

Sandwich Road Menu

For the week of January 9, 2022

SUNDAY SERVICE JANUARY 9, 2022— 48 Years Later, The Rev. Joe Cherry
48 years ago, the U. S. Supreme Court heard and decided a case called Roe v. Wade. Just this past summer, Rev. Joe stood with people in Mashpee and Falmouth to protest this current Supreme Court's actions as the religious and political conservatives continue to attack medically safe abortions. This Sunday, Rev. Joe has a few things to say on the subject and why it's a matter of faith.

**40-MINUTE MINDFULNESS LESSONS—Sundays, January 9 & 30 at 7:00 PM via Zoom;
Thursdays, January 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 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.

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



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 Road, W. Falmouth) at 12 PM

* January 30 at the bike path at Trunk River in Falmouth off of Surf Drive/Oyster Pond Road in Falmouth at 12 PM.

Wednesdays, January 12 & 26 at 11:00 AM

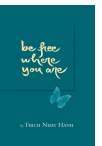
* January 12 at Highfield Hall in Beebe Woods - 56 Highfield Drive, Falmouth at 11AM

* January 26 at Lowell Holly Reservation on South Sandwich Road in Mashpee at 11AM

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.

BOOK DISCUSSION: *Be Free Where You Are* by Thich Nhat Hanh - Mondays January 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 given 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.



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



Join us every week in January at our new **virtual Wednesday Night Coffee House from 7 to 8:30 PM**. We will have musical performances, readings, 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 of this experience.

Anyone can ask a topical question, present a short reading, tell a story, share a photo, or show a video. 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. You don't need to sign up and can stay as long as you want.

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 if you can help in any way.

GROCERY CARDS WILL BE AVAILABLE FOR SALE ON SATURDAY, JANUARY 15, 2022 FROM 10 AM-1 PM OUTSIDE AT THE MEETINGHOUSE. We have cards available in multiple denominations to most area markets. The profits from the sale of cards are 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.



ELLEN TODD'S MOTHER, CYNTHIA HILL, has recently made a decision to discontinue some life-sustaining medical treatments in early January. The family made this holiday season one of celebration while they also planned for Cynthia's decline and end of life. If you want to follow her journey, visit Cynthia or her family, or help, you can find information at: <https://www.caringbridge.org/visit/cynthiapattersonhill>.

SUNDAY SERVICE JANUARY 16, 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?

REV. JOE AND UU FALMOUTH IN THE NEWSPAPER AND ONLINE! — As a result of our Communications and Outreach Committees' efforts, *The Falmouth, Mashpee and Bourne Enterprise* published the following article about our Rev. Joe Cherry. If you have a subscription to the *Enterprise*, you can read the article through this link: https://www.capenews.net/falmouth/briefs/uu-falmouth-welcomes-new-minister/article_c857c6a2-1fb7-567e-90cc-e4579ae050df.html



If you don't have a subscription or want to read the entire release in a larger typeface, you can use this link on our website: <https://uuffm.org/wp-content/uploads/UUFFdocuments/Cherry-presser-Dec-21-.pdf>

UU FALMOUTH RECEIVED A GENEROUS DONATION TO THE MEMORIAL FUND AND MEMORIAL WOODLAND this fall from the family of Paul Derry, who died last summer at age 97 in Washington State. Paul and his wife Betty were members of the Fellowship for a number of years, beginning with their move to Falmouth upon retirement in the 1980's. Betty died in 1996, and Paul eventually moved to Washington to be closer to his daughter, Pam. According to Pam, while he had joined their local UU church, Paul remembered UU Falmouth fondly, and asked to include UU Falmouth in memorial donations on his behalf. We are very appreciative, and are glad he had good memories of his time here.

MEETING HOUSE CALENDAR

(Red = Congregation-wide Events Open to All.)

SUNDAY, January 9, 2022

- 10:00 AM **Sunday Service via Zoom**
- 12:00 PM **Mindfulness Walk**
- 4:00 PM Fellowship Group #5
- 7:00 PM **40-Minute Mindfulness via Zoom**

MONDAY, January 10

- 1:30 PM Covid Task Force
- 6:30 PM Choir Rehearsal
- 7:00 PM **Be Free Where You Are Book Discussion via Zoom**

TUESDAY, January 11

- 11:00 AM Lay Ministry Team
- 1:00 PM **Mah Jongg**
- 1:30 PM Fellowship Group #1
- 3:30 PM **Welcoming Cong. Cmte.**
- 4:00 PM **Fellowship Tea via Zoom**

WEDNESDAY, January 12

- 9:30 AM Writing Time
- 11:00 AM **Mindfulness Walk**
- 1:00 PM Caring Committee
- 3:00 PM Fellowship Group #6
- 7:00 PM **Coffee House via Zoom**

THURSDAY, January 13

- 8:00 AM **Men's Breakfast**
- 10:00 AM **40-Minute Mindfulness via Zoom**
- 3:30 PM Fellowship Group #3
- 7:00 PM Finance Committee

FRIDAY, January 14

- 11 AM Development Committee
- 9:00 PM Youth Group Service Trip Begins

SATURDAY, January 15

- 10 AM-1 PM **Grocery Card Sales at the Meeting House**