

Sandwich Road Menu

For the week of January 8, 2023



January Theme: *Finding Our Center*

ALL-CONGREGATION MEETING January 15 at 11:30 AM at the Meeting House and via Zoom. There will be a special all-congregation meeting after the service on January 15 to discuss more about filling the Board vacancies and to share the results of the focus group meetings. The will take place at the Meeting House and via Zoom. Details to follow. Everyone is encouraged to attend.

SUNDAY SERVICE January 8, 2023 at 10 AM (In-person at the Meeting House and via Zoom)
The Theological Promise of America - The Rev. Joe Cherry. As a nation of coexisting cultures, what do we promise each other? How have we come up short of what was hoped for as our forebears started the adventure that would eventually become us? How have we met the dreams and perhaps even exceeded them?

JOYS & CONCERNS REMINDER: There are three ways you can have your Joy or Concern read aloud during the service: 1) email it to Rev. Joe by Saturday (revjosephmcherry@gmail.com); 2) if you are in person, write it in the yellow book in the atrium before the service; 3) if you are on Zoom, write it in the chat while the music plays. **And new this coming Sunday**, we will reintroduce silent Joys & Concerns. While the music plays, people may walk up front and silently drop a pebble into a bowl of water.

COFFEE HOUR REMINDER: Snacks on Sunday, January 8 will be provided by households with last names F-K. Thank you!



ARTIST'S RECEPTION—WELCOMING GUNJAN LABORDE, Sunday, January 8 at 11:30 AM at the Meeting House. Art is back in the UU Falmouth atrium! Come meet the artist of our new exhibit, Gunjan Laborde. Gunjan has been teaching yoga for 50 years. She is also a transformational coach, teaching how to live from the heart and therefore be happy and healthy. She is certified as a coach in Tapping into Wealth, and the Heart Freedom Method. She paints from her inner vision, creating works of art suitable for sacred spaces and for any living space where one wants to feel inspired, peaceful and joyful. Sometimes her work is completely abstract, but often the viewer will discover creatures and landscapes that were not obvious at first sight. See: <https://www.gunjanlaborde.com/> for more information.



GROUP ON WISDOM, Monday, January 9 at 10 AM at the Falmouth Public Library, Main Street. All are welcome to this presentation and workshop on *Wisdom*. It will include music, readings and activities on wisdom—covering insight, judgment, and knowledge. Explore the spiritual practice of wisdom, which encompasses the discovery of fresh insights about the way things are and the cultivation of different outlooks on what can be. Learn how you find your own wisdom!

COMMUNITY CIRCLE PRACTICE, Tuesday, January 10 at 3 PM at the Meeting House. Join Joanne Treistman, Paula Blumenthal and Brenda Nolan to explore what a Circle is and how it brings together those who want to listen to one another. The Circle's structure creates an opportunity for all of us, in community together, to speak our truth and be heard by each other. We come together as equals, seek a deeper understanding of ourselves and each other, and learn how to move forward in a way that values everyone's needs. Facilitators bring topics and welcome participant's ideas for the next circle. Contact Joanne Treistman with questions via admin@uuff.org.

CARING COMMITTEE 2.0. There will be a meeting on Wednesday, January 11 at 10:30 AM at the Meeting House for past and present Caring Committee members and those interested in becoming members. For more information, please contact Judy Alden via admin@uuff.org.

WORLD RELIGIONS COURSE CONTINUES with Rev. Joe, Wednesday, January 11 at 7 PM at the Meeting House and via Zoom. Shakerism is a Christian religious sect, a break-off from Quakers. They were called the Shaking Quakers. The United Society of Believers in Christ's Second Appearing is their official name, whereas the Quakers call themselves The Religious Society of Friends. Come join Rev. Joe as we continue our exploration of World Religions.

SUNDAY SERVICE January 15, 2023 at 10 AM (In person at the Meeting House and via Zoom)
Science and Spirituality: Understanding and Treating Substance Use Disorder - Steve Treistman and Rev. Saramaria Allenby. Substance Use Disorder (SUD) brings pain to both those who suffer from it and their loved ones. Understanding the causes and treatment of this disease is a global imperative. We will discuss SUD's from the perspectives of science and spirituality. We will also talk about how these perspectives differ and where they combine to provide synergy in our understanding of SUD.

COFFEE HOUSE WITH DAWNA HAMMERS, Sunday, January 15 at 3 PM at the Meeting House.
Singing the Dream! A Martin Luther King Tribute. Please join visionary songwriter, recording artist, and song leader Dawna Hammers as we listen to her inspiring, original songs about Dreams, Diversity, Peace and Love. Like the brave people of the Civil Rights era, let's join our voices in spirit to create the dream of unity! All are welcome to come sing or just sit back and listen. For more information visit <http://www.DawnaHammers.com/home>.



“THE LAYERS” Wednesday, January 18 at 7 PM via Zoom. The Rev. Laurel Hallman will lead a Zoom teaching on “The Layers,” a poem by Stanley Kunitz. He wrote it toward the end of his life after experiencing significant losses. He also has some good advice for us. Rev. Hallman is a retired UU minister and a member of the UU Falmouth congregation. From 2016-17 she served as the Interim Minister at UU Falmouth.

COMMUNITY ANNOUNCEMENT

REV. DR. MARTIN LUTHER KING, JR. NATIONAL HOLIDAY BREAKFAST, Monday, January 16 at 9:15 AM, Sea Crest Resort, North Falmouth; tickets \$25 adults/\$15 students. Hosted by No Place for Hate. Advanced tickets must be purchased by January 11. Go to www.npfhfalmouth.org for more information.

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 8, 2023

10:00 AM Sunday Service-In Person/Zoom
11:15 AM Coffee Hour
11:30 AM Artist Reception
 12:15 PM OWL Class

MONDAY, January 9

8:00 AM Learn to “Sit”
10:00 AM Workshop on Wisdom
 6:30 PM Choir Rehearsal

TUESDAY, January 10

8:00 AM Breakfast Group
8:30 AM Secular Meditation-Zoom
1:00 PM Mah Jongg
 1:30 PM Fellowship Group #1
3:00 PM Community Circle
3:30 PM Welcoming Congregation Mtg.-Zoom

4:00 PM Lay Ministry Team
 4:00 PM Social Action Committee
4:00 PM Fellowship Tea-Zoom

WEDNESDAY, January 11

9:30 AM Writing Time
10:30 PM Caring Committee
7:00 PM World Religion Class-Hybrid
7:00 PM Special Board Meeting

THURSDAY, January 12

8:00 AM Men’s Breakfast
 10:00 AM Membership Committee
12:00 PM Fellowship Lunch-Zoom
 3:30 PM Fellowship Group #3
 7:00 PM Finance Committee

SATURDAY, January 14

10:00 AM Caring and Concerns Meeting