

Sandwich Road Menu

For the Week of March 15, 2026



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

“The Power of the Underdog” led by Rev. Rali Weaver; service associate, Tedi Bell. Ruth is the ultimate biblical underdog. Yet her power didn’t come from systemic authority or physical might. It came from radical loyalty and the courage to claim a future where none seemed to exist. By refusing to abandon her mother-in-law, Naomi, and venturing into a strange land, Ruth reminds us that the “marginalized” are often the very people who redefine what is possible for the rest of us.

***Share the Plate on March 15 will go to the Mashpee Wampanoag “Honor the Earth” fair.**

This is a public event that celebrates the Earth and brings together exhibits, artists, educators, and community members who share a commitment to protecting and preserving the ancestral homelands of the Wampanoag people. The Wampanoag tribe is in partnership with the Native Land Conservancy. All are welcome.

COFFEE HOUR: As March 15 will be the third Sunday of the month, we ask people **whose last names begin with M-R** to bring a snack to share and stay to help clean up.

“MELT THE ICE” PROTEST HATS AVAILABLE ON SUNDAY!

Sixteen members of our Fellowship are donating time and the cost of yarn to make “Melt the Ice” protest hats. A small yarn store in Minneapolis started this movement, basing the hats on similar ones worn in Norway while they were occupied by the Nazis.



We will make the hats available this Sunday, March 15 in exchange for a donation! All money raised will be forwarded to MIRA—Massachusetts Immigrant and Refugee Advocacy Coalition. Please bring cash or a check if you want one of our hats!

REALITY: THROUGH THE LENS OF ART, Wednesdays: March 18, and April 1 at 7 PM at the Meeting House and via Zoom.

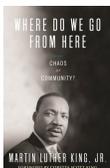
Last year we introduced a new series called “Exploring the Nature of Reality.” In Part Two of this series presenters from UU Falmouth and the wider community with focus on “Reality Through the Lens of Art.”



Wednesday, March 18 at 7 PM: “Building Reality on Stage” – Lew Stern is a set designer and foreman at the Falmouth Theatre Guild. Jean Stern is costuming co-chair and creates costumes for the theatre’s shows. They will bring you backstage and to the costume house to see the many ways theatrical realities are built multi-dimensionally.

JUSTICE BOOK GROUP begins Friday, March 20 at 4 PM at the Meeting House and via

Zoom. The Justice Book Group will start by reading “*Where Do We Go From Here: Chaos or Community*” by Rev. Dr. Martin Luther King Jr. We will meet in person and on Zoom every other week at 4 PM. We will discuss the first chapter at the March 20th meeting and proceed from there. All are invited to attend this important conversation.



SUFI DANCE MEDITATION CLASS with Dunya, Saturday, March 21 at 10 AM at the Meeting House. No experience is necessary to attend this dance meditation session—



everyone is welcome! The class will be gently led by Dunya Dianne McPherson, internationally recognized Sufi meditation authority, beginning with gentle stretches on the floor or on a chair. Dance meditation provides the opportunity to relax, be creative and playful, and explore spiritual realms within us. Participants, please bring a mat and/or a blanket or towel. For more information go to dancemeditation.org.

IF YOU DON'T SHARE, WE CAN'T CARE! If you know of someone who is sick or hurt or would simply like a card, please let the Caring Committee know by contacting Reed Walsh or Betsy Young directly or via admin@uffm.org.



SUNDAY SERVICE March 22, 2026 at 10 AM at the Meeting House and via Zoom

“Breath” led by Rev. Rali Weaver; service associate, Izzie Williams. In our own lives, we often face “dry seasons” where hope feels brittle and our connections feel severed. How do we invite the Spirit of Life back into our weary frames? Join us this Sunday as we explore the theology of respiration, the sacred act of breathing, and how we might “inspire” one another to rise up and live fully once again.

COFFEE HOUR: As March 22 will be the fourth Sunday of the month, we ask people **whose last names begin with S-Z** to bring a snack to share and stay to help clean up.

“NO KINGS” FALMOUTH RALLY Saturday, March 28 from 12-1:30 PM Falmouth Village Green.



UU Falmouth has a beautiful new banner that can be held by multiple people along the fence on the Village Green during the “No Kings” rally on March 28. Be part of our effort for civic responsibility, resistance, and hope in action. Let Rev. Rali or Pam Morrone know if you plan to attend so we can arrange carpooling to the Green, or email admin@uffm.org.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, March 15

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

MONDAY, March 16

6:30 PM Choir Rehearsal

TUESDAY, March 17

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 6:00 PM End Zone Reading Group**

WEDNESDAY, March 18

- 9:30 AM Writing Time
- 12:00 PM Brown Bag Book Bunch**
- 4:00 PM Lay Ministry Team via Zoom

- 4:00 PM Spiritual Discussion Group**
- 7:00 PM Reality Through the Lens of Art**

THURSDAY, March 19

- 8:00 AM Men’s Breakfast**
- 1:00 PM Chimes Ensemble
- 7:00 PM Governing Board**

FRIDAY, March 20

- 4:00 PM Justice Book Group**
- 6:30 PM Drumming Circle**

SATURDAY, March 21

- 10:00 AM Dance Meditation**

*March came in like a lion;
it's time for the lamb!*

