

Sandwich Road Menu

For the week of May 1, 2022



May Theme: "Nurturing Beauty"

SUNDAY SERVICE May 1, at 10 AM—*Compromising for Justice* – The Rev. Joe Cherry.

We all love the feeling we get when we show up for a cause. We feel empowered, we feel like we're doing something to make a difference. We feel like we're living our values! What do we do then, when our Social Justice work puts us in action with people we don't always agree with?

RECOVERY THE SACRED ART BOOK READING—Sundays May 1, 8, 15, 22, and June 5 at 4 PM via Zoom. Deepen your capacity to live free from addiction—and from self and selfishness. Learn not only about addiction to substances, but to anger, greed and selfishness. We will draw insight and hope from many world practices and traditions, and from working with the 12 steps. Join via Zoom or in-person at Wellstrong, 180 Teaticket Highway, Falmouth (but in-person only if you are in active addiction to protect privacy).

TWILIGHT ZONE & THEOLOGY—Join Rev. Joe on **May 3 and the first Tuesday of each month at 7 PM.** We'll watch a randomly selected episode through the miracle of the Internet, and then together we'll discuss what deeper meanings we find in Serling's social commentary. Though it was over 60 years ago, the shows still have relevance today. The Zoom login will be sent to you by email.



WEDNESDAY NIGHT COFFEE HOUSE CONTINUES on May 4 from 7:00 to 8:30 PM via Zoom. At this week's Coffee House, join Scott Fitzmaurice as we reflect on Byron Katie.



MINDFULNESS WALK—The weather is warming up! It's time to get outdoors and get a taste of spring. (Weather permitting) The next walk will be: **Thursday, May 5 at 10:30 AM** at Margaret Douth Preserve, 54 Moonakis Road, East Falmouth.



TRUST AND DISTRUST IN SOCIETY—a presentation by Lew Stern, Friday, May 6 at 7 PM via Zoom. Who do you trust or distrust? In this divided and lonely time, as we start to come out of our pandemic hibernation and face political threats to our democracy, how can we start to trust others, especially those with different values or political leanings? We look at the research and share our experiences to build trust, the foundation of communication and peace.

SUNDAY SERVICE May 8, at 10 AM—Mother's Day – The Rev. Joe Cherry.

Join us as we celebrate those who nurture us, no matter their gender identity. Celebrate the ways that we, as a community, nurture ourselves.

GROUP PRAYING WITH THE BODY, Mondays May 9, 16, 23 at 2 PM in-person at A Place to Breathe, 62 Bonnie Lane in Falmouth. Rev. Saramaria will guide us as we read a Psalm, then practice with gentle yoga poses (or you can just sit) and a brief meditation, ending with a self-compassion practice. Pray with more than just your mind—learn how to use your whole self. These meditations and reflections connect us to our deepest needs to be with the Beloved, to be reassured of the divine presence in our midst. Prayer With the Body addresses a hunger and longing for true happiness, freedom from fear, and provides deep peace. This is based on a book and practice by Roy DeLeon. **There is a limit of 6 people per session.** To sign up contact Rev. Saramaria at Sallenby48@gmail.com.



OLIVE BEVERLY CELEBRATES HER 104TH BIRTHDAY ON THURSDAY MAY 12! One of Olive's joys is her membership at UU Falmouth. Please join us in sending her cards and notes to: Olive Beverly, JML Care Center, Room 228, 184 Ter Heun Drive, Falmouth 02540.

NEXT GROCERY CARD SALE. Saturday, MAY 14 from 10-12 PM. Our April card sales turnout was terrific; we sold \$6,000 worth of grocery cards for our local markets. That means we raised \$300 to help people in our neighborhood get shelter, food, or mental health services. We also supported conservation and climate initiatives. These are great reasons to drive over to the Meeting House and buy your grocery cards from us in May—and every month!



2022 UUA GENERAL ASSEMBLY – This year’s UUA General Assembly will be held June 22-26.



General Assembly is an exciting opportunity to gather with thousands of UUs from around the country and the world to participate in workshops, hear inspiring talks, and conduct the business of our association of congregations.

GA will be held in person in Portland, OR and virtually wherever you happen to be. You can register for either version here: <https://www.uua.org/ga/registration>.

You can attend the General Assembly whether you are a delegate or not. **If you wish to be a delegate, and thus vote in plenary sessions, please contact Larry Ladd (ladd.larry@gmail.com), chair of the Denominational Affairs Committee, by May 14.** UU Falmouth has four lay delegates. You can be a delegate whether you are attending in person or virtually. The Denominational Affairs Committee will be recommending delegates to the governing board, who appoints those delegates.

PENIKESE ISLAND RETREAT MAY 31 (rain date Friday, June 3)—Rev. Saramaria will be leading us on another wonderful retreat to Penikese Island. Minimum of 10 people, maximum of 18. Cost is \$75 per person. Please email Saramaria at sallenby48@gmail.com to reserve your spot.

HISTORY OF THE EAST END MEETING HOUSE—The East End Meeting House has a fascinating, rich history. Originally owned by the East End Congregational Society, in 1981 they offered the Meeting House, the parsonage and an endowment from 1842 to the fledgling Falmouth Jewish community. According to the American Jewish Archives, this was the first time in recorded history that a Christian community donated its building to a Jewish community. Here is a recording of Rabbi Elias Lieberman talking about the history of the building they have so generously let us use as our temporary home: <https://www.falmouthpubliclibrary.org/blog/postcards-from-falmouth-the-east-end-meeting-house-2/?fbclid=IwAR1pRNJe7KmuMjPU0efW0mIKdMPKOqt3bIASNkge3pnpK6lpNGj9YWKfuc>

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, May 1, 2022

- 10:00 AM Sunday Service – Hybrid**
- 4:00 PM Book Discussion via Zoom**

MONDAY, May 2

- 6:30 PM Choir Rehearsal

TUESDAY, May 3

- 1:00 PM Mah Jongg**
- 4:00 PM Fellowship Tea via Zoom**
- 7:00 PM Twilight Zone & Theology via Zoom**

- 7:15 PM Fellowship Group #2

WEDNESDAY, May 4

- 9:30 AM Writing Time

- 12:00 PM Religious Services Committee

- 3:00 PM Partners Grief Support

- 7:00 PM Coffee House via Zoom**

THURSDAY, May 5

- 8:00 AM Men’s Breakfast via Zoom**

- 10:30 AM Mindfulness Walk**

- 12:00 PM Fellowship Lunch via Zoom**

FRIDAY, May 6

- 11:00 AM Development Committee

- 7:00 PM Trust and Distrust Presentation via Zoom**