

Sandwich Road Menu

For the week of June 12, 2022



June Theme: "Celebrating Blessings"

ANNUAL BUSINESS MEETING SUNDAY, JUNE 12, AT 11:30 AM VIA ZOOM. The Governing Board has set Sunday, June 12, 2022 at 11:30 AM for the Annual Business Meeting. The meeting will once again be held via Zoom, with the login sent out before the meeting. All those who have signed the Membership Book by May 13, 2022 will be eligible to vote.

The agenda for the meeting, which will include the slate of nominees and the FY 2022/2023 draft budget, has been sent out to members by email and mail. Reminder: you will need to log out of the Sunday service when it is over, and log back in to the Annual Meeting using the login sent to you.

SUNDAY SERVICE June 12, at 10 AM — *Why PRIDE?* - The Rev. Joe Cherry. Join Rev. Joe this Sunday as he shares reflections and some of the history of Gay Pride, as well as asks theological questions about pride. **This service is open to everyone, in-person at the East End Meeting House (7 Hatchville Road, East Falmouth) or via Zoom.**



GROUP PRAYING WITH THE BODY, Monday June 13 at 2 PM; Wednesdays June 22 & 29 at 10 AM—in-person at **A Place to Breathe, 62 Bonnie Lane in Falmouth.** Praying with the body is a mindfulness practice that incorporates sitting with the divine presence, living your prayer, contemporary psalm, self-compassion practice and blessing of the body, and a closing prayer ending with breathing with the sound of three bells. Oral, mental, affective, and contemplative practices are all embodied in the ritual pattern. To sign up, contact Rev. Saramaria at Sallenby48@gmail.com.

BOOK READING: POSITIVITY by Dr. Barbara Fredrickson, Mondays June 13 & 27 and Thursday, June 30 at 5 PM via Zoom. We all know negativity; it looms large and is easy to spot. But what about positivity? Can it transform our lives? For more than twenty years, Dr. Barbara Fredrickson has researched these questions. In *Positivity*, she reveals how the stunning new scientific discoveries about this powerful, though undervalued, state of mind can enhance your relationships, improve your health, relieve depression, and broaden your mind.



MOVIE NIGHT: My Octopus Teacher. Partnering with UCC Sandwich, we will be watching, **in-person**, the movie *My Octopus Teacher* together at 136 Main Street in Sandwich. Two dates/times will be offered: **Wednesday, June 15 at 7 PM and Thursday, June 23 at 3:30 PM.** A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world. It is a visually stunning movie with a beautiful story of friendship and love.

MINDFULNESS WALK—The weather is warming up! It's time to get outdoors and get a taste of summer. (Weather permitting) The next walk will be on **Thursday, June 16 at 10:30 AM** at the Coonamessett Greenway Heritage Trail off John Parker Road. To learn more: <https://300committee.org/conservation-lands-2/coonamessett-greenway-heritage-trail/>

GET IMPORTANT SEAC INFORMATION DELIVERED DIRECTLY TO YOUR EMAIL! There is so much information, often daily, about the environment, climate change, social and environmental initiatives, and other SEAC news and opportunities to learn and take action! If you would like to be kept up-to-date on a regular basis, please fill out this form: <https://uufalmouth.breezechms.com/form/5ea8d3622758>



LET'S HAVE A GREAT GROCERY CARD SALE TO END THE FISCAL YEAR: Saturday June 18, from 10 AM to 12 PM at the Meeting House. SEAC wants to give generously to our local charities this year. This last sale of the fiscal year will help us do that. Here is a link to the list of local charities: <https://uuffm.org/justice-environmental-justice-climate-justice-food-security/local-giving/>. **Fair Trade chocolate and coffee** will also be on sale. Contact Pam Morrone pgm045@yahoo.com to place an order for grocery cards. The grocery stores that participate are: Stop and Shop, Shaws, Roche Bros., Jack In the Bean Stalk, and Windfall. Contact Julia Withers jmwithers6@gmail.com for information about chocolate and coffee.

SUNDAY SERVICE June 19, at 10 AM— *Juneteenth* - The Rev. Joe Cherry. Juneteenth is a very important day of celebration in the history of African Americans. Come join us as we explore its history and implications.

SUMMER SOLSTICE WELCOMING RITUAL. Summer Solstice is at 5:13 AM on June 21. Meet at Menauhant Beach, 663 Menauhant Road, East Falmouth at 5 AM for a morning ritual and welcoming of the longest day.

WEDNESDAY NIGHT COFFEE HOUSE IS ON PAUSE FOR THE SUMMER. Hopefully we will reconvene in person in the fall!



SUMMER FUN AUCTION! Let's take advantage of summer weather to see old friends and raise some money to support UU Falmouth. Can you offer an outdoor meal or event, or deliver some home baked delicacies to other members and friends? More details will follow soon, but if you want to donate to this auction you can do so at <https://auctria.events/SummerFunatUUFF23>. Contact Ellen Todd with questions or if you'd like to help organizing this auction.



FOOD SYSTEM SURVEY EXAMINES FOOD INSECURITY AND MORE. In order to “provide a picture of the challenges and opportunities experienced by different sectors of the food system in Falmouth,” Farming Falmouth is inviting people to take a **short 10-minute survey**. All eaters from Falmouth and the surrounding area are eligible to participate and will be entered in a drawing to win up to \$150 towards food purchases. To access the survey, cut and paste <https://www.surveymonkey.com/r/NHGG6BZ> in your Internet browser. A grant from the Woods Hole Foundation is supporting the work.

CAROLYN MCDADE, CREATOR OF THE SONG SPIRIT OF LIFE, will turn 87 on June 18. It would be great to send a card to her c/o Royal Cape Cod, Room #201, 8 Lewis Bay Road, Buzzards Bay, MA. 02532. You can find her life story at <http://www.carolynmcdademusic.com>.

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, June 12, 2022

- 10:00 AM Sunday Service—In-person & Zoom**
- 11:30 AM ANNUAL BUSINESS MEETING via Zoom**

MONDAY, June 13

- 2:00 PM Praying with the Body**
- 5:00 PM Book Discussion Positivity-Zoom**
- 6:30 PM Choir Rehearsal

TUESDAY, June 14

- 8:00 AM Breakfast Group— all welcome!**
- 11:00 AM Lay Ministry Team
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 3:30 PM Welcoming Cong. Cmte.-Zoom**
- 4:00 PM Fellowship Tea-Zoom**

4:00 PM Social Action Committee

WEDNESDAY, June 15

- 9:30 AM Writing Time
- 11:00 AM Staff Meeting
- 3:00 PM Partners Grief Support Group
- 7:00 PM Movie: My Octopus Teacher**

THURSDAY, June 16

- 8:00 AM Men's Breakfast**
- 10:30 AM Mindfulness Walk**
- 12:00 PM Fellowship Lunch-Zoom**
- 4:00 PM Rev. Joe "Office Hours"**
- 7:00 PM Governing Board

SATURDAY, June 18

- 10 AM-12PM Grocery Card Sale at the Meeting House**