

Sandwich Road Menu

For the Weeks of August 10 *and* 17, 2025



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

“The Over-Soul Within: Transcendentalism for Today” led by Rev. Rali Weaver; service associate, Rosa Whiting. What does it mean to trust the still, small voice within? Rooted in the teachings of Ralph Waldo Emerson and the Transcendentalists, this service explores the idea of the “Over-Soul”—a deep, shared spirit that connects us to one another, to nature, and to the divine. In a time of noise and distraction, how can we return to the wisdom of inner knowing and cultivate a spirituality of presence, authenticity, and interconnection?

Share the Plate August 10 will go to the Massachusetts Immigration and Refugee Advocacy Coalition (MIRA). “MIRA’s mission is to convene, serve, and organize together with our members, community leaders, and allies for the advancement of all immigrants across the Commonwealth and beyond. MIRA Coalition places immigrant and refugee voices at the forefront to advocate for the well-being of our communities.”



COFFEE HOUR: As August 10 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.

NOTE: There will be NO SERVICE on August 17. The Falmouth Road Race is that Sunday so all those involved in planning and running our Sunday services will take a much deserved break.

LET’S REFRESH OUR FIRST AID SKILLS! Monday, August 11 from 7-9 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. Please sign up on the sheet in the foyer.



KAYAKING SEASON CONTINUES! It is not too late to join this great group of all skill levels interested in kayaking in the upper Cape (Bourne, Falmouth, Mashpee, Sandwich, with one trip to Onset.) **We go on Tuesday mornings at 9:30 AM through September 30.** Questions? Contact Mary Hayes at mlhayes2@verizon.net or Debie Wilson at dwmoooses@aol.com.



***August 12, we will explore Red Brook Harbor/ Bassetts Island.** Red Brook Harbor is a place we go when the tides are against paddling in the marshes. An active harbor, good sailboat-watching and we get to swim on a gorgeous beach. Sometimes if the wind is right and we feel adventurous, we go around Bassetts Island.

***August 19, we will explore Ockway Bay-Mashpee River.** Ockway Bay is a large body of water that goes into Popponneset Bay. We will start from the Ockway Bay ramp and when we get into Popponneset, we turn left to go up the Mashpee River.

ACCESSIBLE WALKING GROUP Wednesdays at 9 AM. Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along.



***August 13** – Start at County Road, Falmouth, at the bike path.

***August 20** – Start at Trunk River Beach Parking Lot, Woods Hole, at the bike path.

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

DINNERS FOR SIX - Mark your calendars for a dinner with UU friends on **Saturday, August 23**. These monthly potluck *Dinners for Six* occur on the 4th Saturday of each month and are a great way to meet new people and/or reconnect with old friends. **Let Betsy Wilder know by August 16 if you'd like to participate this month.** If you'd like to host, please let her know that, too. Her email address is betsymail2012@gmail.com.



SUNDAY SUNDAY SOCIAL, Sunday, August 24 from 4-6 PM at St. Barnabas Episcopal Church.



UU Falmouth will be joining 13 other organizations in Falmouth, all coming together for ice cream, music, games, raffles and a good cause (the Falmouth Service Center). **Lots of volunteers are needed to help put together the UU Falmouth basket on August 22, bake goodies, or setup/cleanup during the event.** Please contact Charlotte Harris or add your name to the sign-up sheet in the foyer.

SOCIAL ACTION LETTER WRITING HELP NEEDED! VOTE FORWARD has requested help to **get out the vote in Pennsylvania**. The letters will **not support any particular candidate**. If you can stay after the service and write a few letters each Sunday in August, they will be ready to send out by the first week of September. We would also appreciate a donation of stamps and business envelopes. We hope to send out 100 letters! Contact Pam Morrone via admin@uuffm.org if you have any questions.



MORE CHILDREN ARE COMING TO UU FALMOUTH! More children are beginning to come to UU Falmouth on Sundays and we want to make them feel welcome! We are looking for people interested in working with a small group of children during the service. Ideally, if we could get eight volunteers, we could have two people helping out every Sunday, with each person working just once every four weeks. There's no need to plan activities as they will be arranged for you. If you are interested, please contact Cynthia Dyer via admin@uuffm.org.

MAKE AN APPOINTMENT WITH REV. RALI. Rali will start as our full-time minister in September! Her final contract days are August 8, 9, 10, 11. Email minister@uuffm.org or call 617-459-5979. To make an appointment: <https://revraliweaver.youcanbook.me>.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, August 10

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

MONDAY, August 11

- 1:00 PM Caring Committee
- 6:30 PM Choir Rehearsal
- 7:00 PM CPR & AED Training**
- 8:00 PM Music Committee

TUESDAY, August 12

- 8:00 AM Breakfast Bunch**
- 9:30 AM Kayaking**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1

WEDNESDAY, August 13

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

THURSDAY, August 14

- 8:00 AM Men's Breakfast**
- 7:00 PM Finance Committee

FRIDAY, August 15

- 1:00 PM Membership Committee
- 6:30 PM Percussion Discussion**

SUNDAY, August 17

- NO Sunday Service**
- Falmouth Road Race**

MONDAY, August 18

- 6:30 PM Choir Rehearsal

TUESDAY, August 19

- 8:00 AM Breakfast Bunch**
- 9:30 AM Kayaking**
- 1:00 PM Mah Jongg**

WEDNESDAY, August 20

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

THURSDAY, August 21

- 8:00 AM Men's Breakfast**
- 10:15 AM B&G Committee
- 7:00 PM Governing Board Meeting**

FRIDAY, August 22

- 10:00 AM Writers Path Group
- 1:00 PM Grief Group**

SATURDAY, August 23

- 6:00 PM Dinner for Six**