

Sandwich Road Menu

For the Weeks of September 20 AND September 27, 2026

Beloved UU Member David Dow died on September 13 in New Jersey, close to his family. He was a pillar of this congregation in his work and guidance for our environmental concerns and justice over the past thirty years. In 2013 he was honored by the MA Breast Cancer Coalition at the annual Rachel Carson Harvest Dinner at UU Falmouth. In 2024, our Social and Environmental Action Committee honored David with an “Environmental Steward Award for Lifetime Achievement.” A memorial service will be held at the Meeting House in the near future.

SUNDAY SERVICE September 20, 2026 at 10 AM at the Meeting House and via Zoom

“St. Augustine for the Modern UU” led by Daniel Mark Welch; service associate, Judy Andrade. Augustine was an incredibly influential thinker for many of the philosophies that would eventually become Unitarian Universalism, but many of his ideas can be challenging for a UU person 1700 years later. How can we reconcile these 4th and 5th century ideas with our 21st century sensibilities?

COFFEE HOUR: As September 20 will be the third Sunday of the month, we ask **people with last names beginning with M-R** to bring a snack to share and stay to help clean up.

LEARN HOW TO SELL GROCERY CARDS ON SUNDAYS – The Social and Environmental Action Committee sells grocery cards every Sunday to raise funds to assist local non-profits, such as Independence House and the four local food pantries. We want to grow a group of volunteers who would be willing to rotate on a monthly schedule to sell cards after the service.



On Sunday, September 20 and Sunday October 18 at 9 AM (or at a time convenient to you) **we will be pairing up new volunteers with those who have done it a long time, so you can learn the ropes.** It's easy, it's fun, and it's for a great cause! Contact Pam Morrone if you have any questions.



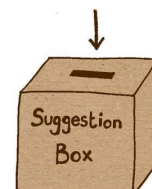
HABITAT FOR HUMANITY NEEDS SNACKS – Four houses in Falmouth and one in Pocasset will be built this year. As we have done in the past, UU Falmouth members will be donating snacks at the Habitat coffee break times. If you are willing to provide snacks on Saturdays, or you would like more information, please contact Pam Morrone as soon as possible.

SUNDAY SERVICE September 27, 2026 at 10 AM at the Meeting House and via Zoom

“How Did It Get So Late So Soon?” led by Steve Treistman; service associate, John Jackson. “It’s night before it’s afternoon. December is here before it’s June. My goodness how the time has flown. How did it get so late so soon?” (Dr. Seuss)... “Time is an illusion.” (Albert Einstein)... “To everything there is a season. A time to be born, and a time to die.” (Ecclesiastes) The concept of time is critical for religious practice but differs among religions. How does it influence UU theology?

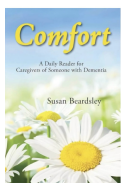
COFFEE HOUR: As September 27 will be the fourth Sunday of the month, we ask **people with last names beginning with S-Z** to bring a snack to share and stay to help clean up.

SUGGESTIONS WELCOME! As we begin to prepare for our next 3-year plan, we want to hear from you. Please place your ideas in the large brown suggestion box on top of the desk outside the mailroom and let us know what you think.



CREATIVE WAYS OF DEALING WITH DEMENTIA with Dawna Hammers & Sue Beardsley
Wednesday, September 30, at 6:30 PM at the Meeting House and via Zoom.

Singer-songwriter and caregiver Dawna Hammers uses music therapy, rhythm, and interactive performance as creative tools to connect with individuals living with Alzheimer's and dementia. Her approach focuses on unlocking preserved memories and bringing joy when verbal communication fades.



Artist and author Sue Beardsley will present a brief talk on her new book, *Comfort*, a daily reflection guide created to support caregivers of those living with dementia and Alzheimer's disease. The books will be available at the presentation.

This program offers insight, encouragement and a sense of community for caregivers, families, and anyone interested in the role of creativity, music, and reflection in the healing process.

“NO MEANS NO WORLDWIDE” Fundraiser *Postponed*. Due to unforeseen circumstances, we are canceling the fundraiser for “No Means No Worldwide” previously scheduled for October 3, 2026. We're sorry if this inconveniences you in any way and hope we can plan a similar event in the future. Please go to www.nomeansnoworldwide.org if you would like to make a donation or want further information.

HELP US PLAN A PARTY! Rev. Rali asked Ellen Todd to coordinate monthly fellowship social gatherings, but she needs help to make it happen. If you'd like to come up with ideas or if you can help with set-up, clean-up, or other specific tasks, we'd like to hear from you. With enough helpers we can share the work throughout the year so that we all can have fun. Contact Ellen Todd at ellen@jackson-todd.com if you want to be part of this fun team.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all. **Blue** = Special Events

SUNDAY, September 20

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

MONDAY, September 21

6:30 PM Choir Rehearsal

TUESDAY, September 22

8:00 AM Breakfast Bunch
1:00 PM Mah Jongg
1:30 PM Fellowship Group #1
6:00 PM Facing Mortality Reading Group
(aka End Zone Reading Group)

WEDNESDAY, September 23

9:30 AM Writing Time
1:00 PM Sit and Stitch Group

THURSDAY, September 24

8:00 AM Men's Breakfast
10:00 AM Soul Matters Group
2:00 PM Chimes Ensemble
3:30 PM Fellowship Group #3
7:00 PM Finance Committee

FRIDAY, September 25

10:00 AM Writer's Path

SATURDAY, September 26

10:00 AM Prostate Cancer Group

SUNDAY, September 27

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

MONDAY, September 28

6:30 PM Choir Rehearsal
7:00 PM PFLAG Cape Cod Meeting

TUESDAY, September 29

8:00 AM Breakfast Bunch
1:00 PM Mah Jongg
6:00 PM Facing Mortality Reading Group
(aka End Zone Reading Group)

WEDNESDAY, September 30

9:30 AM Writing Time
1:00 PM Sit and Stitch Group
6:30 PM Creative Ways of Dealing with Dementia

THURSDAY, October 1

8:00 AM Men's Breakfast
2:00 PM Chimes Ensemble

FRIDAY, October 2

10:30 AM Leadership Council
12:00 PM Grief Group