

Sandwich Road Menu

For the week of September 24, 2023



Bruce Bell's memorial service, which was postponed due to hurricane Lee, has been rescheduled for Saturday, September 30 at 1:30 PM at the Meeting House and via Zoom. In lieu of flowers, donations can be made to the Cape Cod Times Needy Fund, PO Box 36, Hyannis, MA 02601.

"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.** *Unlocking the Mystery of Music*, 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.

COFFEE HOUR— A big Thank You to Ellen Todd and John Jackson for helping with coffee hour last week. This week Peggy and Bob Sabin will be helping. **Refreshments will be provided by people with the last names beginning with the letters R - Z.** We are missing a 3-ring binder with instructions for setup and cleanup for coffee hour. If anyone has seen it, please return it to the kitchen.

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.

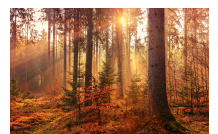
SOUL MATTERS SMALL GROUP PROGRAM. Monday, September 25 at 1 PM at the Meeting House and via Zoom. "Ask Them About Welcome." We cover a series of welcome questions, which you can receive beforehand from Saramaria at sallenby48@gmail.com.

Soul Matters 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. The group can think together, going through each question one by one, experiencing the theme, not just analyzing it. This technique leads us away from abstraction and intellectualizing, and challenges us to think about how the topic (and question) applies to daily living.

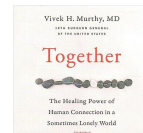


Soul Matters

FALL EQUINOX SERVICE, Tuesday, September 26 at 10 AM at Bristol Beach (off Menauhant Road before Maravista Avenue). The fall equinox, or Mabon, marks the astronomical beginning of the autumn season. When the autumnal equinox occurs in the Northern Hemisphere, 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.)



BOOK READ: *Together—The Healing Power of Human Connection in a Sometimes Lonely World* by Surgeon General Dr. Vivek Murthy, Wednesday, September 27 at 10 AM at the Meeting House and via Zoom. Humans are social creatures. In this fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, Surgeon General Dr. Vivek Murthy makes a case for loneliness as a root cause and contributor to many of the epidemics sweeping the world today, from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. See more at: <https://www.vivekmurthy.com/together-book>.



NEW DATE WITH DEATH CLUB SERIES, Wednesday, September 27 from 6:30-8:30 PM at the Meeting House and via Zoom. Join us for the kickoff to the 2nd year of the *Date with Death Club* (DwDC) program!

From 6:30-7:30 PM we will have an in-person ONLY meeting in the sanctuary at UU Falmouth.

(Volunteers are needed to help with refreshments and/or setup and cleanup. Please contact Saramaria at sallenby48@gmail.com if you are able to help. Thank you!)



Immediately following, at 7:30 PM, there will be an hour-long introduction and information session on the 2023-2024 season of the DwDC curriculum—in person and via Zoom. We'll

review the seven selected topics for the October-April virtual Zoom sessions, discuss ideas for the May 2024 capstone session, and have an open Q & A on death and dying topics. The DwDC sessions will be facilitated by our host and death educator Heather Massey and Zoom host Rev. Saramaria Allenby, UU Falmouth Whole Life Learning Director. Free and open to all!

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.

POTLUCK SUPPER September 30 at 6 PM at the Meeting House. Everyone is invited to a fall potluck supper at the Meetinghouse. Sign up in the atrium and let us how many are coming and what you plan to bring. We would also appreciate help with cleanup after dinner. Contact Ellen Todd via admin@uuffm.org.

WATERSHED BIKE RIDE. We are looking for members who are interested in joining the 35-mile ride as part of the UU Falmouth Team for the Buzzards Bay Watershed Ride on **Sunday, October 1.** For more information on the ride: https://secure2.convio.net/bbay/site/TR?fr_id=1310&pg=entry. If you are interested in participating, send a note to Rudolf Oldenbourg at roldenbourg@gmail.com.

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 24, 2023

10:00 AM Sunday Service-In Person/Zoom
11:15 AM Coffee Hour/Grocery Card sale
11:30 AM Special Business Meeting

MONDAY, September 25

1:00 PM Soul Matters Small Group
 3:00 PM Lay Ministry Group
 6:30 PM Choir Rehearsal

TUESDAY, September 26

8:00 AM Breakfast Group
8:30 AM Secular Meditation-Zoom
9:30 AM Kayaking – Mashpee River
10:00 AM Fall Equinox Service
1:00 PM Mah Jongg

1:30 PM Fellowship Group #1

4:00 PM Fellowship Tea-Zoom

WEDNESDAY, September 27

9:30 AM Writing Time

10:00 AM Together Book Read

6:30 PM Date with Death Club

THURSDAY, September 28

8:00 AM Men's Breakfast-Zoom

12:00 PM Fellowship Lunch-Zoom

3:30 PM Fellowship Group #3

5:30 PM Whole Life Learning Cmte.

SATURDAY, September 30

9:30 PM Religious Services Training

1:30 PM Bruce Bell Memorial

6:00 PM Potluck Supper