

# Sandwich Road Menu

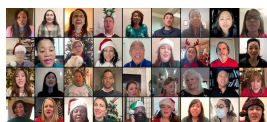
## For the Week of June 21, 2026



**DANCEMEDITATION & SPIRITUAL BELLYDANCE with Dunya, Saturday, June 20, from 10-11:30 AM at the Meeting House.** You are warmly invited to a gentle, meditative movement practice inspired by Sufi-influenced bellydance. Accessible, supportive, and kind to the body—no dance experience needed, all are welcome. Please bring a sash or scarf to tie around your hips. Wear comfortable clothing to move in and bring a thick yoga mat or blanket for the floor. Chairs are available if needed.



**SINGALONG WITH CAROLYN MCDADE for her 91<sup>st</sup> birthday, Saturday, June 20 at 2 PM at the Meeting House.** Come gather to sing some of Carolyn's many songs and hymns, while watching the international Zoom celebrating her birthday. We'll sing while listening to recordings of her works being broadcast to singers and fans in the U.S. and Canada.



**RESULTS OF THE UU FALMOUTH 2026 ANNUAL BUSINESS MEETING.** UU Falmouth's 67<sup>th</sup> Annual Business Meeting was held on June 14, 2026. Joanie Thompson was elected for a two-year term as Clerk; Cynthia Dyer for a two-year term as Director-at-Large; and Betsy Wilder for a two-year term as Treasurer. For the Committee on Ministry, Alice Liljestrand was elected for a three-year term, Tedi Bell for two years, and Phil Smith for one. Mark LeBeau will serve on the Nominating Committee with Jane Jackson, whose term ends in 2027, and Carol McKeon, whose term ends in 2028. The FY 2027 proposed budget was approved.

### **SUNDAY SERVICE June 21, 2026 at 10 AM at the Meeting House and via Zoom**

**1. "Poetry Sunday"** Poetry Sunday will be led by John Jackson; service associate Susan Beth Carlson. Come join this wonderful service full of creativity, inspiration and fun.

**2. We'll celebrate with our second Annual Ugly Tie & Scarf Contest!** Dig deep into your closet (or your creative spirit) and wear your most gloriously hideous neckwear. There will be prizes, but mostly, there will be joy.



**3. GA Worship Service will be livestreamed on Sunday 21 at 11 AM after the UU Falmouth Sunday service.** If you cannot stay to watch it together, you can watch it at home here: <https://www.uua.org/ga/off-site/2026/sunday-worship>



**COFFEE HOUR:** As June 21 will be the third Sunday of the month, we ask **people with last names beginning with M-R** to bring a snack to share and stay to help clean up.

**SEVEN CANDLES – Science for a Deeper Spirituality, Wednesday, June 24 at 7 PM at the Meeting House and via Zoom.** JD Stillwater is a science ambassador and author who writes and speaks about profound insights from natural reality, insights that drive paradigm shifts and cultural awakening. This work springs from JD's love of science and his gift for making difficult concepts graspable for non-scientists.



Seven Candles is a multimedia exploration of the spiritual implications of modern mainstream science. We live at a time when discoveries by the scientific community are challenging our perceptions of reality. As in Galileo's time, we can choose to experience these new-found truths as problems, or we can embrace them, striding towards a deeper, more connected life. *Seven Candles* is science, described in a way that deliberately uncovers and embraces the profound meaningfulness of scientific revelations.

**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 Ujua 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 1.



**MEETING HOUSE CALENDAR**

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

**SUNDAY, June 21**

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

**MONDAY, June 22**

- 6:30 PM Choir Rehearsal
- 7:00 PM PFLAG Meeting**

**TUESDAY, June 23**

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 6:00 PM End Zone Reading Group**

**WEDNESDAY, June 24**

- 9:30 AM Writing Time
- 7:00 PM “Seven Candles” Presentation**

**THURSDAY, June 25**

- 8:00 AM Men’s Breakfast**
- 10:00 AM Soul Matters
- 10:15 AM B&G Meeting
- 2:00 PM Chimes Ensemble
- 3:30 PM Fellowship Group #3
- 7:00 PM Finance Committee

**FRIDAY, June 26**

- 10:00 AM Writer’s Path
- 1:00 PM Grief Group**



HELLO SUMMER