

Sandwich Road Menu

For the Weeks of November 2 & 9, 2025



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

"From Scarcity to Gratitude" led by Rev. Rali Weaver; service associate, Joanie Thompson. This Sunday, we're diving deep into the powerful shift from scarcity to gratitude. 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.

COFFEE HOUR: As November 2 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.

END ZONE READING GROUP: *Exploring Life, Death, and Grief*, hosted by Rev. Rali, Tuesdays starting November 4 and 11 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.

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.

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 at jmwithers6@gmail.com.

SUNDAY SERVICE November 9, 2025 at 10 AM at the Meeting House and via Zoom.

"The Faces of Extremism: Confronting Violence and Inciting Peace" led by Rev. Rali Weaver; service associate, Carolyn Powers. Extremism in all its forms—whether political, religious, or ideological—breeds violence and division. From street protests to online hate, we witness the destructive power of rigid beliefs that justify harm. This Sunday, we reflect on how extremists commit violence, not just with fists, but with words and ideologies. What can we do to counter this? Join us as we explore how to confront hatred with compassion and stand against violence in all its forms.

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, so sign up early! For more information or to register, please contact Rev. Rali at minister@uuffm.org or Andy Raymond at araymond43@gmail.com or 518-944-5485.

“NAVIGATING CHALLENGES AND BUILDING SUPPORT FOR THE TRANS COMMUNITY ON CAPE COD” - Transgender Day of Remembrance: A Night of Reflection and Action, Wednesday, November 12 at 7 PM at the Meeting House. You are warmly invited to join us for a special gathering to honor the *Transgender Day of Remembrance*. This is a time to recognize the lives lost to anti-transgender violence and recommit ourselves to building a world of safety and equity. We will gather at the Meeting House for a vital discussion to help us recognize and consider ways to support the Trans Community on Cape Cod.



3rd ANNUAL POT LUCK CELEBRATION OF HARVEST AND GRATITUDE, 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.

Helpers are needed to plan this annual feast. Sign up to volunteer on the sheet in the lobby starting November 9. Contact Ellen Todd at ellen@jackson-todd.com with any questions.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, November 2

****DAYLIGHT SAVINGS TIME ENDS.
SET CLOCKS BACK ONE HOUR.****

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

MONDAY, November 3

- 9:30 AM Staff Meeting
- 10:30 AM Religious Services Committee
- 6:30 PM Choir Rehearsal
- 7:00 PM Soc. & Env. Action Committee**

TUESDAY, November 4

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

WEDNESDAY, November 5

- 9:30 AM Writing Time

THURSDAY, November 6

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

SATURDAY, November 8

- 10:00 AM Alternative Gift Market**
- 10:00 AM Dance Meditation**
- 10:00 AM Prostate Cancer Survivors Group**

SUNDAY, November 9

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

MONDAY, November 10

- 1:00 PM Caring Committee
- 6:30 PM Choir Rehearsal
- 8:00 PM Music Committee

TUESDAY, November 11

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 3:30 PM Welcoming Cong. Committee**
- 6:00 PM End Zone Reading Group**

WEDNESDAY, November 12

- 9:30 AM Writing Time
- 10:00 AM Building Bridges, Not Walls**
- 7:00 PM Trans Community on Cape Cod**

THURSDAY, November 13

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

FRIDAY, November 14

- 10:00 AM Writers Path
- 1:00 PM Membership Committee
- 2:00 AM Community Circle**