

Sandwich Road Menu

For the week of September 17, 2023



NOTE: The celebration of Bruce Bell's life, scheduled for this Saturday, September 16, has been postponed due to the predicted storm. We will let you know when a new date has been selected.

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>.

COFFEE HOUR— People with last names beginning with **L-Q**, please bring a snack to share. **Thank you Ellen Todd and John Jackson for volunteering to help with setup and 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.

IT IS STILL KAYAKING SEASON! On Tuesday, September 19, we will be kayaking at Eel Pond (Back River) in Monument Beach. The tide is high at 11:21 AM so all should be good. It is one of our best marsh areas; we launch right into the marsh.



We will continue kayaking through September 26—one more week! Questions?

Contact gail@donkin.net.

PRESENTATION: *Understanding Yourself and Others Through Early Memories*, Wednesday, September 20 at 7 PM at the Meeting House. Dr. Arthur Clark, Professor Emeritus at Saint Lawrence University, is the author of *Dawn of Memories: The Meaning of Early Recollections in Life*. His research is in childhood recollections and the content of memories. Join us for a presentation on understanding yourself and others through early memories. The discussion includes the process of recalling early childhood memories, and then demonstrating his work through a shared memory from a volunteer member of the audience.

"GROWING TOGETHER" WEEKEND!

****FROM GENERATION TO GENERATION: HONORING TRADITION WHILE EMBRACING CHANGE Saturday, September 23 from 2:00-4:30 PM at the Meeting House.** This will be an engaging, energetic, eye-opening workshop that will explore the religious preferences of each generation and the cultural shifts that are challenging today's churches. Rev. Marie Lucca will teach us about the worship preferences, communication styles, governance structures, and donation practices of each generation, and will offer suggestions on how our congregation can be more welcoming to younger demographics while remaining true to ourselves.

****A CONVERSATIONAL WORSHIP SERVICE, Sunday, September 24, 2023 at 10 AM.** *Honoring Tradition and Embracing Change*, led by Rev. Marie Lucca; service associate Rev. Saramaria Allenby. Rev. Marie will preside over an interactive form of worship that is appealing to many younger spiritual seekers. Today's 30-50 year olds want to participate in the conversation rather than simply hear from someone giving a sermon. They want to share their thoughts, ask questions, and tell their own stories while learning from the stories of others. The service will include a short film and a guided conversation to feed your soul.

THERE WILL BE AN IMPORTANT CONGREGATIONAL MEETING after the Sunday service on **September 24 at 11:30 AM**. The agenda will include decisions about revising the budget to cover a \$17,000 increase in the cost of electricity; a vote to approve appointments to the Committee on Ministry; and a vote to approve the appointment of Gail Donkin as treasurer. We will also discuss changes in the formatting of the line items in the budget (formally called the chart of accounts) and initiate a team to formulate a three-year plan that will include hiring a minister at some point within the next three years. For a copy of the agenda or an absentee ballot, contact Kit at admin@uuffm.org.

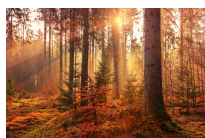
SOUL MATTERS SMALL GROUP PROGRAM. Soul Matters offers a series of resources for UU congregations. The small group curriculum is designed as a companion program to a congregation's worship theme. The central goal is to foster circles of trust and deep listening. There are questions to walk with, not talk 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.



***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.

FALL EQUINOX SERVICE, Tuesday, September 26 at 10 AM at Bristol Beach. The fall equinox, or



Mabon, marks the astronomical beginning of the autumn season. When the autumnal equinox occurs in the Northern Hemisphere, the day and night are the same length. Please join us to celebrate balance and the welcoming of fall. (We will celebrate on the 26th even though the Equinox is on the 23rd.)

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 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 17, 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 18

6:30 PM Choir Rehearsal

TUESDAY, September 19

8:00 AM Breakfast Group
8:30 AM Secular Meditation-Zoom
9:30 AM Kayaking – Eel Pond
1:00 PM Mah Jongg
3:30 PM Welcoming Cong. Cmte.
4:00 PM Fellowship Tea-Zoom
 7:15 PM Fellowship Group #2

WEDNESDAY, September 20

9:30 AM Writing Time
12:00 PM Brown Bag Book Bunch
 3:00 PM Partners Grief Support Group
7:00 PM Dr. Clark Talk on Memories

THURSDAY, September 21

8:00 AM Men's Breakfast-Zoom
10:00 AM Mindfulness Walk
 10:00 AM B&G Meeting
12:00 PM Fellowship Lunch-Zoom
7:00 PM Governing Board

SATURDAY, September 23

2:00 PM Dr. Marie Lucca "From Generation to Generation..." Workshop