

Sandwich Road Menu

For the Week of February 8, 2026



Marv Grosslein, a longtime, beloved member of UU Falmouth died on January 19. A service is planned for April 4, 2026 at 10 AM at the Meeting House. Rev. Rali will officiate.

SPIRITUAL BELLYDANCE CLASS with Dunya Dianne McPherson, Saturday, February 7 from 10-11:30 AM at the Meeting House. You are warmly invited to a gentle, meditative movement practice inspired by Sufi-influenced bellydance. Simple, slow movements help the body soften, release tension, and settle the nervous system. Accessible, supportive, and kind to the body—no dance experience needed, all are welcome.



Please bring a sash or scarf to tie around your hips. Wear comfortable clothing to move in and bring a thick yoga mat or blanket to be comfortable on the floor. Chairs are available if needed. For more information: <https://dancemeditation.org/2026/01/feb-7th-spiritual-bellydance-upper-cape-cod/>

SUNDAY SERVICE February 8, 2026 at 10 AM at the Meeting House and via Zoom

“Coping Skills” led by Rev. Rali Weaver; service associate, Noreen Cavanaugh. We will celebrate the efforts of the Highlander Folk School in Monteagle, Tennessee and consider the coping skills we might need for the road we have ahead.

COFFEE HOUR: As February 8 will be the second Sunday of the month, we ask people **whose last names begin with F-L** to bring a snack to share and stay to help clean up.

***Share the Plate on February 8 will go to Waquoit Community Kitchen.** Waquoit Community Kitchen was organized in 2020 to prepare and deliver meals during the pandemic. The meal program has expanded to providing meals to seniors and delivering frozen meals on Fridays. In a collaboration with Cape Cod Cooperative Extension, food recovery is another aspect of the Kitchen’s work. Every Tuesday and Thursday, volunteers collect food from markets and convenience stores. It is safely stored, then delivered to people in need and to those on the streets. Volunteers are welcome, as are monetary donations to maintain these services. A new Monday eat-in/pick-up soup lunch program was just established in January 2026. The Waquoit Congregational Church is the home of these programs.

“GOOD NEWS” COFFEE HOUR IS BACK! - Saturday, February 14 from 9-10:30 AM at the Meeting House.



Do you need some good news and some time with UU Friends? Then plan to join the Membership Committee for a “Good News” Coffee Hour! This follows from the successful “Good New” Happy Hour held in October. It is an opportunity to focus on good things happening in the world and around us—**so bring a good news item to share!** We’ll provide coffee and tea, but *breakfast items are potluck!*

If you have questions, email Betsy Wilder at betsymail2012@gmail.com.

STARTING POINT PROGRAM Saturdays February 14 & 28, March 14 & 28 from 1-3 PM at the Meeting House and via Zoom. The Membership Committee is again offering a unique program designed for members, friends and newcomers. UU Falmouth is at an inflection point and the committee believes that **Starting Point** could be useful to us all as we seek to grow a welcoming UU community for the Upper Cape.



The program promises several takeaways: an understanding of UU history and the history of this congregation; a new connection to your fellow participants; an experience of UU small group practices; and a sense of the next step in your spiritual journey. **It is important to commit to all four sessions, either in person or by Zoom.**

You can sign up by contacting Betsy Wilder at betsymail2012@gmail.com.

SUNDAY SERVICE February 15, 2026 at 10 AM at the Meeting House and via Zoom

“Pure Christianity” led by Larry Ladd; service associate, Steve Treistman. Over 200 years ago, the American Unitarian Association was established in Boston for what was described as “Pure Christianity.” They felt no need to describe what Pure Christianity meant. If you needed to ask, you didn’t belong! What does Pure Christianity mean for us in these times?

REALITY: THROUGH THE LENS OF ART, Wednesdays February 18, March 4 & 18, April 1 at 7 PM



at the Meeting House and via Zoom. Last January we introduced a new series called “Exploring the Nature of Reality.” Facilitators presented different perspectives on reality through sensory systems, religion, our microbiomes, etc. Part Two of this series will feature presenters from UU Falmouth and from the wider community with a focus on reality through the lens of art.

February 18 at 7 PM: “Art: Finding the Soul of the Tree” – Artist and scientist Steve Treistman creates art from fallen tree limbs, discovering and revealing treasures of figures and grain hidden beneath the surface. A lively discussion will take place after the talk.

HELP SPREAD THE LOVE IN FEBRUARY WITH GROCERY CARD PURCHASES. During the month of February, please make an extra effort to spread the love by buying grocery gift cards after the service on Sundays. Purchase cards at face value (Jack in the Beanstalk, Shaws, Windfall, Stop & Shop, Roche Bros), and the stores give 5% back to UU Falmouth. Last year we raised \$6,000 for local non-profit agencies and food pantries. For more information, stop by the table in the foyer on Sunday or contact Pam Morrone via admin@uuffm.org.



“MELT THE ICE” HAT PROJECT – Let’s join the nationwide movement of knitters and crocheters and gather to make protest hats to support immigrants affected by ICE operations in Minnesota. Ellen Todd has some red yarn, or you can bring your own. She will also purchase up to 10 copies of the pattern. Contact ellen@jackson-todd.com if you’re interested in this project. Let Ellen know whether you want a knit or crochet pattern. We’ll decide as a group on a convenient meeting time.

MISSED A SERVICE? WANT TO HEAR A SERMON AGAIN? Now you can go online and hear past sermons on YouTube. Just click this link:

<https://www.youtube.com/playlist?list=PLMTSPpmFFIZhh4YWYsw1eDXYYWjnTN3n>

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, February 8

**10:00 AM Sunday Service
In Person and Zoom**
11:15 AM Coffee Hour/Grocery cards
11:30 AM Sermon Discussion

MONDAY, February 9

9:30 AM Staff Meeting
1:00 PM Caring Committee
6:30 PM Choir Rehearsal
7:00 PM SEAC Committee via Zoom
(Note change of date for this month only.)

8:00 PM Music Committee

TUESDAY, February 10

8:00 AM Breakfast Bunch
1:00 PM Mah Jongg
1:30 PM Fellowship Group #1
6:00 PM End Zone Reading Group
3:30 PM Welcoming Cong. Committee

WEDNESDAY, February 11

9:30 AM Writing Time

THURSDAY, February 12

8:00 AM Men’s Breakfast
1:00 PM Chimes Ensemble
3:30 PM Fellowship Group #3
7:00 PM Finance Committee

FRIDAY, February 13

10:00 AM Writers Path
1:00 PM Membership Committee
2:00 PM Community Circle

SATURDAY, February 14

9:00 AM “Good News” Coffee Hour
10:00 AM Prostate Cancer Group
1:00 PM Starting Point