Sandwich Road Menu

For the Weeks of May 25 and June 1, 2025



DANCEMEDITATION CLASS Saturday, May 24 from 10-11:30 at the Meeting House.

No experience is necessary to attend this Dancemeditation session—newbies are very welcome! There will be no need to learn steps or follow exact movements. The class will be gently led by Dunya Dianne McPherson beginning with gentle stretches on the floor or on a chair. Dancemeditation allows individuals to leave the performance aspect of dance behind, and 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.

Dunya Dianne McPherson is a *NY Times* critically acclaimed dancer/choreographer, pioneer in embodied mysticism, academic educator, and internationally recognized Sufi meditation authority.

SUNDAY SERVICE May 25, 2025 at 10 AM at the Meeting House and via Zoom.

Paw Prints On Our Hearts led by Rev. Rali Weaver; service associate Joanie Thompson. This will be our pet blessing service where we will explore the sacred connection with the pets in our lives. You are welcome to bring your pet, or a picture, to the service.



COFFEE HOUR: As May 25 is the fourth Sunday of the month, **people whose last names begin with S-Z** are asked to bring a snack to share and stay to help cleanup.

MEMBERS & FRIENDS ART SHOW JUNE AND JULY—CALLING FOR ART! We will be hanging our home-grown artworks in the Meeting House again for the months of June and July. **We will start**



collecting your submissions Sunday, May 25—leave your art in the small room off the east wing meeting room. This is a non-juried show: we will try to display anything that you think is art, within reason. We do ask that you limit it to two pieces, wall ready. We will also display three-dimensional art, carvings, fiber work, etc. Please contact John Jackson or Joanie Thompson directly for details or via admin@uuffm.org.

SPIRITUALITY AND U: A JOURNEY OF EXPLORATION AND CONVERSATION with Lisa Jo Rudy and Rev. Rali continues Monday, May 26 at 4 PM at the Meeting House. This week's topic: "God vs. Spirit." Do you resonate with the concept of a metaphysical, spiritual energy field that connects all living things in the universe and binds them together? Would you be surprised to know that this describes The Force in the Star Wars movies? It also describes some Asian conceptions of what we Westerners would call God. Let's explore the difference between spiritual beliefs in a disembodied, universal power or force, and the concept of an Abrahamic God (Yahweh in the Old Testament, The Lord or God in the New Testament, Allah in the Koran). Few UUs believe in a bearded man sitting on a cloud, but many of us define ourselves as spiritual, agnostic, or even deistic.

Thanks to everyone who has joined our spiritual conversations so far. **We will be taking a break over the summer and hope to start up again after Labor Day.** You are invited to share your ideas for topics to discuss in future sessions by contacting Lisa Jo Rudy directly or via admin@uuffm.org.

SUNDAY SERVICE June 1, 2025 at 10 AM at the Meeting House and via Zoom.

Social Justice Hymn Sing led by Frederick Johnson; service associate, Joanne Treistman. Our wonderful Director of Music, Frederick Johnson, will lead us through a service of thought-provoking readings and inspiring songs that focus on social justice.

COME VIEW THE CAPE COD FOSTER CLOSET SPACE June 1 after the service.



The Cape Cod Foster Closet is getting ready to open every Thursday morning at the Meeting House, starting in June. They 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.* You are all invited to see their new space after the service on June 1.

ACCESSIBLE WALKING GROUP continues Monday, June 2 at 11 AM - Members and friends of UU Falmouth are invited to join Cynthia Domack and Wendy Bone for a new weekly tradition: 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. Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along. This is not about distance or speed—it's about community, connection, and the joy of being outdoors together.



The June 2 walk will start at the Trunk River Beach parking lot, Woods Hole bike path. Questions? Contact Cynthia or Wendy directly or via admin@uuffm.org.

FALMOUTH ROAD RACE VOLUNTEER REGISTRATION NOW OPEN! Volunteers are needed on August 17 from 9:30-11:30 AM for Woods Hole cleanup at the start line of the Road Race.

Volunteer Registration is open for the 53rd Running of the ASICS Falmouth Road Race! Please visit the registration site https://volunteer.bloomerang.co/web-admin/app/#/join-party?k=jfs2gt175o1tjt and sign up to be on the Unitarian Universalist team. Julia Withers is the captain of the team from UU Falmouth this year. If you have any questions, please contact her directly or via

admin@uuffm.org.

MAKE AN APPOINTMENT TO MEET WITH REV. RALI! Rev. Rali will be back at UU Falmouth from 9 AM–5 PM May 23, 24, 25, 26 and June 13, 14, 15, 16.

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 25

10:00 AM Sunday Pet Blessing Service

In Person and Zoom

11:15 AM Coffee Hour/Grocery cards

11:30 AM Sermon Discussion

MONDAY, May 26

4:00 PM Spirituality and U

6:30 PM Choir Rehearsal

TUESDAY, May 27

8:00 AM Breakfast Bunch

1:00 PM Mah Jongg

1:30 PM Fellowship Group #1

WEDNESDAY, May 28

9:30 AM Writing Time

THURSDAY, May 29

8:00 AM Men's Breakfast

10:15 AM B&G Meeting

1:00 PM Chimes Ensemble

SUNDAY, June 1

10:00 AM Hymn Sing Sunday Service

In Person and Zoom

11:15 AM Coffee Hour/Grocery cards

11:30 AM Sermon Discussion

MONDAY, June 2

11:00 AM Accessible Walking Group

6:30 PM Choir Rehearsal

TUESDAY, June 3

8:00 AM Breakfast Bunch

1:00 PM Mah Jongg

WEDNESDAY. June 4

9:30 AM Writing Time

1:00 PM Committee on Ministry

THURSDAY, June 5

8:00 AM Men's Breakfast

1:00 PM Chimes Ensemble

2:45 PM Chimes Workshop

FRIDAY, June 6

6:30 PM Expressive Movement