Sandwich Road Menu
For the Week of November 15, 2026

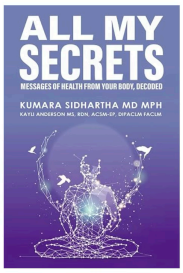
Peter Grinnell, a longtime, beloved member of UU Falmouth, died in late September. A memorial service will be held on Saturday, November 14 at 10 AM at the Meeting House and via Zoom. Rev. Rali will officiate. All are welcome to attend.

SUNDAY SERVICE November 15, 2026 at 10 AM at the Meeting House and via Zoom

"Healing Our Parts" led by Rev. Rali Weaver; service associate Grace Garland Moen. As we continue to explore modes and methods of healing, we will consider the work of the Father of Internal Family Systems Therapy, Richard Schwartz, in exploring our core self and embracing our own internal healing.

Share the Plate will go to Fairwinds Clubhouse which offers support and opportunities for people with mental illness. Employment placements, housing opportunities, pre-vocational training, education, and recreation programs are available to their members. Fairwinds is a clubhouse with a network of supportive friends who encourage success. https://disabilityinfo.org/records/fairwinds-clubhouse/

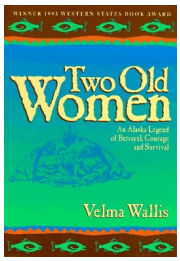
COFFEE HOUR: As November 15 will be the third Sunday of the month, we ask **people whose last names begin with M-R** to bring a snack to share and stay to help clean up.



NOURISHING BOTH YOUR BODY AND THE PLANET, Sunday, November 15 at 12 PM at the Meeting House and via Zoom. Get a fresh take on how to live in harmony with your body and your planet! Dr. Kumara Sidhartha, "Dr. Sid," MD MPH, will share insights from his book, *All My Secrets: Messages of Health From Your Body, Decoded*, and more. Each chapter, a conversation between a person and their body, is based on clinical experience and noted research on eating and wellbeing. Dr. Sidhartha is involved in the education of doctors, other health care professionals, and the public. Hear more from this WCAI interview on The Point:

https://www.capeandislands.org/show/the-point/2024-02-27/the-health-benefits-of-a-plant-based-diet

Soup and other goodies made from book recipes will be available afterwards, as well as signed copies of the book.



THE NEXT L.I.N.K. (Linking Indigenous and Non-Indigenous Knowledge) **BOOK GROUP** will be held **Friday, November 20 at 1:30 PM** at UU Falmouth. We will be reading *Two Old Women* by Velma Wallis. The book is an award-winning best seller based on an Alaskan legend told and retold for many generations. This classic Athabascan Indian tale of survival is filled with suspense, inspiration, and wisdom. Only 127 pages long, but sure to generate lively discussion! We hope you'll join us, whether or not you've read the book. For planning purposes, please let Marcia Smith know you are attending: marciareadsmith@gmail.com.

FROZEN TURKEY DROPOFF, Sunday, November 22, 9:30 AM at the Meeting House before the service. We will be collecting frozen turkeys for the Falmouth Service Center again this year at the Meeting House before the service on November 22. David Casseau will deliver them to the Service Center. You can also bring your turkey(s) directly to the Service Center at 611 Gifford Street from 11 AM – 2 PM (be prepared to wait in line). Please tell them it is from UU Falmlouth and let David know for our total count. **The turkeys need to be between 10-14 pounds—frozen only**.



SUNDAY SERVICE November 22, 2026 at 10 AM at the Meeting House and via Zoom

"Humanist Sunday/Universal Children's Day" led by Rev. Rali; service associate Carolyn Powers. As we near the anniversary of when Darwin first published *On the Origin of Species,* we will explore how learning about human origins questioned the church and helped free thinking to blossom. It is Universal Children's Day as well.

COFFEE HOUR: As November 22 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.

THANKSGIVING POTLUCK CELEBRATION OF HARVEST AND GRATITUDE, Thursday November 26 at 2 PM at the Meeting House. Are you alone for the holidays? Is it too much to prepare all that food for your family? Do you like the idea of a larger, communal feast?



You are welcome to bring your family and a few friends to join us at the Meeting House for a festive celebration of harvest and gratitude. **Helpers are needed** to plan this annual feast. Sign up to volunteer or bring food on the sheet in the foyer. Contact ellen@jackson-todd.com.

NEW FOYER ART SHOW! The beautiful paintings on display this month in the foyer are done by UU Falmouth member Clare Goodwin. According to Clare, "For me, painting is a way of exploring life's mysteries and I'm delighted to share with you some of what I've discovered along the way." Clare and her husband Alan also offer free Laughter Yoga & Wellness on Zoom every Saturday from 9:30-10 AM. They gather at 9:20. All are welcome. Details at capecodlaughteryoga.com.



MEETING HOUSE CALENDAR

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

SUNDAY, November 15
- **10:00 AM** **Sunday Service In Person and Zoom**
- **11:15 AM** **Coffee Hour/Grocery cards**
- **11:30 AM** **Sermon Discussion**
- **12:00 PM** **Dr. Sid "Healthy Eating For You and the Planet"**

MONDAY, November 16
- 6:30 PM Choir Rehearsal

TUESDAY, November 17
- **8:00 AM** **Breakfast Bunch**
- **1:00 PM** **Mah Jongg**
- **6:00 PM** ***Facing Mortality* Reading Group**

WEDNESDAY, November 18
- 9:30 AM Writing Time
- **12:00 PM** **Brown Bag Book Bunch**
- **1:00 PM** **Sit and Stitch Group**

THURSDAY, November 19
- **8:00 AM** **Men's Breakfast**
- 10:00 AM Soul Matters
- 2:00 PM Chimes Ensemble
- **7:00 PM** **Governing Board**

FRIDAY, November 20
- **12:00 PM** **Grief Group**
- **1:30 PM** **L.I.N.K. Book Group**
- **6:30 PM** **Drumming Circle**

SATURDAY, November 21
- **10:00 PM** **Dancemeditation**

