

Sandwich Road Menu

For the week of September 3, 2023



BREAKFAST SUNDAY September 3, 2023 at 10 AM. Come join us for a wonderful end-of-the-season gathering! We will share a Congregational Breakfast at 10 AM instead of our traditional service. Bring something to share or just bring yourself and enjoy coffee, food and conversation.

COFFEE HOUR — A Big *Thank You* to **Karen Medeiros** who volunteered to help out in the kitchen on August 27. There will be no coffee hour on September 3, but please join us for breakfast!

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.

SNACKS NEEDED FOR LOCAL HABITAT BUILD. Did you know that people from UU Falmouth (and all over town) bring snacks each week to the amazing people building Habitat homes on Willett Way? I hope you've been reading in the *Enterprise* what a life-changing impact these homes have on the recipients. **UU Falmouth is signed up to bring snacks on September 5** but a few more people are needed. Please click here to sign up: <https://www.signupgenius.com/go/5080449A5A62CAAFF2-habitat>.

IT IS STILL KAYAKING SEASON! On Tuesday, September 5, we will explore Scorton Creek to the sea. This trip takes us from the launch site out to the ocean, with lots of fun at the end. The tide is low at 10:24 AM, which is just about perfect as we must have time and an incoming tide to get us back to the launch site. (This tidbit is from experience!) Every trip here is different; the sands shift a great deal. The last time we did this, we had to walk our kayaks for a way. Not for the faint-hearted.



We go on Tuesday mornings through September 26 and leave the launch site at 9:30 AM. Please be there by 9:15. We do not paddle if the wind is more than 10 mph and never in the rain. Questions? Contact gail@donkin.net.

KEEPING OUR CHILDREN SAFE. A SAFE COMMUNITY MEANS WE ARE ACCOUNTABLE, Wednesday, September 6 at 7 PM at the Meeting House. Please join us for a discussion on how, as a faith community, we can each be a part of preventing harm to our children. This presentation will be led by Chris Morin, Independence House Director of Prevention, Education and Outreach.

Chris has worked in the field of domestic and sexual violence for 19 years. Her initial training was with the statewide coalition, the Virginia Sexual and Domestic Violence Action Alliance. She has been with Independence House for 12 years, where she now oversees the prevention grant which focuses on the prevention of sexual violence against people with disabilities. She co-facilitates the Cape & Islands Enough Abuse Campaign, represents Independence House on the Yarmouth Age Friendly Committee, and facilitates the Cape Cod Elder Abuse Coalition. She serves on the Barnstable *No Place for Hate* steering committee and co-facilitates community Active Bystander Intervention workshops, a campaign of *No Place for Hate*.



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.

Share the Plate on September 10th — This month’s collection will be donated to the Falmouth Service Center.

FELLOWSHIP GROUPS! Fellowship Groups gather twice a month for 9 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 or Kit O’Connor know via admin@uuffm.org if you wish to join or move.

SOUL MATTERS SMALL GROUP PROGRAMS. Soul Matters offers a series of resources for UU congregations. The monthly themes focus on a spiritual value that our UU faith has historically honored and calls all of us to embody in our lives. 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 on 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 on Zoom**

“Ask Them About Welcome.” We cover a series of welcome questions, which you can receive beforehand from Saramaria at sallenby48@gmail.com.

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 either a session 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.

SAVE THE DATE: There will be a potluck supper on September 30 at the Meeting House. Watch for details or contact Ellen Todd via admin@uuffm.org.

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 3, 2023

10:00 AM Breakfast Sunday!

MONDAY, September 4

6:30 PM Choir Rehearsal

TUESDAY, September 5

8:00 AM Breakfast Group

8:30 AM Secular Meditation-Zoom

9:30 AM Kayaking – Scorton Creek to Sea

1:00 PM Mah Jongg

4:00 PM Fellowship Tea-Zoom

7:15 PM Fellowship Group #2

WEDNESDAY, September 6

9:30 AM Writing Time

3:00 PM Partners in Grief Support

**7:00 PM Independence House Presentation:
“Keeping Our Children Safe”**

THURSDAY, September 7

8:00 AM Men’s Breakfast

10:00 AM B&G Committee Meeting

12:00 PM Fellowship Lunch-Zoom

FRIDAY, September 8

3:00 PM Community Circle Group