

Sandwich Road Menu

For the Week of October 26, 2025



There will be a memorial service for Irene Johnson, Fred Johnson's wife, on Saturday, November 1, 2025 at 11 AM at the Christ Lutheran Church on Brick Kiln Road. A reception will follow. All are welcome.

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.

COFFEE HOUR: As October 26 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.

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 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.



SUNDAY SERVICE November 2, 2025 at 10 AM at the Meeting House and via Zoom.

"Unlocking Gratitude: From Scarcity to Abundance" led by Rev. Rali Weaver; service associate, Joanie Thompson. This Sunday, we're diving deep into the powerful shift from scarcity to abundance. So often, we unknowingly limit our ability to fully appreciate the richness of our lives by focusing on what's missing. But what happens when we open our hearts to a mindset of abundance? Together, we'll explore how to break free from this narrow view, discover the transformative power of gratitude, and take steps toward embracing a life of generosity and openness.

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.

IN CASE OF EMERGENCY
Emergency University of Falmouth

NAME: _____
 ADDRESS: _____
 CITY/STATE/ZIP: _____
 PHONE: _____
 FAX: _____
 E-MAIL: _____

EMERGENCY CONTACT: _____
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OTHER COMMENTS FOR THE EMERGENCY FILE: _____

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 in 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>. The office will print out and file a paper copy...in case of emergency.

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 organizations 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 is posted in the Meeting House foyer. For more information, contact Julia Withers, jmwithers6@gmail.com.

BUILDING BRIDGES, NOT WALLS Workshop, Wednesday, November 12, from 10-1 PM at the Meeting House. Conflict is all around us and often pushes us apart, especially in today's highly polarized society. With the right tools to engage in difficult conversations, conflict can become an opportunity for growth, building stronger relationships and creating positive change.

This workshop will introduce practical ways to reframe how we express ourselves and hear others that build trust and help people to feel heard, respected, and valued. **A light lunch will be served. Registration is limited to 20 people, so sign up early!** For more information or to register, please contact Rev. Rali or Andy Raymond at araymond43@gmail.com or 518-944-5485.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, October 26

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

MONDAY, October 27

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

TUESDAY, October 28

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

WEDNESDAY, October 29

- 9:30 AM Writing Time
- 4:00 PM Spiritual Discussion Group**

THURSDAY, October 30

- 8:00 AM Men's Breakfast**
- 1:00 PM Chimes Ensemble

