

Sandwich Road Menu

For the week of June 5, 2022



June Theme: "Celebrating Blessings"

ANNUAL BUSINESS MEETING SUNDAY, JUNE 12, AT 11:30 AM VIA ZOOM. The Governing Board has set 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, was sent out to members by email and mail last Friday.

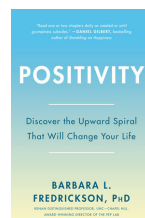
BUDGET DIALOGUE SESSIONS. The budget for next year was especially challenging to create. With a large drop in pledges from prior years, some difficult choices had to be made. If you want to ask questions or learn more about the priorities we set, there will be two opportunities for the congregation to discuss the budget before the Annual Meeting: **Sunday, June 5 at 1:00 PM and Tuesday, June 7 at 7:00 PM** both via Zoom.

SUNDAY SERVICE June 5, at 10 AM—*Telling Our Stories* - The Rev. Darrick Jackson – **via ZOOM ONLY**

The stories we tell shape how we see ourselves and the world. What blessings might we reveal if we change our stories?

The Rev. Darrick Jackson (he/him) is the Director of Ministries for Lifelong Learning of the UU Ministers Association and an Affiliated Community Minister with Second Unitarian Church of Chicago. He is one of the authors of the book *Centering: Navigating Race, Authenticity and Power in Ministry*. Rev. Darrick is active in DRUUMM (the UU ministry for people of color), and is the treasurer for Healing Moments (a ministry for caregivers of people with Alzheimer's).

BOOK READING: POSITIVITY by Dr. Barbara Fredrickson, Mondays June 6, 13, 27 & 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.



GROUP PRAYING WITH THE BODY, Mondays June 6 & 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 prayers that follow a pattern with an opening invocation; psalm prayer; silent reflection; praying with the body, heart and soul; and breathing practice with gentle yoga poses (to do if you are able). It involves 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 accompanied by 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.

WEDNESDAY NIGHT COFFEE HOUSE CONTINUES on June 8 from 7:00 to 8:30 PM via Zoom. For



our **three** virtual Wednesday Night Coffee Houses this month (June 1, 8, and 22), we will be engaging and exploring the Simple Abundance principles of Sarah Ban Breathnach's best selling books. This week Rev. Saramaria will help us explore *The Principles of Harmony & Authenticity*.

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 on **Thursday, June 9 at 10:30 PM** at the Shining Sea bikeway at Locust Street (Woods Hole Road) in Falmouth.

SUNDAY SERVICE June 12, at 10 AM— *What's Pride Got To Do With It?* - 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.

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.



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.



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 auctria.events/SummerFunatUUFF23. Contact Ellen Todd with questions or if you'd like to help organizing this auction.



REV. JOE HAS OFFICE HOURS EVERY THURSDAY—Rev. Joe will be having open office hours on **Thursdays from 4-6 PM at Cape Cod Coffee—on Rt. 130 at 10 Evergreen Circle in Mashpee**. Come join him for a beverage and conversation.

HOUSEHOLDS CAN NOW ORDER A THIRD SET OF EIGHT COVID TESTS. It takes 30 seconds to order and the last time they arrived in just a few days. Order here: <https://www.covid.gov/tests>

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, June 5, 2022

- 10:00 AM Sunday Service – Zoom ONLY**
- ~11:15 AM Coffee Hour at Coonamessett Farm**
- 1:00 PM Budget Dialogue Session - Zoom**
- 4:00 PM Book Discussion *Sacred Art* - Zoom**
- 4:00 PM Fellowship Group #5

MONDAY, June 6

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

TUESDAY, June 7

- 8:00 AM Breakfast Group—all are welcome!**
- 1:00 PM Mah Jongg**
- 4:00 PM Fellowship Tea - Zoom**
- 7:00 PM Budget Dialogue Session - Zoom**
- 7:15 PM Fellowship Group #2

WEDNESDAY, June 8

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

THURSDAY, June 9

- 8:00 AM Men's Breakfast - Zoom**
- 10:00 AM Membership Committee**
- 10:30 AM Mindfulness Walk**
- 12:00 PM Fellowship Lunch - Zoom**
- 3:30 PM Fellowship Group #3
- 4:00 PM Rev. Joe "Office Hours"**
- 7:00 PM Finance Committee

FRIDAY, June 10

- 11:00 AM Development Committee