to Aja Frigon.