

# Sandwich Road Menu

For the Week of September 14, 2025



**TIME FOR A NEW UU FALMOUTH GROUP PHOTO!!** It has been a long time since a picture was taken of our entire congregation. To celebrate the beginning of Rev. Rali's full-time ministry, you are all invited to stay after the service (before coffee hour) for a new photo.

**SUNDAY SERVICE September 14, 2025 at 10 AM at the Meeting House and via Zoom.**

**"The Art of Losing"** led by Rev. Rali Weaver; service associate, Rosa Whiting. "To lose something every day..." begins this famous poem, and yet, how often do we resist the inevitable losses life brings? In this sermon, we explore The Art of Losing—not just the pain of letting go, but the strange grace within it. Whether it's relationships, roles, certainty, or control, what might we learn from loosening our grip? Drawing from poetry, spiritual practice, and UU values, we'll consider how loss can become not just an ending, but an invitation to release, to reimagine, and to return to what matters most. Join us as we honor the beauty, sorrow, and liberation found in letting go.

**Share the Plate September 14 will go to the Upper Cape Chaplaincy.** Chaplains serve beyond the walls of the church. They are invited to listen to church and unchurched people who are hurting, turning challenging moments into times of hope. Our chaplains serve patients of all faiths and denominations. With patient permission, they will also contact the clergy of a patient's home community.

**COFFEE HOUR:** As September 14 will be the first 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.

**ACCESSIBLE WALKING GROUP - The walks now take place on Mondays at 9 AM.** Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along.



**On September 15** we start at Bus Depot, Falmouth, at the bike path.

Questions? Contact Cynthia Domack or Wendy Bone directly or via [admin@uuffm.org](mailto:admin@uuffm.org).

**KAYAKING SEASON CONTINUES!** It is not too late to join this great group of all skill levels



interested in kayaking in the upper Cape. **We go on Tuesday mornings at 9:30 AM through September 30.**

**On September 16** we will explore Onset Bay. Questions? Contact Mary Hayes at [mlhayes2@verizon.net](mailto:mlhayes2@verizon.net) or Debie Wilson at [dwmoooses@aol.com](mailto:dwmoooses@aol.com).

**BORDERx: A crisis in Graphic Detail** is a *powerful* art exhibit that will hang in the Meeting House foyer through October. It examines the crisis at the US southern border through first-hand testimony, the stories of immigration rights activists and organizations, and important historical context—all presented in comics form, strikingly printed in extra-large format.



**NOTE: On September 17 at 7 PM at the Meeting House, there will be a conversation with the creator and editor of BORDERx, Mauricio Cordero,** moderated by Sandy Faiman-Silva of Falmouth Immigration Rights Coalition. Come talk to the artist of this moving exhibit.



**BROWN BAG BOOK BUNCH** will meet again on **Wednesday, September 17 (and the third Wednesday of the month) at noon at the Meeting House**. This is a book share group, not a book club. There is no chosen book to read. Everyone is encouraged to talk about a book they've read, but this is not a requirement—you can just come and listen. We have lunch at noon (we each bring our own) and we start the book share at 12:30. Everyone is invited to join us!

**DANCE FOR PEACE AND UNDERSTANDING, Saturday, September 20 at 3:30 PM at the Meeting House**. Join Bobbi Balin in celebrating International Day of Peace by dancing together.

**WOULD YOU LIKE A COPY OF DANIEL MARK WELCH'S August 24 sermon?** There are hard copies available in the name tag room or email [admin@uuffm.org](mailto:admin@uuffm.org) for the PDF version

**SUNDAY SERVICE September 21, 2025 at 10 AM at the Meeting House and via Zoom.**

**“Walking the Spiral: Labyrinth Spirituality in a Busy World”** led by Rev. Rali Weaver; service associate, Izzie Williams. In a culture that prizes speed, productivity, and endless to-do lists, what happens when we turn labor into a spiritual act? This Sunday, we explore labyrinth spirituality—a path that merges the sacred geometry of the labyrinth with the mindful rhythms of manual work. Whether you're tending a garden, sweeping a floor, or walking a spiral path, labyrinth practice invites us into stillness through motion, and reverence through routine. Come reflect on how we might rediscover the divine in the labor of our hands and the turns of our journey. Join us as we explore how ordinary tasks can become extraordinary acts of presence and prayer.

**MISSED A SERMON OR WOULD LIKE TO HEAR IT AGAIN?** Now you can access past sermons through our new UU Falmouth YouTube channel. Here is the link:

<https://www.youtube.com/playlist?list=PLMTSPpmFFIZhh4YWYsw1eDXYYWjnTN3n>

**Rev. Rali will be in her office Tuesday-Friday from 9-5.** You can set up an appointment during those hours at <https://revraliweaver.youcanbook.me/> or make an appointment outside of those hours by phone at 617-459-5979 or by email at [revraliweaver@gmail.com](mailto:revraliweaver@gmail.com).



## MEETING HOUSE CALENDAR

**Red = Congregation-wide events open to all.**

### SUNDAY, September 14

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

### MONDAY, September 15

**9:00 AM Accessible Walking Group**  
6:30 PM Choir Rehearsal  
**7:00 PM SEAC Meeting via Zoom**

### TUESDAY, September 16

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

### WEDNESDAY, September 17

9:30 AM Writing Time  
**12:00 PM Brown Bag Book Bunch**

3:30 PM Committee on Ministry

**7:00 PM BORDERx: A Crisis in Graphic Detail presentation**

### THURSDAY, September 18

**8:00 AM Men's Breakfast**  
10:15 AM B&G Meeting  
1:00 PM Chimes Ensemble  
**2:45 PM Chimes Workshop**  
**7:00 PM Governing Board Meeting**

### FRIDAY, September 19

**6:30 PM Percussion Discussion**

### SATURDAY, September 20

**3:30 PM Dance For Peace and Understanding**