

Sandwich Road Menu

For the week of May 8, 2022



May Theme: "Nurturing Beauty"

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.

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

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. Praying 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.

INTERIM MINISTER INFORMATION SESSION—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. This will be held twice so that you can choose to attend the most convenient time. **They will be held on Tuesday, May 10 at 7 PM or Sunday, May 15 at 12 Noon - both on Zoom.**



WEDNESDAY NIGHT COFFEE HOUSE CONTINUES on May 11 from 7:00 to 8:30 PM via Zoom. Bring your favorite YouTube video of your favorite song and we'll try to play them *all*.

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 12 at 10:30 AM** at Frances Crane Wildlife Management Area, off Route 151 in East Falmouth.



NEXT GROCERY CARD SALE, Saturday, MAY 14 from 10 AM-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!



SUNDAY SERVICE May 15, at 10 AM—Celebrating UU Founding Day – 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.

CONGRATULATIONS TO ANDREW MARK WELCH ON HIS GRADUATION FROM HIGH SCHOOL!

Andrew enjoys playing the baritone saxophone in the Falmouth High School jazz band and the marching band. This year he was elected president of the band and qualified for the Massachusetts Southeast District Music Festival. He is the co-captain of the high school math team, which this year qualified for the state competition. In the Falmouth High School science fair, he won a first-place award for his project, "God-Fearing Machines and the Logic of Superstition." He received this year's Superintendent's Award for Academic Excellence.

Outside of school, he is a member of the Seven Stars Academy of Martial Arts and earned his black belt in Tang Soo Do in December 2021. At UU Falmouth, Andrew serves as a member of the Denominational Affairs Committee and the Whole Life Learning Committee. Andrew will be attending the University of Chicago in the fall, where he is interested in studying computational linguistics.

POLISH TAKE-OUT MEALS TO BENEFIT UKRAINE A BIG SUCCESS! Working with North Falmouth Congregational Church, and using their kitchen, volunteers from UU Falmouth served up 177 meals on April 30, taking in almost \$4,000. Funds will be going to the Ukrainian Relief Mission based on Cape Cod. Its founder worked in Poland for years and recently went back to set up relationships with truckers driving into Ukraine. Many thanks to the organizers Celia Gayer, Dorothy Schrupf and Judy Titus; and cooks Marite Burns, Elga O'Dell, Carolyn Powers, Dorothy, Celia, and her sister Amy McGillan. Leona Bombaci, Noreen Cavanaugh, Julia Withers, Saramaria Allenby and volunteers from NFCC distributed the meals. Thank you to the cookie bakers, whose names were out of reach at "press time."



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 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.



PENIKESE ISLAND RETREAT MAY 31 (rain date Friday, June 20)—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.

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, May 8, 2022

- 10:00 AM Sunday Service – Hybrid**
- 4:00 PM Fellowship Group #5
- 4:00 PM Book Discussion via Zoom**

MONDAY, May 9

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

TUESDAY, May 10

- 11:00 AM Lay Ministry Team
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 3:30 PM Welcoming Cong. Cmte via Zoom**
- 4:00 PM Fellowship Tea via Zoom**
- 4:00 PM Social Action Committee
- 7:00 PM Interim Minister Information Session via Zoom**

WEDNESDAY, May 11

- 9:30 AM Writing Time
- 1:00 PM Caring Committee
- 7:00 PM Coffee House via Zoom**

THURSDAY, May 12

- 8:00 AM Men's Breakfast**
- 10:00 AM Membership Committee
- 10:30 AM Mindfulness Walk**
- 12:00 PM Fellowship Lunch via Zoom**
- 3:30 PM Fellowship Group #4
- 7:00 PM Finance Committee

FRIDAY, May 13

- 11:00 AM Development Committee

SATURDAY, May 14

- 10 AM-2 PM Grocery Card Sales outside at the Meeting House**