

Sandwich Road Menu

For the week of May 22, 2022



May Theme: “Nurturing Beauty”

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.

RECOVERY—THE SACRED ART BOOK READING—Sundays May 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 in this book by Rami Shapiro and Joan Borysenko. 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 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.** To sign up, contact Rev. Saramaria at Sallenby48@gmail.com.



WEDNESDAY NIGHT COFFEE HOUSE CONTINUES on May 25 from 7:00 to 8:30 PM via Zoom. We will be having fun with Puns! Bring your joke, your fun, your silly (clean) puns and we’ll share them together.

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; and on **Thursday, May 26 at 10:30 AM** at the Mock Moraine Trail, West Falmouth. From Stagecoach Way off West Falmouth Hwy, just north of West Falmouth Market, follow the conservation sign to a small parking area.



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>

REIMBURSEMENTS DEADLINE—We want to make sure your are reimbursed for anything you have purchased on behalf of UU Falmouth before the end of the fiscal year. **ALL REIMBURSEMENT REQUESTS MUST BE SUBMITTED BY JUNE 10**, and any purchases made after that date must be submitted immediately. Thank you for your help.

PENIKESE ISLAND RETREAT, Tuesday, May 31. Rev. Saramaria will be leading us on another wonderful retreat to Penikese Island. Come enjoy the beauty of this historic island and bird sanctuary. The trip will include a reflection and practice on beauty. Minimum of 10 people, maximum of 18. Cost is \$75 per person **but don't let the cost stop you from coming—we will cover the fee if it is a hardship.** **All are welcome!** To reserve your spot, please email Saramaria at sallenby48@gmail.com.



WE HAVE A NEW BOOKKEEPER! Please welcome Ann German (no relation to Ellen) who comes with lots of experience working with churches. **She will be in the office only on Wednesdays, from 8:30 to Noon to receive any emails.** Please address all correspondence regarding expenses to her at bookkeeper@uuffm.org. Anything you used to send to Gail Donkin, please direct to Ann.

COFFEE HOUR IN PERSON, ALMOST THE WAY YOU REMEMBER IT! You are invited to meet for coffee hour after the service every Sunday—in person! Join your fellow congregants at Coonamessett Farms (277 Hatchville Road, East Falmouth)! We will be gathering in the area to the left of the main building.

REV. JOE HAS OFFICE HOURS EVERY THURSDAY—Rev. Joe will be having open office hours on **Thursdays from 4-6 PM at Cape Cod Coffee—on Rt. 130 at 10 Evergreen Circle in Mashpee.** Come join him for a beverage and conversation.

SUNDAY SERVICE May 29, at 10 AM— *Nurturing Beauty* – The Rev. Joe Cherry. This Sunday, Rev. Joe will host a Seed Communion. We will invite people to pick up some wildflower seeds to place in our Meadow. The seeds will have been carefully chosen with the help of some very knowledgeable gardeners to be local, non-invasive, and friendly to our surrounding grounds.

THE UU FALMOUTH ORAL HISTORY PROJECT IS NOW ON OUR WEBSITE. For the past four months, Rev. Joe has been meeting with and recording members of UU Falmouth—grouped by the date they joined. The stories, memories and insights are a treasure trove! All are now welcome to view these sessions on our website (<https://uuffm.org>). Log into the Members & Friends section using your password. If you need to set one up, contact Joanie Thompson via admin@uuffm.org.

2022 UUA GENERAL ASSEMBLY WILL BE HELD JUNE 22-26. This year's GA will take place 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 have any questions, please contact Larry Ladd (ladd.larry@gmail.com), chair of the Denominational Affairs Committee.



MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, May 22, 2022

10:00 AM Sunday Service – Hybrid
~11:15 AM Coffee Hour-Coonamessett Farm
12:30 PM Mindfulness Walk
4:00 PM Book Discussion via Zoom
 4:00 PM Fellowship Group #5

MONDAY, May 23

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

TUESDAY, May 24

11:00 AM Lay Ministry Team
 11:00 AM Music Committee Mtg.
1:00 PM Mah Jongg
 1:30 AM Fellowship Group #1
4:00 PM Fellowship Tea via Zoom

WEDNESDAY, May 25

9:30 AM Writing Time
7:00 PM Coffee House via Zoom

THURSDAY, May 26

8:00 AM Men's Breakfast
10:30 AM Mindfulness Walk
12:00 PM Fellowship Lunch via Zoom
 3:30 PM Fellowship Group #3
5:30 PM Whole Life Learning Committee via Zoom
7:00 PM Movie: Baraka via Zoom

FRIDAY, May 27

11:00 AM Development Committee