

Sandwich Road Menu

For the week of May 15, 2022



May Theme: "Nurturing Beauty"



JUDY ANDRADE VOLUNTEER OF THE YEAR! The Caring Committee has chosen Judy Andrade as their Volunteer of the Year. Judy became a member of UU Falmouth in August 2006. Over the past 16 years, she has served as the clerk of the Governing Board, and been a beloved member of the choir, the Religious Services Committee, the Membership Committee, and the Caring Committee as a visitor/caller. Judy recently helped with the Capital Campaign and is currently on a team to reopen our Fellowship with "intention," with the focus on entering a place of worship. She is a tireless supporter of the UU Falmouth Community and carries out tasks, both great and small, with accountability, dedication and grace.

SUNDAY SERVICE May 15, at 10 AM—*"In It Together"* – The Rev. Joe Cherry

On May 15, 1961, two historic American religions merged to become something larger. The Universalist Church of America and the American Unitarian Association officially became the Unitarian Universalist Association of Congregations 61 years ago. This Sunday we mark the anniversary of the formation of our living tradition.

COFFEE HOUR IN PERSON, ALMOST THE WAY YOU REMEMBER IT! Beginning this Sunday, May 15, join your fellow congregants after the church service at Coonamessett Farms (277 Hatchville Road, East Falmouth)! We've talked with the folks there, and they are happy to welcome us under their roof for coffee, conversation and maybe even a simple treat for yourself.

REV. JOE HAS OFFICE HOURS EVERY THURSDAY—Speaking of Coffee, I'll be having open office hours on **Thursdays from 4-6 PM at Cape Cod Coffee in Mashpee** (53 Market Street, Mashpee). Come join me for a beverage and conversation. ~Rev. Joe

INTERIM MINISTER INFORMATION SESSION, May 15 at 12:00 PM. This year, the Board has been engaged in numerous conversations about the next steps for our congregation. We have learned about the current situation within the UUA for beginning a search and the choices available to our congregation. We have considered and discussed what we agree would best meet our needs.

To engage the congregation in this decision, we are hosting an information session with time for questions and comments. The first one was held May 10; the second one will take place Sunday, May 15 at noon via Zoom.

RECOVERY THE SACRED ART BOOK READING—Sundays May 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 recovery to protect privacy).

GROUP PRAYING WITH THE BODY, Mondays May 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. 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.

MAY 17TH IS INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA AND BIPHOBIA

Transphobia is the fear, hatred, disbelief, or mistrust of people who are transgender, thought to be transgender, or whose gender expression doesn't conform to traditional gender roles. Transphobia can prevent transgender and gender nonconforming people from living full lives free from harm. To learn more about Transphobia and how we can impact prevention, visit www.plannedparenthood.org and search "What's Transphobia?"

BROWN BAG BOOK BUNCH on Wednesday, May 18 at noon via Zoom – This month Noreen Cavanaugh will be reviewing Viola Davis's new book/memoir, "Finding Me." (Davis was an actress in *How to Get Away with Murder*, *Fences* and so many more.) You don't have to have read the book, just come and enjoy the discussion.



WEDNESDAY NIGHT COFFEE HOUSE CONTINUES on May 18 from 7:00 to 8:30 PM via Zoom. Listening to parts of a podcast with Mary Oliver, "I got saved by the beauty of the world" from *On Being*, we will reflect on beauty and Mary Oliver's poetry. <https://onbeing.org/programs/mary-oliver-i-got-saved-by-the-beauty-of-the-world/>

SUNDAY SERVICE May 22, at 10 AM— "Good in Our Midst" – The Rev. Denis Letourneau Paul
Good is all around us and if we keep our eyes open, we find it everywhere, even in the most unexpected places. But what about evil? You have to admit it's everywhere also. You know it when you see it, even if you can't define it theologically. As Unitarian Universalists, most of us don't believe in hell, so what happens to evil people in the end? And if everyone has inherent worth and dignity, can individuals actually be evil? Rev. Denis and UUSCS Worship Associate Joan Youngken will offer some unexpectedly sophisticated answers from an unexpected source.

Rev. Denis Paul and Rev. Joe are exchanging pulpits this week. Rev. Joe is serving our sibling congregation in Peace Dale, Rhode Island.

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 **Sunday, May 22 at 12:30 PM** at Monks Park in Little Bay Conservation Area, Valley Bars Circle, Pocasset. (Note new day.)



DOCUMENTARY FILM BARAKA, Thursday, May 26 at 7 PM via Zoom. *Baraka* is a documentary film shot in 24 countries on six continents over a 14-month period. It brings together a series of stunningly photographed scenes to capture "a guided meditation on humanity." One of the most acclaimed international releases of its time, the goal of the film is to "reach past language, nationality, religion, and politics, and speak to the inner viewer." The film is named after the Sufi concept of baraka, meaning blessing, essence or breath. To see more go to:

<https://www.youtube.com/watch?v=CZGDIh-rNPI>

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, May 15, 2022

- 7:15 PM Fellowship Group #2
- 10:00 AM Sunday Service – Hybrid**
- 12:00 PM Interim Minister Info Session via Zoom**
- 4:00 PM Fellowship Group #5
- 4:00 PM Book Discussion via Zoom**
- 7:00 PM Youth Group

MONDAY, May 16

- 2:00 PM Praying with the Body**
- 6:30 PM Choir Rehearsal

TUESDAY, May 17

- 1:00 PM Mah Jongg**
- 4:00 PM Fellowship Tea via Zoom**

WEDNESDAY, May 18

- 9:30 AM Writing Time
- 11:00 AM Staff Meeting
- 12:00 PM Brown Bag Book Bunch via Zoom**
- 3:00 PM Partners Grief Support Group
- 7:00 PM Coffee House via Zoom**

THURSDAY, May 19

- 8:00 AM Men's Breakfast**
- 12:00 PM Fellowship Lunch via Zoom**
- 7:00 PM Governing Board

FRIDAY, May 20

- 11:00 AM Development Committee