

Sandwich Road Menu

For the Week of October 19, 2025



SUNDAY SERVICE October 19, 2025 at 10 AM at the Meeting House and via Zoom.

"Drawing the Circle Wide" led by Rev. Rali Weaver; service associate, Joanne Treistman. This Sunday we will explore the foundations of community circles—simple yet powerful practices that help us deepen compassion, build trust, and nurture care within our congregation. Together we will reflect on what it means to be truly heard, and we will have the chance to practice listening and speaking from the heart in small groups. Come prepared for meaningful conversation, gentle reflection, and the joy of connecting more fully with one another.

COFFEE HOUR: As October 19 will be the third Sunday of the month, we ask people **whose last names begin with M-R** to bring a snack to share and stay to help clean up.

EMERGENCY CONTACT FORMS can now be filled out online! There was a situation recently where an emergency form would have been very helpful but was not on file in Rev. Rali's office. There was a concerted effort 2024 to have people fill out forms and many of you did, but there are still many missing. If you haven't filled out a form, are not sure if you have, or filled one out many years ago, now you can update your information from the comfort of your home. Simply click on this link: <https://forms.gle/nenprPGA1bxZv5UD8>. A paper copy will be printed out and filed...in case of emergency.



SUNDAY SERVICE October 26, 2025 at 10 AM at the Meeting House and via Zoom.

"The Invitation" led by Rev. Tom Schade; service associate, Rosa Whiting. We hold to the hopeful vision of Beloved Community—a social order where all are recognized, valued, empowered, and cared for. Everyone will be included, but some don't feel that they have been invited. Rev. Tom Schade will talk about a hopeful vision of the future and the complications that stand in the way.

Rev. Tom is a retired UU Minister who served the First Unitarian Church of Worcester, MA from 1999 to 2013. He has also served in leadership positions for the UU Christian Fellowship, the Unitarian Universalist Ministers Association, and the Unitarian Universalist Association of Congregations, including one term on their board from 2019 to 2022. He currently is working with their Task Force on Bylaw Revisions.

SPIRITUAL DISCUSSION GROUP, Wednesday, October 29 at 4 PM and every other

Wednesday. Join us Wednesday, October 29 (and every other week) at 4 PM for an engaging and thought-provoking discussion series exploring spirituality from diverse perspectives. Each session dives into a fascinating topic, drawing insights from different cultures, philosophies, and personal experiences. Through lively conversation, we'll wrestle with big questions, challenge assumptions, and discover new ways of thinking about the mysteries of life.



Each session is a chance to explore, share, and expand your understanding of spirituality in a welcoming and open-minded space. Whether you come with strong beliefs or just a curious mind, all perspectives are welcome. For questions, contact Rev. Rali or email admin@uuffm.org.

END ZONE READING GROUP: Exploring Life, Death, and Grief, hosted by Rev. Rali, Tuesdays starting November 4 from 6-7:30 PM only on Zoom. In this group, we will explore topics of

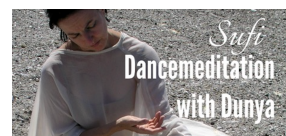


mortality, peace, grief, and the sacred work of preparing for the end of life through three thoughtful and transformative books. The book for November is ***No Fear, No Death: Comforting Wisdom for Life* by Thich Nhat Hanh**. This is a gentle yet profound look at understanding the continuous nature of life and how to transform our fear of death.

Whether you are seeking personal solace, preparing for future eventualities, or simply curious about these vital topics, all are welcome to join this supportive and reflective circle.

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

SUFI DANCE MEDITATION CLASS with Dunya, Saturday, November 8 at 10 AM at the Meeting House. No experience is necessary to attend this dance meditation session—everyone is welcome! The class will be gently led by Dunya Dianne McPherson, internationally recognized Sufi meditation authority, beginning with gentle stretches on the floor or on a chair. Dance meditation provides the opportunity to relax, be creative and playful, and explore spiritual realms within us. Participants, please bring a mat and/or a blanket or towel. For more information go to dancemeditation.org.



20TH ALTERNATIVE GIFT MARKET (AGM) - Saturday, November 8 (10 AM-3 PM) and Sunday, November 9 (11 AM - 3 PM) at St. Barnabas Episcopal Church in Falmouth. Initiated by UU Falmouth in 2006, the AGM is now sponsored by seven congregations and held every year at St. Barnabas in early November. **Mark your calendars** - this popular fundraiser for worthy nonprofits is a not-to-be-missed annual event. The AGM includes fair trade vendors in addition to the opportunity to learn about and donate to worthy nonprofits that are doing much needed work in our community, country, and around the world. **A sign-up sheet for those who want to volunteer to help at the market will be posted in the Meeting House foyer.**



Rev. Rali will be in her office Tuesday-Friday from 9-5. You can set up an appointment during those hours at <https://revraliweaver.youcanbook.me/> or make an appointment outside of those hours by phone at 617-459-5979 or by email at revraliweaver@gmail.com.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, October 19

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

MONDAY, October 20

- 9:30 AM Staff Meeting
- 11:00 AM Accessible Walking Group**
- 6:30 PM Choir Rehearsal

TUESDAY, October 21

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**

WEDNESDAY, October 22

- 9:30 AM Writing Time

THURSDAY, October 23

- 8:00 AM Men's Breakfast**
- 10:00 AM Soul Matters Small Group
- 1:00 PM Chimes Ensemble
- 3:30 PM Fellowship Group #3

FRIDAY, October 24

- 10:00 AM Writers Path Group
- 1:00 PM Grief Group**