

Sandwich Road Menu

For the Week of August 3, 2025



SUNDAY SERVICE August 3, 2025 at 10 AM at the Meeting House and via Zoom.

"A Rebirth of Wonder" led by Rev. Rali Weaver; service associate, Tedi Bell. In a world often driven by routine, cynicism, and urgency, how do we keep our sense of wonder alive? Drawing from the wisdom of poets, prophets, and everyday awe, this Sunday's service invites us to rediscover the sacred in the ordinary and rekindle our capacity for reverence, curiosity, and joy. Together, we'll explore how "a rebirth of wonder" can not only be a personal awakening, but a spiritual practice that grounds us in our UU values of interconnectedness, openness, and love.

COFFEE HOUR: As August 3 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.

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 dwmooses@aol.com.

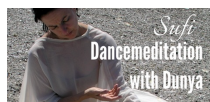
***August 5, we will explore Washburn Island.** We will launch from **Whites Landing Road off 28 and go to Washburn Island.** Once we get down the Childs River (full of boats), we will be paddling along Washburn Island (a lovely conservation area) to the southern end, which is a lovely barrier beach. **Bring your bathing suits, if you are a hardy soul, and a snack, and allow a little more time** so we can enjoy a swim on this wonderful island reached only by water.

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 6** – Start at the Bus Depot in Falmouth at the bike path. Questions? Contact Cynthia Domack or Wendy Bone directly or via admin@uuffm.org.

SUFI DANCE MEDITATION CLASS Saturday, August 9 at 10 AM at the Meeting House.



No experience is necessary to attend this dance meditation session—everyone is welcome!

The class will be gently led by Dunya Dianne McPherson, internationally recognized Sufi meditation authority, beginning with gentle stretches on the floor or on a chair. Dance meditation 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.

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

"The Oversoul 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 Emerson and the Transcendentalists, this service explores the idea of the "Oversoul"—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."



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.



JOIN THE UU FALMOUTH TEAM TO HELP WITH THE FALMOUTH ROAD RACE CLEANUP



Sunday, August 17, 9:30 to 11:30 AM. Helping with the cleanup at the start of the Falmouth Road Race is lots of fun, not a lot of work, and earns UU Falmouth \$1,800 for under two hour's work! We still need six more volunteers! We meet at UU Falmouth and carpool so parking will not be a problem. To register, click on this link

<https://volunteer.bloomerang.co/volunteer/#/join-party?k=jfs2gt175o1tjt> and sign up to be on the Unitarian Universalist team. If you have any questions, contact Julia Withers directly or via admin@uuffm.org. There is also a signup sheet in the name tag room.

SOCIAL ACTION LETTER WRITING HELP NEEDED! SEAC will be spearheading another letter writing campaign in August. 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 but will continue her interim schedule 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, August 3

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

MONDAY, August 4

- 6:30 PM Choir Rehearsal

TUESDAY, August 5

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

WEDNESDAY, August 6

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

THURSDAY, August 7

- 8:00 AM Men's Breakfast-Dave's Barn**

FRIDAY, August 8

- 10:00 AM Writer's Path Group
- 2:00 PM Community Circle**

SATURDAY, August 9

- 10:00 AM Dance Meditation**

