

# Sandwich Road Menu

For the week of January 21, 2024

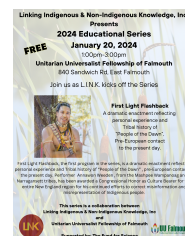


The Theme for January is *The Gift of Liberating Love*

**L.I.N.K. (Linking Indigenous & Non-Indigenous Knowledge) PROGRAM—An educational series starting Saturday, January 20 from 1:00-3:00 PM at the Meeting House.**

UU Falmouth is collaborating with L.I.N.K. to offer monthly events with educators from the Wampanoag Tribe to teach the local non-Native community about the true history and culture of the Wampanoag people.

**First Light Flashback**, the first program in the series, is a dramatic enactment reflecting the personal experience and tribal history of the “People of the Dawn” from pre-European contact to the present day. Performer Annawon Weeden, from the Mashpee Wampanoag and Narragansett Tribes, has been awarded a Congressional honor as Culture Bearer for the entire New England region for his continued efforts to correct misinformation and misrepresentation of Indigenous people.



L.I.N.K. is a local non-profit Cape Cod organization seeking pathways to understanding and reciprocity between the non-Native community and the Wampanoag Nation. Their long-term goal is to contribute to building authentic relations and partnerships with Wampanoag members by listening to and honoring Native needs and concerns, as well as recognizing their contributions. L.I.N.K. seeks active collaboration with community groups and organizations like UU Falmouth to change the current environment of societal injustice and to heal relations. All programs are open to the public. For more information, go to their website [linkcapecod.org](http://linkcapecod.org).

**SUNDAY SERVICE January 21, 2024 at 10 AM. Why Make Resolutions**, led by Dan Joslin; service associates Judy Andrade and Izzie Williams. Sangaku Dan Joslyn, founder and guiding teacher of the Falmouth Soto Zen Sangha will look into the history of New Year resolutions. This will include how we view change—its rate of speed, its benefits, and the psychological impact of success and failure—while also offering a possible alternative method.

**HELP REGISTER NEW VOTERS!** The Social and Environmental Action Committee (SEAC) will be holding a postcard/letter writing session **at the Meeting House after the service at 11:30 AM on Sunday, January 21, 2024**. This will be an effort to register Independents and Democrats in swing states to vote in this year's elections. It is estimated that 60% of unregistered voters have never been asked to register. However, 26% of those asked actually do register. No time like 2024 to be of service...see you on Sunday!



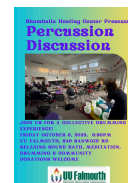
**SCIENCE VOLUNTEERS NEEDED.** A coaching/mentoring volunteer program to help science students is underway with Falmouth public schools. Volunteer opportunities are available at the **high school** to help students prepare for the science fair in late February when judges will also be needed. **Middle school** students can use help for their Earth Day celebration in April. **First graders at Mullen Hall** can use volunteers with their water study at a local pond on May 30.



You do not need to be a scientist to help these kids. If you have questions or would like to volunteer, please call Judy Lynch at 914-282-0378 or via [admin@uuffm.org](mailto:admin@uuffm.org).

## **PERCUSSION DISCUSSION, Friday, January 26 at 6:30 PM at the Meeting House.**

Percussion Discussion is a community-building event welcoming people familiar with drum circles and those with no experience. It involves a crystal bowl sound bath, brief guided meditation, and a fun, connective drumming circle using drums and other percussion instruments. Bring a drum or percussion instrument if you have one; we will provide drums as well. Please join us in connection, light, and loving celebration.



**SUNDAY SERVICE January 28, 2024 at 10 AM. *Divine Plan or Luck?*** led by Rev. Dr. Kristen Harper; service associates Judy Andrade and Tedi Bell. Divine plan or luck: Is there a grand plan to our lives? Is there such a thing as fate? Or is everything a random event? Rev. Dr. Harper will explore what some religions believe and what that says about our lives and the divine.

The Rev. Dr. Kristen Harper is the minister of the Unitarian Church of Barnstable where she has served for 22 years. She received her doctorate at Meadville/Lombard Theological School in Chicago, is a published author and poet, and lives in Marstons Mills with her cat Advent.

**DATE WITH DEATH CLUB, January 31 at 6:30 PM via Zoom.** What happens after we die is a mystery. There's lots of speculation and theory but no concrete evidence. In this non-dogmatic session, we'll explore concepts of an afterlife (or not) through an interfaith panel representing different traditions and outlooks, then engage in personal reflection on what our beliefs are, where we got them from, and how they have held up over our lifetimes. People may come to just one or any number of the classes. Free and open to all!



## **COMMUNITY ANNOUNCEMENT**

**IT'S BIGGER THAN ROE.** The urgency is clear—the fight for a woman's right to abortion is *NOW*. **The Upper Cape Women's Coalition is holding a rally on the Falmouth Town**

**Green on January 20 at 1 PM to find out what we need to do for the 2024**

**elections!** Join them, along with healthcare providers and elected officials, to make a pledge to get out the vote and protect women's safety, health and autonomy. Bring your signs and your energy. Dress for the cold!



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

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

### **SATURDAY, January 20**

**1:00 PM LINK Program**

### **SUNDAY, January 21**

**10:00 AM Sunday Service - In Person and Zoom**

**11:15 AM Coffee Hour/Grocery cards**

**11:30 AM Voter letter writing session**

**11:30 AM Sermon Discussion Circle**

### **MONDAY, January 22**

**3:00 PM Lay Ministry Team**

**6:30 PM Choir Rehearsal**

### **TUESDAY, January 23**

**8:00 AM Breakfast Group**

**1:00 PM Mah Jongg**

**1:30 PM Fellowship Group #1**

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

### **WEDNESDAY, January 24**

**9:30 AM Writing Time**

### **THURSDAY, January 25**

**8:00 AM Men's Breakfast**

**1:00 PM Audit Team**

**3:30 PM Fellowship Group #3**

### **FRIDAY, January 26**

**2:00 PM 3-Year Planning Task Force**

**6:30 PM Percussion Discussion**