

Sandwich Road Menu

For the week of July 24, 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 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 the 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 the 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.

Dr. Faiman-Silva is on the board of the very active and successful Coalition for Social Justice. These videos explain more broadly the social justice issues that are being addressed.

Learn about the Coalition for Social Justice's (CSJ) work:

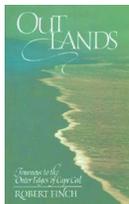
https://youtu.be/scwkT1lc6ZY?list=PLkDkZsSMuETz_2Whez0pX8R-Q0tz102

Learn about Common Start: commonstartma.org

Common Start video on YouTube: <https://www.youtube.com/watch?v=4lip0XXghyg>

COFFEE HOUR AT THE MEETING HOUSE July 24 and 31. The Membership Committee will offer Coffee Hour on the back porch, with one hitch: **if you want coffee, bring your own please.** We will provide water, lemonade and snacks. Looking forward to seeing you in person once again!

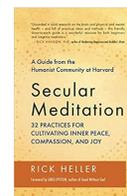
READ ALOUD: *Outlands – Journeys to the Outer Edges of Cape Cod*, by Robert Finch, Sundays



July 24 and 31 at 7:00 PM via Zoom. Come join Saramaria as she reads from this remarkable book. These essays recognize our need for both the human and the nonhuman in our lives. They probe the ambiguities in our response to the terror and beauty of the natural world, and the love and aggression we struggle with in our associations with one another. Robert Finch's remarkable prose offers high entertainment, but also gives us new sympathies for and understanding of both nature and ourselves.

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 provides detailed instructions for 32 different practices, ensuring that anyone can find the right one.

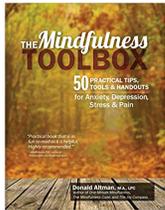
Come join Saramaria **via Zoom on Tuesdays, July 26 and August 2 at 8:30 AM** for a 40-minute meditation and reading from the text. You will be sent the Zoom login by email.



COME JOIN THE UU FALMOUTH KAYAKING GROUP! On Tuesday, July 26, at 9:15 AM, we will launch from Whites Landing Road off Route 28 and go to Washburn Island. Once we get down the Childs River (full of boats), we will be paddling along Washburn Island (a beautiful conservation area) to the southern end, which is a lovely barrier beach. Wear your bathing suit, bring a snack, and allow a little more time so we can enjoy this wonderful island reached only by water.



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 27 & August 3 at 10 AM at the Falmouth Library.**
***Wednesday, August 10 at 10 AM outside at the UU Falmouth Meeting House.**

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.



***Thursday, July 28 from 10 AM-12 PM outside on the patio at the UU Falmouth Meeting House.**

SANDCASTLE CONTEST! Thursday, July 28 at 5:30 PM, Megansett Beach, 239 County Road, North Falmouth. It is finally summer—a time for picnics, swimming...and building sandcastles! Whether you are a master architect or a first time builder, all are welcome to participate. Bring your own picnic and we'll supply the drinks! The sand is free!



SUNDAY SERVICE JULY 31 – (IN-PERSON OUTDOORS AT UU FALMOUTH & VIA ZOOM)

“Cleaning House and/or Moving On” - Put on by the Writing Time Group. As a congregation, we look forward to moving into our rehabbed Meeting House soon. Our interim period is one of looking at ourselves and taking stock. Join our writers as they share reflections and insights about these topics of “Cleaning House and/or Moving On” that affect all of us.

MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

For the location of events not on Zoom, please see the appropriate articles above.

SUNDAY, July 24, 2022

10:00 AM Sunday Service Outside at the Meeting House and via Zoom
11:15 AM Coffee Hour - Mtg. Hse. & Zoom
 4:00 PM Fellowship Group #5
7:00 PM Outlands: Journeys to the Outer Edges of Cape Cod-Zoom

1:00 PM Mah Jongg
 1:30 PM Fellowship Group #1
4:00 PM Fellowship Tea-Zoom

WEDNESDAY, July 27

9:30 AM Writing Time
10:00 AM Mindfulness Toolbox Discussion

THURSDAY, July 28

8:00 AM Men's Breakfast
10:00 AM Making Prayer Beads
12:00 PM Fellowship Lunch-Zoom
 3:30 PM Fellowship Group #3
5:30 PM Sandcastle Contest

MONDAY, July 25

6:30 PM Choir Rehearsal

TUESDAY, July 26

8:00 AM Breakfast Group
8:30 AM Secular Meditation-Zoom
9:15 AM Kayaking
 11:00 AM Lay Ministry Team
 11:00 AM Music Committee

