

Sandwich Road Menu

For the Weeks of July 6 AND 13, 2025



SUNDAY SERVICE July 6 2025 at 10 AM at the Meeting House and via Zoom.

"Faith and Patriotism in Extreme Times" led by Ellen Todd; service associate, Steve Treistman. In today's world, we often see groups claim to be the only true patriots and have the only true religion. Ellen Todd will share some of her thoughts and reactions to this extremism. She hopes others will join in conversation after the service to share their own thoughts about how to talk among ourselves and with others outside our UU community.

COFFEE HOUR: As July 6 will be the first Sunday of the month, we ask people **whose last names begin with A-E** to bring a snack to share and stay to help clean up.

IT IS KAYAKING SEASON! We have a great group of all skill levels interested in kayaking in the upper Cape (Bourne, Falmouth, Mashpee and Sandwich, one trip to Onset.) This is a group activity and we stay together for safety. Everyone must have a PFD (Personal Flotation Device, aka life preserver) and a whistle. **We go on Tuesday mornings at 9:30 AM through**



September 30. Please be there by 9:15. We do not paddle if the wind is more than 10 mph, and never in the rain. Questions? Contact Mary Hayes at mlhayes2@verizon.net or Debie Wilson at dwmoooses@aol.com.

***On July 8, we will explore Scorton Creek.** The tide is good for Scorton Creek! This is an extensive and lovely marsh area in Sandwich. The tides are so high on the Cape Cod Bay side that we only get the tides right occasionally. On July 8 the tide will be practically perfect!

***On July 15, we will explore Popponneset Island.** We will put in at Ockway Bay ramp and paddle to Popponneset Island where we will beach our kayaks and body-surf with the outgoing tide. This is a fun trip to a beautiful beach.

ACCESSIBLE WALKING GROUP Day and Time Changed to Wednesdays at 9 AM—Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along. This is not about distance or speed—it's about community, connection, and the joy of being outdoors together.



July 9 – Start at Tidal Flats Recreation Area, Cape Cod Canal Service Road, Bourne

July 16 – Start at the Bus Depot Bike Path, Falmouth

Questions? Contact Cynthia Domack or Wendy Bone directly or via admin@uuffm.org

DANCE MEDITATION Saturday, July 12 at 10 AM at the Meeting House.



No experience is necessary to attend this Dancemeditation session—everyone is welcome! There will be no need to learn steps or follow exact movements. The class will be gently led by Dunya Dianne McPherson beginning with gentle stretches on the floor or on a chair. Dancemeditation allows individuals to leave the performance aspect of dance behind, and provides the opportunity to relax, be creative and playful, and explore spiritual realms within us. Participants, please bring a mat and/or a blanket or towel. For more information go to dancemeditation.org.

Dunya Dianne McPherson is a *NY Times* critically acclaimed dancer/choreographer, pioneer in embodied mysticism, academic educator, and internationally recognized Sufi meditation authority.

SUNDAY SERVICE July 13, 2025 at 10 AM at the Meeting House and via Zoom.

“One Song: The Science of Oneness” led by JD Stillwater; service associate, John Jackson. For millennia mystics and poets have told us that “All is one” and yet we feel ourselves surrounded by separation, antagonism, and isolation. With help from some intrepid dung beetles, science ambassador JD Stillwater takes us on a tour of findings from mainstream science that reveal an underlying holism in everything from human bodies to ecosystems to the very fabric of space-time. In short, science agrees: “All is one.”

JD Stillwater is a science ambassador and author who writes and speaks about profound insights from natural reality that drive paradigm shifts and cultural awakening. The work springs from JD’s love of science and his gift for making difficult concepts graspable for non-scientists.

COFFEE HOUR: As July 13 will be the second Sunday of the month, we ask people **whose last names begin with F-L** to bring a snack to share and stay to help clean up.

LET’S REFRESH OUR FIRST AID SKILLS! Monday, July 21 from 1-3 PM at the Meeting House.

Come join Cynthia Dyer, RN, to learn how to recognize and respond to a medical emergency. Topics covered: assessing the situation; making a 911 call; treating burns; recognizing shock, strokes and cardiac emergencies; hands-only CPR; and the use of the AED. The class is open to everyone.

SCAMS & SPAMS: BETTER MONEY HABITS, Wednesday, July 23 at 7 PM at the Meeting House.

Barbara Wiggins, Financial Center Manager, Bank of America, will cover a range of topics including how to identify fraudulent propositions sent via email. These scams are increasingly difficult to identify.

MAKE AN APPOINTMENT WITH REV. RALI. Rali will start as our full-time minister in September but will continue her interim schedule in July and August—July 18, 19, 20, 21 and 25, 26, 27, 28; August 1, 2, 3, 4, and 8, 9, 10, 11. You can contact her at minister@uuffm.org or call 617-459-5979. If you would like to make an appointment with her, please use this convenient booking link: <https://revraliweaver.youcanbook.me>.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, July 6

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

MONDAY, July 7

- 6:30 PM Choir Rehearsal

TUESDAY, July 8

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1
- 3:30 PM Welcoming Cong. Committee**

WEDNESDAY, July 9

- 9:00 AM Accessible Walking Group**
- 9:30 AM Writing Time

THURSDAY, July 10

- 8:00 AM Men’s Breakfast**
- 1:00 PM Chimes Ensemble
- 3:30 PM Fellowship Group #3
- 7:00 PM Finance Committee

FRIDAY, July 11

- 10:00 AM Writers Path
- 2:00 PM Community Circle**

SATURDAY, July 12

- 10:00 AM Dance Meditation**

SUNDAY, July 13

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

MONDAY, July 14

- 1:00 PM Caring Committee
- 6:30 PM Choir Rehearsal
- 8:00 PM Music Committee

TUESDAY, July 15

- 8:00 AM Breakfast Bunch**
- 1:00 PM Mah Jongg**

WEDNESDAY, July 16

- 9:00 AM Accessible Walking Group**
- 9:30 AM Writing Time

THURSDAY, July 17

- 8:00 AM Men’s Breakfast**
- 1:00 PM Chimes Ensemble
- 2:45 PM Chimes Workshop**
- 7:00 PM Governing Board**

FRIDAY, July 18

- 6:30 PM Percussion Discussion**