

Sandwich Road Menu

For the Week of July 20, 2025



Noel Coletti, long-time member of UU Falmouth and father of Judy LeBeau, passed away in June. There will be a memorial for him on July 26 at 1PM at the Meeting House. All are welcome.

SUNDAY SERVICE July 20 2025 at 10 AM at the Meeting House and via Zoom.

“Life is a Bit Like Chess” led by Rev. Rali Weaver; service associate, Izzie Williams. Life is much like a game of chess—full of moves, strategy, and unexpected twists. On this International Chess Day, we’ll explore how the decisions we make, both big and small, shape our journey. Just like in chess, life requires patience, foresight, and the understanding that every choice has its consequences. Join us as we reflect on how we can approach life’s challenges with wisdom and resilience, one move at a time.

SHARE THE PLATE this Sunday will go to Kind Hearts for Kids. This organization is dedicated to uplifting children and teens in foster, adoptive, and kinship care, including those raised by grandparents. They offer complimentary birthday parties for kids ages 1-18, as well as creative art sessions to help with sensory/motor skills and emotional regulation. These celebrations and activities help build confidence, self-esteem, and create positive memories, making sure every child feels included and accepted.

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

LET’S REFRESH OUR FIRST AID SKILLS! Monday, July 21 from 1-3 PM at the Meeting House.

Come join Cynthia Dyer, RN, to learn how to recognize and respond to a medical emergency. Topics covered: assessing the situation; making a 911 call; treating burns; recognizing shock, strokes and cardiac emergencies; hands-only CPR; and the use of the AED. The class is open to everyone. Please sign up on the sheet in the foyer.



IT IS KAYAKING SEASON! We have a great group of all skill levels interested in kayaking in the upper Cape (Bourne, Falmouth, Mashpee, Sandwich, with one trip to Onset.) **We go on Tuesday mornings at 9:30 AM through September 30.** Questions? Contact Mary Hayes at mlhayes2@verizon.net or Debie Wilson at dwmooses@aol.com.



***On July 22, we will explore the Quashnet River.** The tide will be right for the Quashnet—one of our best estuaries. We will go way up to fresh water and as far as we can in the marsh. It’s a lovely trip.

ACCESSIBLE WALKING GROUP Day and Time Changed to Wednesdays at 9 AM—Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along.

***July 23** – Start at the Trunk River beach parking lot, Woods Hole, at the Bike Path. Questions? Contact Cynthia Domack or Wendy Bone directly or via admin@uuffm.org



SCAMS & SPAMS: BETTER MONEY HABITS, Wednesday, July 23 at 7 PM at the Meeting House.

Barbara Wiggins, Financial Center Manager, Bank of America, will cover a range of topics including how to identify fraudulent propositions sent via email, which are increasingly difficult to identify.

DINNERS FOR SIX - Mark your calendars for a dinner with UU friends on **Saturday, July 26.** These monthly potluck *Dinners for Six* occur on the 4th Saturday of each month and are a great way to meet new people and/or reconnect with old friends. **Let Betsy Wilder know by July 19 if you’d like to participate this month.** If you’d like to host, please let her know that, too. Her email address is betsymail2012@gmail.com.



L.I.N.K BOOK TALK: *Nothing More of This Land*, Wednesday, July 30 at 5 PM at the Meeting

House. UU Falmouth collaborated with L.I.N.K. (Linking Indigenous and Non-Indigenous Knowledge) in a year-long educational series in 2024. As we continue our partnership, all are invited to hear award-winning Wampanoag journalist Joseph Lee talk about the complexity and ever-changing nature of Indigenous identity.



In *Nothing More Of This Land*, Lee deftly addresses the many threats facing U.S. tribes today, from their complex relationship with local, state, federal, and even their own tribal governments—to the fight between white-driven conservation efforts and Indigenous land management. In doing so, he argues that while Indigenous identity is often tied to ancestors, land, and the past, it is also ever-changing and reliant on how Indigenous people choose to engage with their own communities today.

CAPE COD FOSTER CLOSET BACK TO SCHOOL GIVEAWAY EVENT, Saturday, August 2 at the Meeting House from 1-3 PM. Every year in August, the CCFC gives kids in foster care brand new sneakers, backpacks, and school supplies that the kids can select themselves. For the first time, UU Falmouth will be the site of the Giveaway *and* the Family Fun Day with outdoor games and treats sponsored by the MA Society for the Prevention of Cruelty to Children. **Let's show our support by donating LOTS of supplies by clicking here:** [Amazon wish list](#).



Volunteers are needed from 12-3:30 PM. Sign up by July 27 by contacting Pam Morrone at 703-362-3313.

FALMOUTH ROAD RACE SUNDAY– Woods Hole Cleanup at the starting line August 17, 9:30 to 11:30 AM. Volunteer Registration is open for the Falmouth Road Race! Please visit the registration site ([click here](#)) for the Road Race and sign up to be on the Unitarian Universalist team. Julia Withers is the captain of the team from UU Falmouth this year. If you have any questions, please contact her directly or via admin@uuffm.org. There is also a signup sheet in the name tag room.



MAKE AN APPOINTMENT WITH REV. RALI. Rali will start as our full-time minister in September but will continue her interim schedule in July and August—July 18, 19, 20, 21 and 25, 26, 27, 28; August 1, 2, 3, 4, and 8, 9, 10, 11. You can contact her at minister@uuffm.org or call 617-459-5979. If you would like to make an appointment with her, please use this convenient booking link: <https://revraliweaver.youcanbook.me>.



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, July 20

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

MONDAY, July 21

- 1:00 PM CPR & AED Training**
- 6:30 PM Choir Rehearsal

TUESDAY, July 22

- 8:00 AM Breakfast Bunch**
- 9:30 AM Kayaking**
- 1:00 PM Mah Jongg**
- 1:30 PM Fellowship Group #1

WEDNESDAY, July 23

- 9:00 AM Accessible Walking Group**
- 9:30 AM Writing Time**
- 7:00 PM Scams & Spams Talk**

THURSDAY, July 24

- 8:00 AM Men's Breakfast**
- 10:15 AM B&G Meeting
- 1:00 PM Chimes Ensemble

- 3:30 PM Fellowship Group #3

FRIDAY, July 25

- 10:00 AM Writers Path
- 1:00 PM Grief Group**

SATURDAY, July 26

- 1:00 PM Noel Coletti Memorial**
- 6:00 PM Dinner for Six**

