

Sandwich Road Menu

For the Week of October 5, 2025



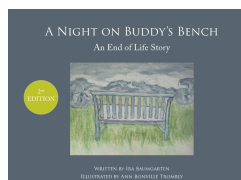
SUNDAY SERVICE October 5, 2025 at 10 AM at the Meeting House and via Zoom.

“Coping With Grief” led by Rev. Rali Weaver; service associate, Andrew Raymond. In a world that often rushes us to “move on,” the ancient voice of the Book of Lamentations invites us to pause—to grieve, to rage, to weep. This Sunday, we will explore how this poetic, anguished text offers us a sacred space for sorrow and a surprising pathway toward healing. What can these laments, born out of devastation, teach us about coping with our own grief today? Together, we will honor the losses we carry and reflect on how hope can be quietly born, even in the midst of heartbreak.

Join us after the service for “A Night on Buddy’s Bench” workshop (see article below).

COFFEE HOUR: As October 5 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.

YOU’RE INVITED TO A WORKSHOP: “A NIGHT ON BUDDY’S BENCH” Sunday, October 5 from 1-3 PM at the Meeting House. In a world that often feels isolated, grief and loss are universal



experiences. Ira Baumgarten, author of *A Night on Buddy’s Bench*, invites you to explore these themes through his powerful storytelling. We’ll listen to excerpts from his book and hear his personal journey of navigating grief. “In this time of social isolation, our ability to hold our feelings of loss and the preciousness of life is a spiritual calling we’re all facing.”

Afterward, we’ll come together in small groups to reflect on these ideas and share our own experiences, using the book’s concepts and practices to guide us. **(A light lunch will be provided after the Sunday service and before the workshop.)**

ACCESSIBLE WALKING GROUP - Mondays at 11 AM (note new time). Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along. **On October 6** - start at Trunk River beach parking lot, Woods Hole, at the bike path. Questions? Contact Cynthia Domack or Wendy Bone directly or via admin@uuffm.org.



SUNDAY SERVICE October 12, 2025 at 10 AM at the Meeting House and via Zoom.

“Holding the Plight of Immigrants in Our Hearts” led by Rev. Rali Weaver; service associate, Julie DeSorgher. This Sunday we will turn our attention to the stories of immigrants who have journeyed to the United States in search of safety, opportunity, and belonging. Through these stories we will glimpse both the struggles and the resilience of immigrant families, and reflect on what it means to open our hearts to their experiences. Together we will consider how listening deeply to these voices can shape the ways we respond with compassion and care.

***Share the Plate October 12 will go to Latinx in Action.** Latinx in Action provides hope and service to immigrant families and individuals, including the newly arrived. It runs a food pantry, English classes, and a referral/resources program.

BORDERx SHOW EXTENDED UNTIL MID-NOVEMBER. In case you missed it, there will be another reception/discussion on **Sunday, October 12 from 12-2 PM** about the powerful BORDERx show currently on display in the Meeting House foyer. C.R. (Craig) Florence, one of the featured artists, will provide a brief talk and answer questions. Craig organized the local show with the Falmouth Immigration Rights Coalition and UU Falmouth. Funding came from the Mid-Cape Cultural Council. Light refreshments will be served.



STARTING POINT PROGRAM OFFERED AGAIN, Saturdays October 18 & 25, November 1 & 8 from 9:30-11:30 AM at the Meeting House. The Membership Committee is again offering a unique program inspired by the UU slogan “deeds not creeds.” It does not present a set of beliefs, but rather many opportunities to experience the deep listening and sharing practices inherent in UU small groups.



Participants are invited to look within themselves for direction in their spiritual journey and are asked to prepare for each of the **four session topics**: *Your Journey, The UU Journey and the Journey of UU Falmouth, Our Journey Together—the 3 paths of UUism, and Finding Your Journey Group*. **It is important to commit to all 4 sessions, either in person or by Zoom.** Sign-up sheets are posted in the Meeting House foyer. Questions? Contact Carolyn Powers or Betsy Wilder directly or via admin@uuffm.org.

“GOOD NEWS” HAPPY HOUR, Saturday, October 18 from 5-6:30 PM at the Meeting House.



Do you need some good news and some time with UU Friends? Then plan to join the Membership Committee for a “Good News” Happy Hour! This is an opportunity to focus on good things happening in the world and around us—so **bring a good news item to share!** We’ll provide snacks and beverages, but contributions are welcome.

To provide a good news video in advance that we can play at the gathering, or if you have questions, email Betsy Wilder at betsymail2012@gmail.com.

THE SOCIAL AND ENVIRONMENTAL COMMITTEE would like to suggest that you begin each month with the purchase of at least one \$25 grocery gift card. These cards, for Jack in the Beanstalk, Roche Bros, Shaws, Stop & Shop, and Windfall make **great ‘Thank You’ gifts** and come in handy in your wallet. **Last year, the profits from these sales were used to donate over \$6,000 to regional non-profit agencies.**



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 5

- 10:00 AM Sunday Service**
In Person and Zoom
- 11:15 AM Coffee Hour/Grocery cards**
- 11:30 AM Sermon Discussion**
- 1:00 PM “A Night on Buddy’s Bench” Workshop**

MONDAY, October 6

- 10:30 AM Religious Services Committee
- 11:00 AM Accessible Walking Group**
- 6:30 PM Choir Rehearsal

TUESDAY, October 7

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

WEDNESDAY, October 8

- 9:30 AM Writing Time

THURSDAY, October 9

- 8:00 AM Men’s Breakfast**
- 1:00 PM Chimes Ensemble
- 3:30 PM Fellowship Group #3
- 7:00 PM Finance Committee

FRIDAY, October 10

- 10:00 AM Writers Path Group
- 12:00 PM Social & Envir. Action Committee
- 1:00 PM Membership Committee
- 2:00 PM Community Circle**

