

Sandwich Road Menu

For the week of June 19, 2022



June Theme: "Celebrating Blessings"

We are piloting an in-person option this **Sunday, June 19th** in a shady area of our own UU Falmouth Meeting House! If all goes well, **the plan is to have these outdoor services for all of July and August.**

- Chairs will be set up, but you are welcome to bring your own.
- A coffee hour will take place after the service on the covered patio behind the Meeting House.
- Restrooms are usable in the Meeting House; the kitchen is not.

ZOOM: The outdoor services will continue to be accessible live on Zoom, however the online sound will include some road and wildlife noises.

INCLEMENT WEATHER: You will be notified by email on Saturday if we will have to switch to Zoom only.

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 **in person outside the UU Falmouth Meeting House** as we explore its history and implications.

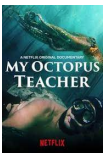
JUNETEENTH BOOK RECOMMENDATION from the Welcoming Congregation Committee.

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troop's arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end of slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday. As part of the Juneteenth commemoration, the Welcome Congregation Committee recommends *On Juneteenth*, a book by Annette Gordon-Reed.

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.

GROUP PRAYING WITH THE BODY continues 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 are all embodied in the ritual pattern. To sign up, contact Rev. Saramaria at Sallenby48@gmail.com.

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, **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.



LABYRINTH WALK AND EVENT FOR UKRAINE, Sunday, June 26 at 11:30 AM at the UU Falmouth Meeting House. On June 26, UU Falmouth will collaborate with the Waquoit Congregational Church and the North Falmouth Congregational Church in a show of solidarity for peace and freedom in Ukraine and throughout the world. Free sunflowers will be provided while they last; music will include the sounds of Ukrainian Bandura and a Petal Drum.



SUNDAY SERVICE JUNE 26—We will not hold our own service on the final Sunday in June. Instead, we will join with UUs around the world via Zoom for the online Sunday worship from the UU General Assembly. The service will be **live-streamed Sunday, June 26, 12:30-2:00 PM**. It can be viewed here: www.uua.org/ga/off-site/2022/sunday-worship or on the UUA's YouTube channel. It will also be posted on uua.org soon after the live-stream so that you will be able to watch the video on-demand.

MINDFULNESS WALK—The weather is warming up! It's time to get outdoors and get a taste of summer. The next walk will be on **Monday, June 27 at 1:00 PM** at the Grace Trail, Nelson Park, 235 Water Street, Plymouth. We will walk the trail together stopping to note gratitude, release, acceptance, challenge, and to embrace Grace! See more at <https://gracetrail.com/>

BOOK READING: POSITIVITY by Dr. Barbara Fredrickson, continues **Monday June 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.



HAVE YOU FILLED OUT YOUR CONFIDENTIAL RELIGIOUS SERVICES SURVEY? The RSC is in the process of conducting a survey of congregants to help assess services overall and the various components of the service. If you haven't already, please take five minutes to share your thoughts and suggestions by completing the *confidential* survey via the link below. When you open the link, click on the NEXT button to access the survey and keep selecting NEXT until you come to the end of the survey. We appreciate your time and your candidness.



Click this link to start the survey:

https://docs.google.com/forms/d/e/1FAIpQLSe2b0wxhgIHKDhMy-NjJ8cfoJ0TjzJUI-MC8nVz6OnR-6DYUg/viewform?usp=sf_link

THE SENIOR SUPPORTIVE SERVICES GUIDE, AND THE MEDICAL TRANSPORTATION RESOURCE GUIDE FOR MEDICAL APPOINTMENTS HAVE BEEN UPDATED! Thanks to Jean Stern and Sharon Lowberg, the information in both these valuable guides has been updated. Do you need more information on the Falmouth Senior Center shuttle service? Need tax preparation help at no cost? Need nursing or home care services? Need to know how to get a ride to a medical appointment?

Support Services Guide:

<https://uuffm.org/wp-content/uploads/UUFFdocuments/UUFF-Supportive-Services-List-5-22.pdf>

Transportation Guide:

<https://uuffm.org/wp-content/uploads/UUFFdocuments/Medical-transport-22.pdf>

SUMMER FUN! AUCTION TO SUPPORT UU FALMOUTH. Let's enjoy the lovely summer weather together while we support UU Falmouth. Can you host a small outdoor gathering, a picnic lunch, a summer meal, lawn games (croquet, badminton, bocce), or other COVID-safe events? Would you rather bake a pie or other dessert featuring fresh summer fruit? Please visit our website: <https://auctria.events/SummerFunatUUFF23> and look for the 'Donate Items' page to tell us about your events or items. **The deadline for donations is midnight on Friday, June 24.**



Bidding will start on Saturday, June 25 at noon. (Bidding closes at midnight on Tuesday, June 28.) Questions? Contact Ellen Todd.

SNACKS NEEDED FOR HABITAT FOR HUMANITY—UU Falmouth has signed up to provide snacks for the Habitat for Humanity building project in Waquoit (Willett Way off Barrows Road) **the first Tuesday of every month**. Please sign up to help through this link:

<https://www.signupgenius.com/go/5080449a5a62caaff2-habitat>.



MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, June 19, 2022

10:00 AM Sunday Service—In-person & Zoom

MONDAY, June 20

6:30 PM Choir Rehearsal

TUESDAY, June 21

5:00 AM Summer Solstice Welcoming Ritual

8:00 AM Breakfast Group

1:00 PM Mah Jongg

4:00 PM Fellowship Tea-Zoom

7:15 PM Fellowship Group #2

WEDNESDAY, June 22

9:30 AM Writing Time

10:00 AM Praying with the Body

THURSDAY, June 23

8:00 AM Men's Breakfast

12:00 PM Fellowship Lunch-Zoom

3:30 PM Fellowship Group #3

3:30 PM Movie: My Octopus Teacher