

# Sandwich Road Menu

For the Weeks of June 28 & July 5, 2026



**SUNDAY SERVICE June 28, 2026 at 10 AM at the Meeting House and via Zoom**

**“You Are Not Alone”** led by Larry Ladd; service associate, Julie DeSorgher. How free and independent are each of us really? What do our religious beliefs tell us about how free we are to act independently and how interdependent we are with others?

**COFFEE HOUR:** As June 28 will be the fourth Sunday of the month, we ask **people with last names beginning with S-Z** to bring a snack to share and stay to help clean up.

**ECO-TOUR AT THE GREEN CENTER, Sunday, June 28, 12 PM.** Join Earle Barnhart and Hilda Maingay as they lead us on an inspiring Eco-Tour at The Green Center (28 Common Way, East Falmouth). This pioneering, nonprofit research and education organization explores practical solutions for ecological living, renewable energy, food production, and sustainable design. Visitors will tour an energy-efficient solar home and attached solar greenhouse where food has been grown year-round on Cape Cod since 1972. The tour includes demonstrations of composting toilets, urine diversion technology, solar electricity, solar heating and hot water systems, and innovative small-house and ADU design strategies.



Founded on the belief that ecological and social transformations must occur at the local human scale, The Green Center continues the legacy of New Alchemy by researching resilient systems accessible to individuals, families, and communities. This unique tour offers practical ideas, visionary concepts, and hands-on examples for anyone interested in sustainability, climate resilience, ecological sanitation, regenerative agriculture, and low-impact living.

***You are encouraged to bring a bag lunch and to carpool from the Meeting House. Signup on the sheet in the foyer or call Chris Uljua at 203-586-8495. Minimum of 10 participants, maximum of 16.***

**CALLING ALL ARTISTS for the 3<sup>rd</sup> Annual Members and Friends Art Show that will run through July and August.** Contact Joanie Thompson or John Jackson for more information. **Bring your art to the Meeting House by July 2.**



## CONGRATULATIONS TO OUR GROSSLEIN AND CARING COMMITTEE AWARD

**WINNERS!!** [The Grosslein Award](#) was created in honor of Marv and Avis Grosslein, long time members and stewards of our Fellowship. Every year the Governing Board identifies a member who has provided long term service to the congregation. The service recognized is often largely invisible to the Fellowship members but is absolutely critical. This year's two recipients are **Barry Blake and Rex Withers.**



[The Caring Committee Award](#) is given each year to a person who goes above and beyond caring for others and helping in a multitude of ways to make people's lives better. This year's recipient is **Pam Morrone.**

**Many thanks to Barry, Rex, and Pam for the enormous, selfless contributions they make to our congregation!**

**SUNDAY SERVICE July 5, 2026 at 10 AM at the Meeting House and via Zoom**

**“1776: Liberty and Justice For All?”** led by Joanne and Steve Treistman. Steve and Joanne Treistman will be reading the text of the July 4, 1776 Declaration of Independence and the words of Frederick Douglass' speech on July 5, 1852 during the Fugitive Slave Laws days. There will be discussion and readings on the theme of the second UU Principle of Justice, equity and compassion in human relations. Music will include spirituals sung by the enslaved and gospel music.

**GROCERY CARD SALES – LOOKING FOR 25 PEOPLE TO BUY 25 \$25 GIFT CARDS!**

We have quite a few \$25 grocery cards from Stop & Shop and Shaws that we need to sell.



If you have never bought cards before, now is a great time! You buy the card at face value, and UU Falmouth gets 5% back from the stores (10% back from Jack and the Beanstalk). **All profits go to support local charities. Last year we donated over \$6,000!**



**MISSED A SERMON? WANT TO HEAR IT AGAIN?** If you missed a sermon or would like to hear it again, simply click on this YouTube link and select the date you are looking for: <https://www.youtube.com/playlist?list=PLMTSPpmFFIZhh4YWYsw1eDXYYWjnTN3n>  
Contact [admin@uuffm.org](mailto:admin@uuffm.org) with any questions.

**MEETING HOUSE CALENDAR**

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

**SUNDAY, June 28**

- 10:00 AM Sunday Service**  
In Person and Zoom
- 11:15 AM Coffee Hour/Grocery cards**
- 11:30 AM Sermon Discussion**
- 12:00 PM Tour of The Green Center**

**MONDAY, June 29**

- 6:30 PM Choir Rehearsal

**TUESDAY, June 30**

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 6:00 PM End Zone Reading Group**

**WEDNESDAY, July 1**

- 9:30 AM Writing Time

**THURSDAY, July 2**

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

**SATURDAY, July 4**



- 10:00 AM Sunday Service**  
In Person and Zoom
- 11:15 AM Coffee Hour/Grocery cards**
- 11:30 AM Sermon Discussion**

**MONDAY, July 6**

- 6:30 PM Choir Rehearsal

**TUESDAY, July 7**

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

**WEDNESDAY, July 8**

- 9:30 AM Writing Time

**THURSDAY, July 9**

- 8:00 AM Men's Breakfast**
- 2:00 PM Chimes Ensemble
- 7:00 PM Finance Committee

**FRIDAY, July 10**

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

**SUNDAY, July 5**