

Sandwich Road Menu

For the Weeks of March 22, 2026



Marv Grosslein, a longtime, beloved member of UU Falmouth died on January 19. A service will be held on April 4, 2026 at 10 AM at the Meeting House. Rev. Rali will officiate. All are welcome to attend.

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.

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.

“MELT THE ICE” PROTEST HATS AVAILABLE ON SUNDAY! If you still want a red protest hat, there will be some available after this Sunday’s service. All proceeds will go to MIRA—Massachusetts Immigrant and Refugee Advocacy Coalition. Please bring cash or a check if you want one of our hats!



BLOOD DRIVE A BIG SUCCESS! – The recent blood drive that took place Monday, March 9 was a big success. Twenty four units of blood were collected; 22 people were first time visitors to the Meeting House. One woman remarked about how nice it was to have homemade brownies afterward! This was a wonderful way to introduce people to UU Falmouth. There were games, coloring and sudoku to keep people occupied while they waited. **A huge thank you Cynthia Dyer for all the work she put into organizing this event.**



GRIEF GROUP, Friday, March 27 at 1 PM at the Meeting House. Sometimes sharing grief out loud helps. Whatever your grief, you are welcome to join this group that meets on the 4th Friday of each month. What is said in this group, stays in this group. For more information, contact Rev. Rali at minister@uffm.org.

“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@uuffm.org.

SUNDAY SERVICE March 29, 2026 at 10 AM at the Meeting House and via Zoom

“The Secret Life of Anger” led by Rev. Julia Jones from First Parish Brewster; service associate, Julie DeSorgher. As a people who pride ourselves on rationality and a bias for peace, many of us may not even recognize the feeling of anger when it shows up. We may intellectually KNOW we are angry, but don't square that with the signals our bodies and hearts send. Women are angry. And that is right. Let's talk about it.

COFFEE HOUR: As March 29 will be the fifth Sunday of the month, we ask the **Governing Board** to bring a snack to share and stay to help clean up.

REALITY: THROUGH THE LENS OF ART, Wednesday, April 1st 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, April 1st at 7 PM: “Reality Through the Lens: Photos of My Trek on Mount Kilimanjaro” – Robin Melavalin **“When the ‘Truth’ Is Shown to be Lies, We Hold These Truths to be Self-Evident: Photos from Local Protests.”** – Laura Puopolo

Come explore how the lens informs our ideas of local protest activists, Cape Cod nature, and hiking in high altitudes.



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@uuffm.org.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all

SUNDAY, March 22

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

MONDAY, March 23

- 6:30 PM Choir Rehearsal
- 7:00 PM PFLAG Meeting**

TUESDAY, March 24

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 6:00 PM End Zone Reading Group**

WEDNESDAY, March 25

- 9:30 AM Writing Time

THURSDAY, March 26

- 8:00 AM Men's Breakfast**
- 10:00 AM Soul Matters Group
- 1:00 PM Chimes Ensemble
- 3:30 PM Fellowship Group #3

FRIDAY, March 27

- 10:00 AM Writer's Path
- 1:00 PM Grief Group**

SATURDAY, March 28

- 12:00 PM “No Kings” Rally**
- 1:00 PM Starting Point