

Sandwich Road Menu

For the Week of November 16, 2025



SUNDAY SERVICE November 16, 2025 at 10 AM at the Meeting House and via Zoom.

“Good Fences Make Good Neighbors” led by Rev. Rali Weaver; service associate, Tom Kirkman. In this Sunday’s service, we explore the complex role that boundaries play in our lives—both in our relationships with others and with ourselves. Boundaries are often seen as essential for self-care, personal growth, and maintaining healthy interactions. But are there times when they can isolate us or create unnecessary divisions? Join us as we reflect on how setting and respecting boundaries can both protect and limit us.

***Share the Plate November 16 will go to Neighborhood Falmouth.**

COFFEE HOUR: As November 16 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.

END ZONE READING GROUP: *Exploring Life, Death, and Grief*, hosted by Rev. Rali, Tuesday November 18 and every Tuesday 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 Death, No Fear: 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.



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

ART IN THE FOYER / SOUND BATH EXPERIENCE. Have you ever experienced a “sound bath”? Did you love the depth of relaxation and you want more? **Come to the Meeting House on Saturday, November 22 at 2 PM** to immerse in the frequencies of gong, bowls and the rest of Susan Miller’s sound-making orchestra. Chairs will be available but bring a mat and blanket if you like. Ages 12 to 112 are welcome. Tell your friends—it’s free! Susan’s art will also be on display in the foyer during November and December.



SUNDAY SERVICE November 23, 2025 at 10 AM at the Meeting House and via Zoom.

“Life on the Gender Continuum” led by Rev. Rali Weaver; service associate, Scott Fitzmaurice. We will explore the fluid and diverse nature of gender, embracing it as a spectrum rather than a fixed binary. By reflecting on the teachings of love, acceptance, and justice, we seek to understand how our Unitarian Universalist values call us to honor and celebrate the unique identities of all people.

SAFETY DAY—Be Prepared! Be safe! Be UU! Sunday, November 23 following the service.

After our worship service on Sunday, November 23, stick around! We’re all about fellowship, but we also need to be prepared. The fabulous Cynthia Dyer will review the safety protocols to ensure everyone’s safety and well-being in the event of a health emergency. Let’s do our part to keep our Fellowship the safest and most responsible spot in town. Don’t miss out on this vital meeting! **Lunch will be provided.**



SPIRITUALITY DISCUSSION GROUP Returns with Lisa Jo Rudy and Rev. Rali Weaver
Wednesday, November 26 (and every other week) at 4 PM at the Meeting House. Are you curious about the deeper questions of life? Do you seek a sense of connection to something larger than yourself? Join us every other Wednesday for an enriching discussion group where we explore spirituality through diverse lenses—inviting both new ideas and ancient wisdom.



November 26 Topic: Is synchronicity more than coincidence? We're thinking about an old friend and they call us out of the blue. You see the number 16 over and over again all day long. Is it just coincidence or is there something more to this type of synchronicity?

Whether you come with deep spiritual convictions or simply a sense of wonder, all perspectives are welcome. Bring your questions and your experiences as we navigate these timeless mysteries together.

3rd ANNUAL POTLUCK CELEBRATION OF HARVEST AND GRATITUDE, Thursday, November 27 at 2 PM at the Meeting House. Members and friends are welcome to join us at the Meeting House—and to bring friends or family—for a festive celebration of harvest and gratitude.



A roast turkey will be provided; others are asked to bring their favorite side dishes or desserts to round out the meal. Doors will open at 2 PM; dinner will be served around 3 PM. **Please sign up on the sheet in the foyer so we know how big a turkey to order. Also sign up to help with clean-up or other tasks.** Contact Ellen Todd (ellen@jackson-todd.com) or John Jackson (john@jackson-todd.com) if you have any questions.

WINTER COATS, HATS, MITTENS NEEDED! During November we will be collecting **gently used adult winter coats, jackets, hats, gloves and scarfs.** Please put them on the rack in the foyer. They will be donated to those in need through the Falmouth Service Center, Duffy Health Care Services, and at the Tuesday/Thursday lunch events at St. Barnabas.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, November 16

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

MONDAY, November 17

6:30 PM Choir Rehearsal

TUESDAY, November 18

8:00 AM Breakfast Bunch
1:00 PM Mah Jongg
6:00 PM End Zone Reading Group

WEDNESDAY, November 19

9:30 AM Writing Time
12:00 PM Brown Bag Book Bunch

THURSDAY, November 20

8:00 AM Men's Breakfast
 10:00 AM Soul Matters Small Group
 1:00 PM Chimes Ensemble
7:00 PM Governing Board Meeting

FRIDAY, November 21

6:30 PM Percussion Discussion

SATURDAY, November 22

2:00 PM Sound Bath Experience