

# Sandwich Road Menu

For the week of November 20, 2022



## November Theme: *Change*

There will be a celebration of Olive Beverly's life at the Meeting House on Saturday, December 3, 2022 at 2 PM. All are welcome to join us as we remember this amazing woman.

**TRANSGENDER DAY OF REMEMBRANCE IS FRIDAY NOVEMBER 18.** As Unitarian Universalists, we share the collective responsibility to build a world that affirms the inherent worth and dignity of all. Last spring the Welcoming Congregation Committee honored and remembered trans people lost and those living among us by planting two oak trees along the fence by the Jewish cemetery. All are encouraged to find a way to commemorate this important day.

**SUNDAY SERVICE November 20 at 10 AM – *A Strong Foundation*, Ginny Irving.** Join us this Sunday as we talk about sharing the great work of building homes with our neighbors in Falmouth, on Cape Cod, and around the world.

Ginny Irving is the Director of Resource Development for Habitat for Humanity of Cape Cod. A Falmouth native, most of her professional life has been in the non-profit world raising money for amazing organizations like the Juvenile Diabetes Research Foundation, Family Continuity, Cape Cod Academy, and Hope Health. **There will be a Share the Plate collection on Sunday to benefit Habitat for Humanity (or you can send a check to 840 Sandwich Road, East Falmouth, MA 02536.)**

**BOOK OF POSSIBILITY – A two-day workshop, November 19 & 20 from 3-5 PM at the Meeting House.** When you write down your goals and intentions, you send a signal to your brain that you're serious about them, and your mind immediately goes to work to find ways to make them happen. What change do you want to see in your life? Come create an altered book with conservation artist Sarah Thornington. Think about what you want your life to include, what's important, what brings you joy, and then open your 'blank' book and spend some time creating your own book of possibility. Learn how to start an altered book, create pages, add pockets, flaps and doors, and so much more.



**WOULD YOU LIKE TO LEARN TO "SIT"?** Join us as we go over the principles of sitting **every Monday at 8 AM in the Meeting House. On November 21**, we will Zen sit—a 20-minute silent sit followed by tea or coffee and a chat.

**GROUP ON ACCEPTANCE – Monday, November 21 at 10 AM at the Falmouth Public Library, 300 Main Street.** Acceptance involves acknowledging the "unvarnished facts" about ourselves and our situation – the good and the not so good, without judgment. Rather than this causing us to be stuck with things as they are, acceptance is the foundation for growth and change. Self-esteem is our sense of value or worth. Lead by Rev. Saramaria Allenby, this group includes readings, music, and a small activity tied to the theme of acceptance.

**GROUP PRAYING WITH THE BODY continues at *A Place to Breathe*, 62 Bonnie Lane in Falmouth on Monday, November 21 at 3 PM—*Note new time for just this week.*** To sign up, contact Rev. Saramaria at [Sallenby48@gmail.com](mailto:Sallenby48@gmail.com).

**WINTER COATS AND CLOTHING NEEDED** - Now that colder weather is here, there are many adults and children in the area who do not have adequate winter coats and other winter clothing. Your donations would really help!! All donations will go to the Falmouth



Service Center to distribute to those in need. We will be collecting these clothes at **Sunday services on November 27 and December 4. We will also pick them up if you can't make the drop off.** Please contact Chris Wheeler by emailing him at his email address or via [admin@uuffm.org](mailto:admin@uuffm.org) to arrange for a pickup.

**SECULAR MEDITATION: 32 Practices for Cultivating Inner Peace, Compassion, and Joy** by Rick Heller, continues **Tuesday, November 29 at 8:30 AM via Zoom.** Come join Rev. Saramaria Allenby for a 40-minute meditation and reading from the text. You will be sent the login by email.



**DISCUSSION of Humankind: A Hopeful History** by Rutger Bregman continues on **Wednesday, November 30 at 5:00 PM via Zoom.** You will be sent the login by email.

**DATE WITH DEATH CLUB, Wednesday, November 30 from 6:30-9 PM via Zoom.** Join us for the second session of the new Date with Death Club curriculum. The DwDC will be facilitated by our host, death educator Heather Massey, and Zoom host, Rev. Saramaria Allenby.

For our second DwDC program, we have chosen to focus on grief. With the holidays approaching, this is often a challenging time for many. Further, there are many losses occurring in our world now, and we can approach them through this lens. With love comes loss. With living comes dying. This session explores how grief and disenfranchised grief work, and what it means in our own lives. (While our focus is grief, and there may be grieving people present, this is not intended as a grief support group.)



**SUNDAY SERVICE November 27 at 10 AM - Our Story.** In the spirit of Thanksgiving, we reflect on the 63 years that the Unitarian Universalist Fellowship of Falmouth has nurtured our community. The Membership Committee will present highlights of UU Falmouth's history from its founding in 1959 to the present day.

**THE PERNAMBUCO PIANO QUINTET** that took place at the Meeting House on Sunday, November 13 was a huge success! 85 people attended and \$1,000 was raised for Cape Cod Climate Change Collaborative! Thanks to all who came and to those who spread the word about this wonderful event.

### MEETING HOUSE CALENDAR

**Red = Congregation-wide events open to all.**

For the location of events not on Zoom, please see the appropriate articles above.

#### SATURDAY, November 19

**3:00 PM A Book of Possibility Workshop-Day 1**

#### SUNDAY, November 20

**10:00 AM Sunday Service-In Person & via Zoom**

**11:15 AM Coffee Hour-In Person & Zoom**

**11:15 AM Grocery Certificates for Sale**

**11:30 AM Finance Statement Rollout Mtg.**

**3:00 PM A Book of Possibility Workshop-Day 2**

4:00 PM Fellowship Group #5

#### MONDAY, November 21

**8:00 AM Learn to "Sit"**

**10:00 AM Group on Acceptance**

**3:00 PM Praying with the Body**

6:30 PM Choir Rehearsal

#### TUESDAY, November 22

**8:00 AM Breakfast Group**

11:00 AM Music Committee

**1:00 PM Mah Jongg**

1:30 PM Fellowship Group #1

4:00 PM Lay Ministry Team

**4:00 PM Fellowship Tea-Zoom**

#### WEDNESDAY, November 23

9:30 AM Writing Time

#### THURSDAY, November 24

**HAPPY THANKSGIVING!**

