

# Sandwich Road Menu

For the Week of May 3, 2026



**JUSTICE BOOK GROUP – Friday, May 1 & 29 at 4 PM at the Meeting House and via Zoom.** The Justice Book Group will finish up *Where Do We Go From Here: Chaos or Community* by Rev. Dr. Martin Luther King Jr. on May 1st. We will then collectively decide what we'd like to read next. Some suggestions are: *Chrysalis Effect: The Metamorphosis of Global Culture* by Philip Slater; *Why Civil Resistance Works: The Strategic Logic of Nonviolent Conflict* by Erica Chenoweth and Maria J. Stephan; *Abundance* by Ezra Klein and Derek Thompson.

The Zoom login is <https://us02web.zoom.us/j/82751593590>

## **SUNDAY SERVICE May 3, 2026 at 10 AM at the Meeting House and via Zoom**

**"All the Colors"** led by Rev. Rali Weaver; service associate, Noreen Cavanaugh. This Sunday, we celebrate "All the Colors"—not just the ones we see in the garden, but the ones we carry within us. In our Unitarian Universalist tradition, we don't just tolerate difference; we recognize that a monochrome community is a fragile one. Like the ribbons of a Maypole, our individual threads are different for a reason: because that is the only way to weave something strong enough to hold us all.

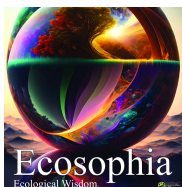
**This is Flower Communion Sunday so everyone is encouraged to bring a flower for the communal vase.**



**COFFEE HOUR:** As May 3 will be the first Sunday of the month, we ask **people whose last names begin with A-E** to bring a snack to share and stay to help clean up.

## **JUSTICE DOCUMENTARY FILM SERIES, Sunday, May 3 at 3 PM at the Meeting House.**

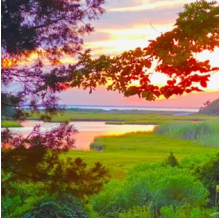
Join us for our **next monthly gathering** to explore the most pressing issues of our time through film. We'll kick off each session with a screening, **followed by warm soup and an open-floor conversation** to process what we've seen.



**Our next feature film *Ecosophia*** translates from Greek as "ecological wisdom." It offers a deep dive into the "meta-crisis" exploring the intricate web between energy, thermodynamics, economics, and our collective psychology. While mainstream discourse often stalls on whether human-influenced climate change is a fact or a conspiracy, *Ecosophia* argues that this debate is a distraction. The film focuses on a more fundamental reality: the terminal decline of surplus energy from the finite fossil fuels that make our complex, high-consumption civilization possible. Through insights from world-renowned thinkers, we will examine the necessity of degrowth solutions in a world of exponential demands. All are welcome to stay for a brief discussion following the film.

**END ZONE READING GROUP: Exploring Life, Death, and Grief, every Tuesday (May 5, 12, 19, 26) from 6-7:30 PM on Zoom only.** The End Zone Reading Group will be reading *When Things Fall Apart* by Pema Chödrön. In this classic text, Buddhist teacher Pema Chödrön offers a spiritual survival kit for times of upheaval. She teaches that the very moments we feel most "cornered" by fear and uncertainty are actually the most potent opportunities for awakening and genuine connection.

Rev. Rali has some books to loan; you can also find the book at Eight Cousins or other local bookstores. The Zoom login is: <https://us02web.zoom.us/j/86284219876?jst=2>



**“PRESERVING CC’S UNDEVELOPED LAND AND HOUSING AFFORDABILITY” FORUM, Wednesday, May 6, 13, 20, and 27 from 6:30-8:00 PM – Zoom Only.** People love to live and visit Cape Cod for its charming coastal villages, lifestyle, and natural beauty. Climate change, environmental degradation, and unaffordable housing all threaten the long-term sustainability for residents and visitors alike. These challenges need to be addressed proactively with long-term, balanced solutions.

The public is invited to a free, four-part webinar series where local experts and leaders will explore the needs, plans, and best options for the future. Zoom link: <https://bit.ly/41NBKXd>

**Wednesday, May 6 presenters:** Andrew Gottlieb, Executive Director, Association to Preserve Cape Cod (APCC); and Jason Steiding, Natural Resources Director, Mashpee Wampanoag Tribe

**ANNUAL PLEDGE DRIVE** - The pledge drive for the 2026-2027 pledge year is underway! This year’s theme is **“Planting Seeds for the Future.”** Our goal is to raise the resources to expand our outreach, grow our children’s program, and welcome newcomers to our congregation. If you have not received a mailing with information about how to pledge, please let us know by contacting the office or emailing [admin@uuffm.org](mailto:admin@uuffm.org). The pledge drive will conclude with our annual ritual of commitment on Sunday May 24.



**SUNDAY SERVICE May 10, 2026 at 10 AM at the Meeting House and via Zoom**

**“Looking Back and Moving On”** led by Matt Meyer; service associate, Rev. Rali Weaver. Many traditions have passed down stories about the dangers of looking backwards or getting stuck in the past, but the past is always with us. Our stories and histories shape who we are and where we’re going. Special guest, Matt Meyer, will offer a service of song and story, as we reflect on the past and find our way forward.

Matt is an itinerant troubadour and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston.

**COFFEE HOUR:** As May 10 will be the second Sunday of the month, we ask **people whose last names begin with F-L** to bring a snack to share and stay to help clean up.

**MEETING HOUSE CALENDAR**

**Red = Congregation-wide events open to all.**

**SUNDAY, May 3**

- 10:00 AM Sunday Service**  
**In Person and Zoom**
- 11:15 AM Coffee Hour/Grocery cards**
- 11:30 AM Sermon Discussion**
- 2:00 PM Soc. & Envir. Action Cmte.**
- 3:00 PM Justice Documentary**

**MONDAY, May 4**

- 6:30 PM Choir Rehearsal

**TUESDAY, May 5**

- 8:00 AM Breakfast Bunch**
- 10:30 AM Religious Service Committee
- 1:00 PM Mah Jongg**
- 6:00 PM End Zone Reading Group**

**WEDNESDAY, May 6**

- 9:30 AM Writing Time
- 6:30 PM Preserving Cape Cod... Webinar**

**THURSDAY, May 7**

- 8:00 AM Men’s Breakfast**
- 2:00 PM Chimes Ensemble

**FRIDAY, May 8**

- 10:00 AM Writer’s Path
- 1:00 PM Membership Committee
- 2:00 PM Community Circle**

