

Sandwich Road Menu

For the Week of May 11, 2025



SUNDAY SERVICE May 11, 2025 at 10 AM at the Meeting House and via Zoom.

The Peace of Trees led by Rev. Fred Small; service associate Julie DeSorgher. “The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.” wrote Trappist monk and peace activist Thomas Merton. “The frenzy of our activism neutralizes our work for peace... It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.” As we work together for social and environmental justice, how do we remain grounded in a peaceful spirit? What can we learn from trees?

Rev. Fred Small is a UU pastor, singer-songwriter, and former environmental lawyer who serves as Minister for Climate Justice at the Arlington Street Church in Boston. During the service we'll be singing “Everything Possible,” Rev. Fred Small's classic lullaby of unconditional love and inclusion. A picture book edition of Fred's song will be available for sale after the service. It's a wonderful gift for the children and former children in your life, and Fred will be glad to inscribe your copy. You can also find *Everything Possible* at your local bookstore or online at <https://nosycrow.us/product/everything-possible/>.

COFFEE HOUR: As May 11 is the second Sunday of the month, **people whose last names begin with F-L** are asked to bring a snack to share and stay to help cleanup.

MOTHERS & FATHERS DAY DIAPER COLLECTIONS – Please bring diapers of all sizes and place them in the playpen in the communications/nametag room to be given to the Cape Cod Foster Closet and the Falmouth Service Center. They will be distributed on Mother's Day (May 11) and Father's Day (June 15).



ACCESSIBLE WALKING GROUP continues Monday, May 12 at 11 AM – Members and friends of UU Falmouth are invited to join Cynthia Domack and Wendy Bone most Mondays for a one-hour accessible walk on the beautiful, level Shining Sea Bike Path or Cape Cod Canal Service Road.



These walks are designed to be fully inclusive—welcoming people of all abilities. This is not about distance or speed—it's about community, connection, and the joy of being outdoors together.

The May 12 walk will start at the Depot Road Falmouth bike path parking lot. Questions? Contact Cynthia or Wendy directly or via admin@uuffm.org.

SPIRITUALITY AND U: A JOURNEY OF EXPLORATION AND CONVERSATION with Lisa Jo Rudy and Rev. Rali continues **Monday, May 12 at 4 PM and every other Monday through May at the Meeting House. This week's topic: “Do we have souls?”**

Most religions have a concept of a soul: a discrete entity that is non-corporeal and is not destroyed or injured when the body suffers harm or dies. This week, we'll take a quick look at some concepts of the soul, including the Christian, Hindu, Jewish, and Buddhist beliefs. We'll then discuss some soul-related questions from a UU perspective.



MINISTER CONTRACT-TO-CALL PROCESS! The process has begun of discerning whether to call Rev. Rali Weaver into settled ministry with UU Falmouth. The discernment team will be led by Judy Lynch, Tom Kirkman, and Larry Ladd (facilitator).

During the week of May 11, anyone asking can have a one-on-one Zoom conversation with the facilitator and at least one other discernment team member. (Send your request directly to Larry or via admin@uuffm.org.) **There will also be two open Zoom meetings and one in-person meeting for anyone wishing to participate.** (Continued next page.)

These meetings will be held Tuesday, May 13 at 1 PM & Wednesday, May 14 at 7 PM **VIA ZOOM**; and Wednesday, May 14 at 3:30 PM **at the Meeting House**. (The Zoom logins will be sent to you.) If the Board acts favorably on a call, the congregation will then vote at the **Annual Business Meeting on June 8**.

DEFYING THE NAZIS FILM STREAMING ON PBS – Please remind your friends, and ask them to remind their friends, to watch the *free* streaming of *Defying the Nazis* on PBS until May 13!

SUNDAY SERVICE May 18, 2025 at 10 AM at the Meeting House and via Zoom.

What Becomes of the Broken Hearted? led by Larry Ladd; service associate Izzie Williams. The title comes from Jimmy Ruffin's 1967 song. You can have disappointments; you can have bad news. But what can break your heart and can you do anything about it? Yes you can!

CAPE COD FOSTER CLOSET INFORMATIONAL/VOLUNTEER ORIENTATION MEETING, Monday, May 19 at 10 AM in the East Wing conference room. Every Thursday morning at the Meeting House, starting in June, the CCFC will be distributing new and used clothing to children living in families with foster parents or grandparents. During open hours, clothing will also be collected. *Volunteers are needed and will be trained to assist in all facets of the work.*



Karen Doucette, the designated CCFC/UU Falmouth contact person, will be facilitating the meeting. **You are invited if you want to know more about the program or if you are interested in volunteering.**

LET'S REFRESH OUR FIRST AID SKILLS! Monday, May 19 from 1-3 PM at the Meeting House.

Come join Cynthia Dyer, RN, to learn how to recognize and respond to a medical emergency. Topics covered: assessing the situation; making a 911 call; treating burns; recognizing shock, strokes and cardiac emergencies; hands-only CPR; and the use of the AED.



The sign-up sheet is in the foyer. The class is open to everyone.

MAKE AN APPOINTMENT TO MEET WITH REV. RALI! Rev. Rali will be back at UU Falmouth from 9 AM–5 PM May 9, 10, and 12. (She will not be here May 11.)

You can contact her at minister@uuffm.org or call 617-459-5979. If you would like to make an appointment with her, please use this convenient booking link: <https://revraliweaver.youcanbook.me>.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, May 11

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

MONDAY, May 12

- 11:00 AM Accessible Walking Group**
- 1:00 PM Caring Community
- 4:00 PM Spirituality and U**
- 6:30 PM Choir Rehearsal
- 8:00 PM Music Committee

TUESDAY, May 13

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:00 PM Open Discernment Mtg via Zoom**
- 3:30 PM Welcoming Cong. Committee**

WEDNESDAY, May 14

- 9:30 AM Writing Time
- 3:30 PM Lay Ministry Team
- 3:30 PM Open Discernment Mtg In Person at the Meeting House**
- 7:00 PM Open Discernment Mtg via Zoom**

THURSDAY, May 15

- 8:00 AM Men's Breakfast**
- 1:00 PM Chimes Ensemble
- 2:45 PM Chimes Workshop**
- 7:00 PM Governing Board**

FRIDAY, May 16

- 6:30 PM Percussion Discussion**

SATURDAY, May 17

- 10:00 AM Prostate Cancer Survivors**