

Sandwich Road Menu

For the week of July 31, 2022



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 the topics of “Cleaning House and/or Moving On” that affect all of us.

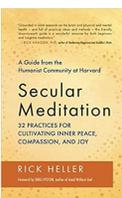
COFFEE HOUR AT THE MEETING HOUSE July 31. The Membership Committee will offer Coffee Hour on the back porch, but...**if you want coffee, please bring your own.** They will provide water, lemonade and snacks. Looking forward to seeing you in person once again!

GROUP PRAYING WITH THE BODY, Mondays August 1, 8, and 29 at 10 AM in person at A Place to Breathe, 62 Bonnie Lane, Falmouth. Based on a book by Roy DeLeon, Saramaria will guide us as we read a Psalm, then practice with gentle yoga poses (or you can just sit) and a brief meditation, ending with a self-compassion practice. Pray with more than just your mind—learn how to use your whole self. These meditations and reflections connect us to our deepest needs to be with the Beloved; to be reassured of the divine presence in our midst. To sign up, contact Saramaria at Sallenby48@gmail.com.



PICNIC AND BEACH BLANKET BINGO! Come join us for a picnic and Bingo at the Beach! We will meet at **South Cape Beach in Mashpee on August 1; Woodneck Beach in Falmouth on August 8-both at 4:30 PM.** Bring a blanket and your picnic; Bingo boards and drinks will be provided.

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 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.



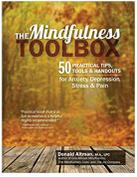
Come join Saramaria **via Zoom on Tuesday, August 2 at 8:30 AM** for a 40-minute meditation and reading from the text. You will be sent the Zoom login by email.

BOARD NEWS: SUPPORTING OUR NEIGHBORS. Recently, we received notice that the Falmouth Recreation Department will be asking the Planning Board to remove a restriction that prohibited the use of the Town ball fields next door to us at 888 Sandwich Road before noon on Sundays. The Board discussed this and unanimously agreed to support this request. We want people to know that we support our community, including the youngsters and families who use the fields. Let’s be good neighbors!



COME JOIN THE UU FALMOUTH KAYAKING GROUP! On Tuesday, August 2, at 9:15 AM, we will meet at Scotty and Barbara Scott’s house at 16 Atlantic Avenue in Wareham. They will take us on a tour of Onset and the marsh areas. This is a longer-than-usual trip. We will have lunch in Onset so bring some money.



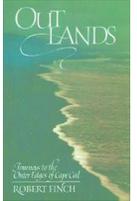


THE MINDFULNESS TOOLBOX. Come learn about this complete guide to mindfulness tools with a set of engaging, practical strategies along with key research and evidence-based information. The awareness-boosting methods offer participants a means of reappraising and observing negative and anxious thoughts, 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.

***Wednesday August 3 at 10 AM at the Falmouth Library.**

***Wednesday, August 10 at 10 AM outside at the UU Falmouth Meeting House.**

READ ALOUD: *Outlands – Journeys to the Outer Edges of Cape Cod*, by Robert Finch, Sundays August 7 & 14 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.



SUNDAY SERVICE AUGUST 7 – (IN PERSON, OUTSIDE AT THE UU FALMOUTH & VIA ZOOM)

I.D.I.C. - The Rev. Joe Cherry - It's no secret that many Unitarian Universalists are fans of the Star Trek offerings. Join us this Sunday as Rev. Joe explores just why so many of us love Star Trek. For the non-Trekkers, fear not. You should join us too. Rev. Joe is married to someone who doesn't care a whit about Star Trek, so this will address your spiritual life, too!

HELP SUPPORT KIDS IN FOSTER CARE—School Supplies Needed! Many children in foster care need school supplies. Let's help them and their families. Things that are needed are folders, markers, crayons, glue sticks, colored pencils, notebooks, calculators for high school students, and reusable water bottles. You can drop things off at the Meeting House after Sunday Services August 7 or 14, or contact Chris Wheeler to make other arrangements. Let's join together to support these kids with abundant generosity!

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 31, 2022

- 10:00 AM Sunday Service Outside at the Meeting House and via Zoom**
- 11:15 AM Coffee Hour - Mtg. Hse. & Zoom**
- 11:15 AM Grocery Cards on sale at the Meeting House after the service**
- 7:00 PM *Outlands: Journeys to the Outer Edges of Cape Cod*–Zoom**

- 1:00 PM Mah Jongg**
- 4:00 PM Fellowship Tea–Zoom**
- 7:15 PM Fellowship Group #2

WEDNESDAY, August 3

- 8:00 AM Religious Service Committee
- 9:30 AM Writing Time
- 10:00 AM Mindfulness Toolbox Discussion**
- 3:00 PM Partners Grief Support Group

MONDAY, August 1

- 10:00 AM Praying with the Body**
- 4:30 PM Beach Picnic & Bingo!**
- 6:30 PM Choir Rehearsal

THURSDAY, August 4

- 8:00 AM Men's Breakfast**
- 12:00 PM Fellowship Lunch–Zoom**

TUESDAY, August 2

- 8:00 AM Breakfast Group**
- 8:30 AM Secular Meditation–Zoom**
- 9:15 AM Kayaking**