

# Sandwich Road Menu

For the week of January 2, 2022

**SUNDAY SERVICE JANUARY 2, 2022 at 10 AM**—*Salt and Light*, The Rev. Saramaria Allenby  
Rev. Saramaria will be preaching on salt and light from a passage in Matthew in the New Testament: living into light, how we are light, the light that came before (primordial light), and light that shines through, in and around us all to this day.

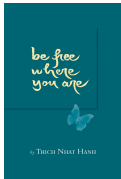
**A SPECIAL BUSINESS MEETING has been called by the Governing Board for Sunday, January 2, 2022 at 12 Noon, via Zoom. To be eligible to vote at the meeting, a member must have signed the membership book by December 1, 2021.**

**The agenda will be: 1. Update on the HVAC Project; 2. Update on the Capital Campaign; 3. Vote on the revised financial means to include Loans, Reserves and Capital Campaign to Repair HVAC and Related Work on the Meeting House. This meeting will be held via Zoom—the login will be sent by email.**

**40-MINUTE MINDFULNESS LESSONS - Sundays, January 2, 9 & 30 at 7:00 PM via Zoom  
Thursdays, January 6, 13, & 27 at 10:00 AM via Zoom**

These mindfulness lessons are all based on Donald Altman's *The Mindful Life*. They will include: relishing the sublime morning and preparing for the sacredness of nighttime, finding the peace in wild things, living the in-between, and finding one pleasant thing. There will be a discussion at the end of each lesson. The Zoom login will be sent to you by email.

**BOOK DISCUSSION: *Be Free Where You Are* by Thich Nhat Hanh - Mondays January 3, 10, 24 at 7:00 PM via Zoom**



"Freedom is not given to us by anyone; we have to cultivate it ourselves." —Thich Nhat Hanh  
Come join us for a book discussion, followed by ten minutes of guided meditation. The book is a compendium of the core teachings of Thich Nhat Hanh, based on a talk he gave at a prison. It shows how mindfulness practice can cultivate freedom no matter where you are. The Zoom login will be sent to you by email.

**MINDFULNESS WALKS**—Let's bundle up, get outdoors and take a walk together!  
(Weather permitting.)

**Wednesdays, January 5, 12 & 26 at 11:00 AM**

- \* January 5 at Chapoquoit Beach on Chapoquoit Road in West Falmouth at 11AM
- \* January 12 at Highfield Hall in Beebe Woods - 56 Highfield Drive, Falmouth at 11AM
- \* January 26 at Lowell Holly Reservation on South Sandwich Road in Mashpee at 11AM



**Sundays, January 9 & 30 at 12:00 PM**

- \* January 9 at Salt Pond Bird Sanctuary at Bourne Farm in Falmouth - 6 N Falmouth Hwy, (on 28A at the end of Thomas Lander's Rd. W. Falmouth) at 12 PM
- \* January 30 at the bike path at Trunk River in Falmouth off of Surf Drive/Oyster Pond Rd. in Falmouth at 12 PM.

**Please sign up for the reminder app at <https://www.remind.com/join/uufalm>. This way you can receive a text if it is canceled, or you can call Saramaria to check: 774-392-3447, [Sallenby48@gmail.com](mailto:Sallenby48@gmail.com)**



**WEDNESDAY NIGHT COFFEE HOUSE - January 5, 12, 19, 26 from 7 to 8:30 PM via Zoom**

Many of us at UU Falmouth miss the time together we often shared at social events, with informal music and times to talk and connect. In January, we will have a weekly opportunity at our new virtual Wednesday Night Coffee House from 7 to 8:30 PM.

We will have musical performances, readings, sharing of positive experiences and inspiration, storytelling, and conversation about living the Seven Principles. Each week we will focus on one principle, cycling through one per week with an open mic on the eighth week on any positive stories from this experience.

Anyone can ask a topical question, present a short reading, tell a story, share a photo, a video, or a piece of art. It's a chance to drop in, connect and be inspired. You can come once or as often as you'd like. Come alone or bring a friend, neighbor, or someone in your family. You don't need to sign up and can stay as long as want. All are welcome.

We invite you to join in the planning and running of the coffee house. **We will need volunteers, leaders, and ideas!** Please contact Saramaria via [admin@uuffm.org](mailto:admin@uuffm.org) if you can help in any way.

**SUNDAY SERVICE JANUARY 9, 2022**—Rev. Joseph Tuckerman's Lessons, The Rev. Joe Cherry  
Rev. Joseph Tuckerman was a man on a mission in 19th century Boston. What can we learn today from a man who graduated from seminary in 1798 on the cutting edge of this new thing called Unitarianism?

**GROCERY CARDS WILL BE AVAILABLE FOR SALE - Saturday, January 15, 2022 from 10 AM to 1 PM at the Meeting House entryway.** We have cards available in multiple denominations to most area markets. The profits from the sale of cards is used each year to make donations from UU Falmouth to local charities and non-profit agencies. There is no cost to the purchaser of the cards as the markets provide a bulk discount to our congregation.



**SNACKS NEEDED FOR HABITAT FOR HUMANITY THROUGH MAY** – UU Falmouth has signed up to provide snacks for the Habitat for Humanity building project in Waquoit (Willett Way off Barrows Road) **the first Tuesday of the month until June.** The dates are: **January 4, February 1, March 1, April 5 and May 3.** Please sign up to help through this link: <https://www.signupgenius.com/go/5080449a5a62caaff2-habitat>.



**MEETING HOUSE CALENDAR**  
**(Red = Congregation-wide Events Open to All.)**

**SUNDAY, January 2, 2022**

- 10:00 AM Sunday Service via Zoom**
- 12:00 PM Special Business Meeting via Zoom**
- 7:00 PM 40-Minute Mindfulness via Zoom**

**MONDAY, January 3**

- 6:30 PM Choir Rehearsal
- 7:00 PM Be Free Where You Are Book Discussion via Zoom**

**TUESDAY, January 4**

- 1:00 PM Mah Jongg**
- 4:00 PM Fellowship Tea via Zoom**
- 7:15 PM Fellowship Group #2

**WEDNESDAY, January 5**

- 9:30 AM Writing Time
- 11 AM Mindfulness Walk**
- 12:00 PM Religious Services Committee
- 3:00 PM Partners Grief Support
- 7:00 PM Coffee House via Zoom**

**THURSDAY, January 6**

- 8:00 AM Men's Breakfast**
- 10:00 AM 40-Minute Mindfulness via Zoom**
- 12:00 PM Fellowship Lunch via Zoom**

**FRIDAY, January 7**

- 11 AM Development Committee