

Sandwich Road Menu

For the Week of October 25, 2026



SUNDAY SERVICE October 25, 2026 at 10 AM at the Meeting House and via Zoom

“Neighbors Everywhere: Building Connection with UUSC” led by Rev. Laura Randall, UUSC; service associate Julie DeSorgher. This Sunday we will consider what it takes to change and whether we have the courage to change the things we can. Justice movements are born out of and sustained by community connection. When human rights and international aid are under attack, we must show up for all our neighbors, both locally and globally. The Unitarian Universalist Service Committee’s (UUSC) partners demonstrate what neighborly means in action, showing how community care transcends borders. Join us as we welcome Rev. Laura Randall who will share stories of neighbors who are using the power of community solidarity to forge a new way.



Share the Plate will go to the Unitarian Universalist Service Committee to support all the important work done by UUSC. <https://www.uusc.org/>

COFFEE HOUR: As October 25 will be the fourth Sunday of the month, we ask **people whose last names begin with S-Z** to bring a snack to share and stay to help clean up.

UU FALMOUTH COMMITTEES AND GROUPS FAIR, Sunday, October 25 at 11 AM at the Meeting House. We are a community of doers—and we have FUN! Did you know there are over 20 different committees and groups at UU Falmouth? Are you interested in social justice? Do you want to help grow our membership? Is your goal to have fun and increase your social connections? Are you artistic? Do you have time for a short project but not a long-term commitment? Are you seeking spiritual growth?



Come find out what various committees and groups are doing at UU Falmouth and learn about ways *you* might want to get involved. There is something for everyone!

ALTERNATIVE GIFT MARKET NEEDS VOLUNTEERS! We would like to have a strong volunteer contingent from UU Falmouth at AGM this year, so look for the signup sheet in the foyer and volunteer for your favorite AGM job. Contact Beth Whelan or Bobye Anderson via admin@uuffm.org for additional information. **The market takes place Saturday, November 7 from 10 AM – 3 PM; Sunday, November 8 from 11 AM – 3 PM; Shop online November 8-15 at www.alternativegiftmarketcapecod.org.**



WINTER COATS, HATS, MITTENS & SCARVES NEEDED! During the month of November, the Social and Environmental Action Committee will be collecting **ADULT gently used winter coats, hats, mittens and scarves**. Please put them on the rack in the foyer. They will be donated to the four local food pantries and the Duffy van parked at Saint Barnabas Church. *(Please empty the pockets before donating!)*



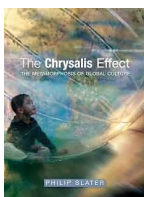
ESSENTIAL SOMATIC MOVEMENT - now Thursdays from 4-5 PM at the Meeting House. Join Gunjan Laborde to learn how slow-paced somatic exercises can release chronic muscle tension, improve mobility, and support older bodies. Spend time yawning and pandiculating like a dog. Small gestures train your brain to return to childlike movements that help your body return to the best ways to use your muscles without pain. Small movements sitting and standing make you aware of how gentle shifts help you recognize physical sensations.

SUNDAY SERVICE November 1, 2026 at 10 AM at the Meeting House and via Zoom

“The Healing Nature of Comedy” led by Rev. Rali; service associate Persia Garland Moen. “Make ‘em Laugh, Make ‘em Laugh. Don't you know the whole world wants to laugh?” We will explore the healing nature of comedy on this All Souls Sunday in November. Kathi Sommers will also be on hand to make you smile.

COFFEE HOUR: As November 1 will be the first Sunday of the month, we ask **people whose last names begin with A-E** to bring a snack to share and stay to help clean up.

JUSTICE BOOK GROUP IS RETURNING! Ever wonder what lies on the other side of today's cultural unrest? Philip Slater's *The Chrysalis Effect* reframes our era's turbulent political and social dynamics, not as a breakdown, but as a transition—a cultural metamorphosis from outdated dominance structures toward collaboration and connection. It's an inspiring, eye-opening read for anyone curious about the future of society.



If you are interested in joining this conversation, meet briefly after church on November 1 to choose a date and time for our ongoing discussion.

JUSTICE DOCUMENTARY FILM SERIES: *Groundswell*, Sunday, November 1 at 3 PM at the Meeting House. Join us for our next monthly gathering where we explore the most pressing issues of our time through film. We'll kick off each session with a screening, followed by warm soup and an open-floor conversation to process what we've seen.

Groundswell (1 hour 33 minutes) is the final chapter of a groundbreaking documentary trilogy following *Kiss the Ground* (2020) and *Common Ground* (2022). *Groundswell* is a cinematic journey across five continents, showcasing regenerative agriculture solutions taking hold, ultimately benefiting human health and a hope for global renewal. Directed by Josh Tickell and Rebecca Harrell Tickell, narrated by Woody Harrelson and Demi Moore.



ELECTION DAY BRUNCH November 3 from 10:30-12:30 at the Meeting House. Please join us, and invite your friends, to a brunch on Election Day. We will serve coffee, juice, and a variety of brunch dishes from 10:30-12:30. Your potluck contributions of food are also welcome. Contact Ellen Todd for more information.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all. **Blue** = Special Events

SUNDAY, October 25

- 10:00 AM Sunday Service**
In Person and Zoom
- 11:15 AM Coffee Hour/Grocery cards**
- 11:00 AM Committee & Groups Fair**

MONDAY, October 26

- 6:30 PM Choir Rehearsal
- 7:00 PM PFLAG Cape Cod**

TUESDAY, October 27

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 6:00 PM Facing Mortality Reading Group**

WEDNESDAY, October 28

- 9:30 AM Writing Time
- 1:00 PM Sit and Stitch Group**

THURSDAY, October 29

- 8:00 AM Men's Breakfast**
- 2:00 PM Chimes Ensemble
- 4:00 PM Essential Somatic Movement**

FRIDAY, October 30

- 12:00 PM Grief Group**

SATURDAY, October 31

- 9:00 AM Soul Matters Group #2