

# Sandwich Road Menu

## For the week of January 29, 2023



### January Theme: *Finding Our Center*

**HELP ORGANIZE THE BASEMENT AND CLEAN OUT THE STORAGE ROOM AT UU FALMOUTH, Saturday, Jan. 28 at 10 AM.** Everyone is encouraged to participate, especially a representative from

each committee, so decisions can be made on what to keep, what to toss, and where to store “stuff.” This will be a way to move forward, so be a part of it! ‘The More the Merrier’ and ‘Many Hands Make Light Work!’ Food and beverages will be on hand to make it a fun community event!

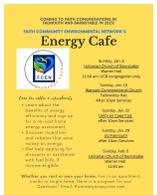


### **SUNDAY SERVICE January 29, 2023 at 10 AM (In-person at the Meeting House and via Zoom)**

*Off Balance* - The Rev. Bill Clark. At the beginning of the summer of 2022, Rev. Bill had a major health event that rocked his world. This is the story of his recovery and rehabilitation. It turned into a story of inspiration periods of the movement of Grace! Rev. Clark has served UU churches in Houston, Texas; First Parish in Lexington, MA; and the UU Society of Martha’s Vineyard. He is a community minister living in Provincetown.

**ENERGY CAFÉ THIS SUNDAY, January 29 at 11:30 AM.** The Social and Environmental Action Committee has partnered with the Faith Communities Environmental Network (FCEN) to host this week’s coffee hour and an educational outreach event as part of the program “Energy Café: An Environmental Justice Initiative.”

FCEN Energy Café Director Rosemary Carey and UU Falmouth “Energy Ambassadors” will share information about free home energy assessments, as well as rebates and products that can make a home more comfortable and cost less to heat and cool while creating a healthier environment and reducing greenhouse gas emissions. Individuals and families, whether they rent or own their home, as well as small businesses and landlords, can access these services. Please plan to attend and bring anyone you feel could benefit from a no-cost home energy assessment.



### **GROCERY CARD SALES—Grocery cards, including Stop & Shop, will be on sale after the service,**

**January 29.** Proceeds from sales go to support local non-profit groups such as food banks and shelters. If you have questions about the program, just ask the Social and Environmental Action Committee volunteer selling cards.



**UU FALMOUTH MEMBERS NEED YOUR HELP!** There are several UU Falmouth members and friends who could really benefit from a meal or a visit. Some of these people are quietly carrying heavy burdens, often alone. If you can help, once or on a regular basis, please contact Judy Alden via [admin@uuffm.org](mailto:admin@uuffm.org). “Someone out there feels alone but doesn’t show it. They are too shy and sad to let anyone know it. Make a quick phone call and show that you care. UU friends are meant to share.” ~Judy Alden

### **SUNDAY SERVICE February 5, 2023 at 10 AM (In person at the Meeting House and via Zoom)**

*Skipping Stones Almost Landed* - The Rev. Joe Cherry. February is Black History Month and this Sunday Rev. Joe will take us through some of the history of our Universalist and Unitarian forbearers and how they engaged in the questions of race. It’s not all good news.

### **LGBTQIA+ ALLYSHIP, IDENTITY-CONSCIOUSNESS, AND THE WELCOMING CONGREGATION,**

**Sunday, February 5 at 12 PM at the Meeting House.** Join facilitator Tracy Morin (she/her) to review concepts of gender and sexuality, and to explore how identity-conscious members of a faith community can foster an environment that is safe and affirming for all individuals who identify as LGBTQIA+. This event is co-sponsored by the Welcoming Congregation Committee and Whole Life Learning. Snacks and finger sandwiches will be provided.



**FEBRUARY 7 IS NATIONAL BLACK HIV/AIDS AWARENESS DAY**, a day to acknowledge progress in HIV prevention and care among Black/African American people, while recognizing the work that is still needed. Learn more at <http://bit.ly/3HHnwOY>. Contact the UU Falmouth Welcoming Congregation Committee via [admin@uuffm.org](mailto:admin@uuffm.org) with any questions or to join the committee.

**WORLD RELIGIONS COURSE with Rev. Joe, Wednesday, February 8 at 7 PM at the Meeting House and via Zoom.** Taoism has been connected to the philosopher Lao Tzu, who around 500 B.C.E. wrote the main book of Taoism, the *Tao Te Ching*. Taoism holds that humans and animals should live in balance with the Tao, or the universe. Taoists believe in spiritual immortality, where the spirit of the body joins the universe after death.

**MOVIE: THE PEACEMAKER, Sunday, February 12 at 11:45 AM at the Meeting House.** A *New York Times Critic's Pick* and multi-award winning film, *The Peacemaker* follows international peacemaker



Padraig O'Malley, who helps make peace for others but struggles to find it for himself. The film takes us from Padraig's isolated life in Cambridge, Massachusetts to some of the most dangerous crisis zones on Earth—from Northern Ireland to Kosovo, Nigeria to Iraq—over five years as he works a peacemaking model based on his recovery from addiction. All are welcome to join us as we watch this award-winning movie together.

**BOOK READING: Love 2.0 by Barbara Fredrickson, Mondays, February 13, 20, & 27 at 10 AM at the Meeting House and via Zoom.** What if everything you know about love is wrong? Worldwide polls suggest that most people take love to be romantic, exclusive, lasting, and unconditional. What if love is none of these things? “The love you do or do not experience today may quite literally change key aspects of your cellular architecture next season and next year—cells that affect your physical health, your vitality, and your overall wellbeing.” ~Barbara L. Fredrickson, Ph.D., *Love 2.0* For more information: <https://www.positivityresonance.com/book.html>.



**WEBSITE RE-DESIGN—REQUEST FOR SUGGESTIONS.** The Communications Committee is about to refresh our congregation’s website: [uuffm.org](http://uuffm.org). **We are offering a suggestion period between January 27 and February 10, 2023.** Talk to your friends and committee members to see what ideas you have. Look at other church websites and tell us why you like them. Photos are also needed, particularly of our events, groups and other offerings.

The Communications Committee has purchased the web address [uufalmouth.org](http://uufalmouth.org). It goes to the same place as [uuffm.org](http://uuffm.org), so if you see [uufalmouth.org](http://uufalmouth.org) in an ad, don’t be surprised.

Please keep in mind that after the initial redesign, there will continue to be just two part-time volunteers to maintain our website, and that the purpose of the site is primarily to attract and educate potential visitors to our Meeting House. Please send your suggestions via [admin@uuffm.org](mailto:admin@uuffm.org).

### MEETING HOUSE CALENDAR

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

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

#### SUNDAY, January 29, 2023

**10:00 AM Sunday Service-In Person/Zoom**  
**11:15 AM Coffee Hour**  
**11:15 AM Grocery Cards for Sale**  
**11:30 AM Energy Café**  
**1:00 PM Creativity Group**

#### MONDAY, January 30

**8:00 AM Learn to Sit**  
**6:30 PM Choir Rehearsal**

#### TUESDAY, January 31

**8:00 AM Breakfast Group**  
**8:30 AM Secular Meditation-Zoom**  
**1:00 PM Mah Jongg**

**3:00 PM Chair Yoga**

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

#### WEDNESDAY, February 1

**8:00 AM Religious Services Committee**  
**9:30 AM Writing Time**  
**3:00 PM Partners in Grief Support**

#### THURSDAY, February 2

**8:00 AM Men’s Breakfast**  
**12:00 PM Fellowship Lunch-Zoom**  
**5:30 PM Whole Life Learning Committee Meeting-Zoom**