

Sandwich Road Menu

For the week of July 17, 2022



July Theme: "Freedom"

REMINDER: Rev. Joe will be away until August 1. Should you need him in an emergency, please contact Susan McCourt and she will reach out to him.

SUNDAY SERVICE JULY 17—There will be no UU Falmouth service this Sunday as all the hardworking people involved in planning and running our services take a much-deserved break.

MESSAGE FROM THE RELIGIOUS SERVICES COMMITTEE. We want to thank you for taking the time to complete the RSC Survey we sent out two weeks ago. As we mentioned, part of our committee's role is to evaluate services and identify opportunities for improvements. We received 80 responses, which is an excellent response rate! Many of you also contributed valuable comments and suggestions – again, many thanks for your insights and candor.



We heard and understand the frustrations with not being able to meet in person. Hopefully meeting outside at our Meeting House this summer will begin to address some of those concerns. We also heard and understand the technical challenges of conducting hybrid services. Improvements in that regard are a work-in-progress. Thank you for your patience!

TRIP TO CAPE COD LAVENDER FARM! On Monday, July 18, you are invited to walk and enjoy this beautiful family-owned farm located at the heart of 11 secluded acres in Harwich. The farm boasts over 7,000 plants and is surrounded by 75 acres of conservation land with woodland walking trails. There is no charge for admission.



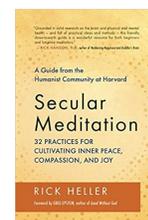
Meet at the UU Falmouth Meeting House at 10 AM to carpool. Afterward, we will decide where to go out for lunch! For more information, see <https://www.capecodlavenderfarm.com/>

THE UU FALMOUTH KAYAKING GROUP IS BACK ON THE WATER! We meet every Tuesday morning at a different location. If you would like to try kayaking and want to be on the mailing list (which includes a description of the location for the week along with directions), email Gail Donkin via admin@uuffm.org. We will cancel if it's raining or if it's too windy (too windy=winds over 10 mph). In that case, you will be notified by email before 8:00 AM.

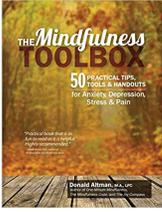


On Tuesday, July 19, at 9:15 AM, we will be kayaking on Scorton Creek. This is a lovely, extensive marsh area in Sandwich. The tides are so high on the Cape Cod Bay side that we only get the tides right occasionally. Next Tuesday will be one of those times!

SECULAR MEDITATION. Meditation is a form of mental exercise with numerous scientifically verified physical and psychological benefits. As meditation teacher Rick Heller shows, the benefits of the practice extend beyond the personal to enrich relationships with others, with one's community, and with the world. In *Secular Meditation*, step-by-step instructions, personal stories, and provocative questions teach empathy for others, stress reduction, and the kind of in-the-moment living that fosters appreciation for life and resilience in the face of adversity. Heller simplifies what is often found mysterious, describing and providing detailed instructions for 32 different practices, ensuring that anyone can find the right one.



Come join Saramaria **via Zoom on three Tuesdays: July 19, 26 and August 2 at 8:30 AM** for a 40-minute meditation and reading from the text. You will be sent the Zoom login by email.



THE MINDFULNESS TOOLBOX. Come learn about this complete guide to mindfulness tools with a set of engaging, practical strategies along with key research and evidence-based information. The awareness-boosting methods offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope. It features over 40 easy-to-use, reproducible handouts and guided scripts—such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind with sense grounding, expanding your strength narrative, the stress pause S-T-O-P technique, and meditations for peace and acceptance.

***Wednesdays July 20 & August 10 at 10 AM outside at the UU Falmouth Meeting House.**

***Wednesdays July 27 & August 3 at 10 AM at the Falmouth Library.**

MAKING PRAYER BEADS. The word bēde means “prayer, request, supplication, order, command, rosary, bead.” Come create your own set of prayer beads—enjoy the beauty, the colors and the practice. All beads and findings (supplies used to piece together jewelry) will be provided.



***Thursdays July 21 & 28 from 10 AM-12 PM outside on the patio at the UU Falmouth Meeting House.**

SUNDAY SERVICE JULY 24— (IN-PERSON OUTDOORS AT UU FALMOUTH & VIA ZOOM)

Dr. Sandra Faiman-Silva - This service is put on by the Welcoming Congregation Committee.

“An anthropological lens of inquiry has been instrumental in helping me as a teacher, scholar and activist to deconstruct some of the most pressing issues of our time and act to foster social change. What I believe are my most important contributions include a course I taught on *War, Peace, and Culture*; and my books on the Oklahoma Choctaw Nation and Provincetown, MA. I will share my work to show how and what we can learn from the ‘puzzle of life’ to be effective agents of both consciousness raising and activism.”

Dr. Faiman-Silva, a Falmouth social justice activist, is Professor Emerita (anthropology) at Bridgewater State University. She has published two books, *Choctaws at the Crossroads*, an analysis of Oklahoma Choctaw Nation’s political economy; and *The Courage to Connect*, which details how diverse communities can come together to build community across the divide of difference. She received No Place For Hate-Falmouth’s 2022 MLK Civic Leadership Award, and the Barnstable County Human Rights Advisory Commission 2021 Tim McCarthy Human Rights Champion Award. Her work, rooted in social justice themes, offers lessons on how we can become agents of social change to address pressing antagonisms and conflicts today.

HOW TO CONTACT OUR NEW TREASURER. Many of you know that our long-time treasurer, Gail Donkin, has retired from that position. Her personal email address is in our UU Falmouth directory. Our current treasurer, Ellen Todd, can be reached on matters of church finance at treasurer@uuffm.org. For personal matters, please continue to use Ellen’s personal address found in the UU Falmouth directory.

MEETING HOUSE CALENDAR

(Red = Congregation-wide events open to all)

SUNDAY, July 17, 2022

NO UU Falmouth Service

MONDAY, July 18

10:00 AM Lavender Farm Trip

6:30 PM Choir Rehearsal

TUESDAY, July 19

8:00 AM Breakfast Group

8:30 AM Secular Meditation-Zoom

9:15 AM Kayaking

1:00 PM Mah Jongg

4:00 PM Fellowship Tea-Zoom

7:15 PM Fellowship Group #2

WEDNESDAY, July 20

9:30 AM Writing Time

10:00 AM Mindfulness Toolbox Discussion

3:00 PM Partner’s Grief Support Group

THURSDAY, July 21

8:00 AM Men’s Breakfast

10:00 AM Making Prayer Beads

12:00 PM Fellowship Lunch-Zoom

7:00 PM Governing Board

