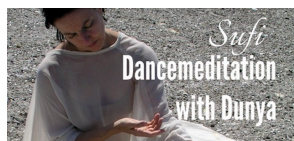


# Sandwich Road Menu

For the Week of January 18, 2026



## SUFI DANCE MEDITATION CLASS with Dunya, Saturday, January 17 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](http://dancemeditation.org).

**SUNDAY SERVICE January 18, 2026 at 10 AM at the Meeting House and via Zoom — “Don’t Ask What I Believe, Ask What I Do”** led by Tom Kirkman, a longtime member of the UU Society for Community Ministries and retired MA judge; service associate, Joanne Treistman. A number of years ago, our former settled minister, Rev. Bob Murphy, provided us with the phrase, “Don’t ask what I believe, ask what I do.” It was a measured, compassionate response to a question of what do Unitarian Universalists believe. Ours is a relational religion and our ministry is about living in right relation to others. The more intentional community ministries of working outside our church walls, are as old as American Unitarian and Universalism, and as young as today. As we celebrate the birth and legacy of Rev. Dr. Martin Luther King, Jr. this weekend, we consider Rev. Murphy’s phrase by honoring our UU principles and the practices that shape a caring and loving community by seeking justice for all.

**COFFEE HOUR:** As January 18 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 January 20 (and every Tuesday) from 6-7:30 PM only on Zoom.** This group is a space for deep reflection and meaningful conversation on life's profound final chapter. We explore topics of mortality, peace, grief, and the sacred work of preparing for the end of life through thoughtful and transformative books.



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, contact Rev. Rali** at [minister@uuffm.org](mailto:minister@uuffm.org) or email [admin@uuffm.org](mailto:admin@uuffm.org).

**AI 101 – THE BASICS, Wednesday, January 21 from 2-4 PM at the Meeting House and via Zoom.** Jenny Carlson-Pietraszek (Rev. Rali’s spouse) will guide us as we learn the “what” and the “how” and start playing with the possibilities AI presents to us. We’ll break down some of the jargon and begin exploring the myriad ways Artificial Intelligence is changing how we live and work. Bring your computer, tablet, and/or smartphone (NOT required) and come with a curious, open mind!



Jenny has more than 30 years of experience as a teacher, instructional coach, and curriculum developer, creating in-person and online collaborative learning communities for both students and faculty. She earned her undergraduate degree at Princeton, and her master’s in education at Columbia University.



**SPIRITUALITY DISCUSSION GROUP with Lisa Jo Rudy and Rev. Rali Weaver Wednesday, January 21 (and every other Wednesday) at 4 PM at the Meeting House. January 21**

**Topic: *What happens to us after we die?*** Another biggie. Do we simply cease to be? Do we become part of something greater than ourselves? Do we go elsewhere, reincarnate, or haunt our loved ones? On a related note, can we actually communicate with the dead?

**PLEASE TAKE OUR “COMMUNITY INVOLVEMENT” SURVEY.** As we repeat each week, we agree that “Love is the spirit of our fellowship and service is its law.” To help us understand ourselves better and to be able to communicate about UU Falmouth with visitors, the Governing Board asks that you tell us how you are involved in the greater community by filling out a survey.



The survey asks about your involvement in service and social activities. The results will be shared within the Fellowship so that Members and Friends might find contact information for activities that they are interested in. Also, the results in aggregate (no names or contact information) will be shared on the website and with visitors to let them know more about the people they will find at UU Falmouth. Please take a minute to fill out the survey online by clicking on this link or by filling out a form at the Meeting House.

[https://docs.google.com/forms/d/e/1FAIpQLSc1\\_j3Yht-NKkXPh\\_CN117Mnn1j6Z8vt8VvIZ6MEr4IMwo2yQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc1_j3Yht-NKkXPh_CN117Mnn1j6Z8vt8VvIZ6MEr4IMwo2yQ/viewform)

**SUNDAY SERVICE January 25, 2026 at 10 AM at the Meeting House and via Zoom**

**“Reconciliation vs. Defeat”** led by Rev. Rali Weaver; service associate, Noreen Cavanaugh. This Sunday, we explore the deep difference between defeat—a surrender driven by exhaustion or coercion, and reconciliation—a courageous, mutual effort to heal a rift and forge a new way forward. We will look at how Unitarian Universalist values call us to move beyond adversarial thinking in our personal lives, our communities, and our pursuit of justice.

**COFFEE HOUR:** As January 25 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.

**SUNDAY SCHOOL VOLUNTEERS NEEDED.** We are looking for a few people who would be interested in helping out in the classroom with the children one Sunday each month. The activities will be pre-planned. We just need to have a “second adult” in the classroom. If you are interested, please contact Rev. Rali for information on getting a CORI check.

**SUnDay  
SCHOOL**

### MEETING HOUSE CALENDAR

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

#### SUNDAY, January 18

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

#### MONDAY, January 19

**Martin Luther King, Jr. Day**  
6:30 PM Choir Rehearsal

#### TUESDAY, January 20

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

#### WEDNESDAY, January 21

9:30 AM Writing Time  
**12:00 PM Brown Bag Book Bunch**  
**2:00 PM AI 101 – The Basics**  
**4:00 PM Spiritual Discussion Group**

#### THURSDAY, January 22

**8:00 AM Men’s Breakfast**  
10:00 AM Soul Matters Small Group  
1:00 PM Chimes Ensemble  
3:30 PM Fellowship Group #3

#### FRIDAY, January 23

10:00 AM Writers Path  
**1:00 PM Grief Group**