

# Sandwich Road Menu

For the week of September 10, 2023



**There will be a celebration of Bruce Bell's life at the Meeting House on Saturday, September 16 at 1:30 PM. All are welcome in person or via Zoom.**



**SUNDAY SERVICE September 10, 2023 at 10 AM.** *The Wonder of Welcome and Water*, led by Rev. Bill Clark; service associate Judy Andrade. Rev. Bill Clark returns to our pulpit to explore the traditional UU service of the celebration of water, along with the theme of welcoming back a new church year. **We will be doing things differently this time. Instead of bringing water, we will be given water to drink in communion together. Those on Zoom may want to have their own water.**

*Share the Plate on September 10th* – This month's collection will be donated to the Falmouth Service Center.

**COFFEE HOUR**—Going forward, we have decided to try a simplified process. People with last names beginning with certain letters will be asked to **both** bring refreshments **and** help setup and cleanup. Here is the schedule for the next two weeks:

**\*September 10** – People with last names beginning with **F-K**, please bring a snack to share *and* help setup/cleanup.

**\*September 17** – People with last names beginning with **L-Q**, please bring a snack to share *and* help setup/cleanup.

**SERMON DISCUSSION ROUNDTABLE.** As we used to do pre-COVID, all are welcome to come together for **30 minutes after the service** for a discussion of the sermon and its relevance to our lives. Meet in the East Wing after coffee hour.

**SOUL MATTERS SMALL GROUP PROGRAMS.** Soul Matters offers a series of resources for UU congregations. The small group curriculum is designed as a companion program to a congregation's worship theme. The central goal is to foster circles of trust and deep listening. There are questions to walk with, not talk through. The group can think together, going through each question one by one, experiencing the theme, not just analyzing it. Soul Matters engages reflection questions differently. They are seen as tools for *individual* exploration and spiritual discernment. This technique leads us away from abstraction and intellectualizing, and challenges us to think about how the topic (and question) applies to daily living.



We will be offering two welcome-themed programs this month:

**\*Monday, September 11 at 1 PM at the Meeting House and via Zoom**

"Welcome the Unwelcomed with Words." We will reflect together on a poem from Pádraig Ó Tuama, *The Facts of Life*.

**\*Monday, September 25 at 1 PM at the Meeting House and via Zoom**

"Ask Them About Welcome." We cover a series of welcome questions, which you can receive beforehand from Saramaria at [sallenby48@gmail.com](mailto:sallenby48@gmail.com).

**IT IS STILL KAYAKING SEASON! On Tuesday, September 12, we will explore Poponneset Island and go bodysurfing.** We get to do this AGAIN!! We will put in at the Ockway Bay ramp and paddle to Poponneset Island where we will beach our kayaks and bodysurf with the outgoing tide. This is a fun trip to a beautiful beach.



We will continue kayaking through September 26. Questions? Contact [gail@donkin.net](mailto:gail@donkin.net).

**AN EVENING WITH OLD LADIES AGAINST UNDERWATER GARBAGE, Wednesday, September 13 at 7 PM at the Meeting House.** Using stories, TV clips, and underwater videos, the Old Ladies Against Underwater Garbage (OLAUG) will describe their underwater adventures and explain how they choose a pond and bring up hundreds of pieces of trash. As they swim and dive, they also encounter snapping turtles, a great variety of fish, and large objects like submerged docks. Diving into the last remnants of untamed wilderness on Cape Cod, the 22 women, ranging in age from 64 to 83, never know what they will encounter. Come join us for this fascinating evening!



**SUNDAY SERVICE September 17, 2023 at 10 AM.** *Good Grief*, led by Jim Liljestrand and Judy Alden; service associate Kathi Sommers. “It is always too early before it is too late.” Judy and Jim will reintroduce the booklet *Approaches at the End of Life, Practical Considerations*. The new augmented version will assist our loved ones and those we leave behind in fulfilling our wishes. The service will delve more deeply into what it means to have that ‘good conversation.’ Can we up our game in supporting those we leave behind? For more information: <https://theconversationproject.org/> or <https://www.uua.org/midamerica/news/blog/end-life-wishes-conversations>.

**FELLOWSHIP GROUPS!** Fellowship Groups gather twice a month for nine months to discuss topics of importance. They are an excellent way to meet members and friends of the Fellowship. September is the beginning of our church year and a time for the Fellowship Group participants to decide if they are staying with the group from last year, want to move to another group this year, or want to take a year off. Please let Gail Donkin know via [admin@uuffm.org](mailto:admin@uuffm.org) if you wish to join or move.

**RELIGIOUS SERVICES TRAINING SESSIONS.** The Religious Services Committee will hold two training sessions for those who would like to be part of Sunday services—from finding and working with guest ministers and speakers, to helping design services within the congregation. Those interested are invited to attend a session either on **Saturday, September 30 or on Saturday, October 7 from 9:30 to 11 AM.** Please contact Judy Andrade or Julie DeSorgher via [admin@uuffm.org](mailto:admin@uuffm.org) for more information.

### 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, September 10, 2023

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

#### MONDAY, September 11

**1:00 PM Soul Matters Small Group**  
 1:00 PM Caring Community Meeting  
 3:00 PM Lay Ministry Team Meeting  
 6:30 PM Choir Rehearsal  
 8:00 PM Music Committee

#### TUESDAY, September 12

**8:00 AM Breakfast Group**  
**8:30 AM Secular Meditation-Zoom**  
**9:30 AM Kayaking – Poponneset**  
**1:00 PM Mah Jongg**  
 1:30 PM Fellowship Group #1  
 2:00 PM Religious Services Committee

**3:30 PM Welcoming Cong. Cmte.-Zoom**

**4:00 PM Fellowship Tea-Zoom**

4:00 PM Social Action Committee

#### WEDNESDAY, September 13

9:30 AM Writing Time

**7:00 PM Old Ladies Against Garbage**

#### THURSDAY, September 14

**8:00 AM Men’s Breakfast-Zoom**

10:00 AM Membership Committee Meeting

**12:00 PM Fellowship Lunch-Zoom**

**12:00 PM Ladies Luncheon**

3:30 PM Fellowship Group #3

7:00 PM Finance Committee

#### SATURDAY, September 16

**1:30 PM Bruce Bell Memorial**