

Sandwich Road Menu

For the Weeks of August 9 AND August 16, 2026



Erika Fox, a longtime, beloved member of UU Falmouth, died on July 25. A service will be held on Saturday, October 10, 2026 at 2 PM at the Meeting House. Rev. Rali will officiate. All are welcome to attend.

SUNDAY SERVICE August 9, 2026 at 10 AM at the Meeting House and via Zoom

“What Is Essential Is Invisible to the Eye” led by The Rev. Rali Weaver; service associate, Ellen Todd. Drawing from the words of Antoine de Saint-Exupéry “What is essential is invisible to the eye,” we will explore philosophers’ musings about the unseen world and how we might benefit from putting some trust in things not seen.

COFFEE HOUR: As August 9 will be the second Sunday of the month, we ask **people with last names beginning with F-L** to bring a snack to share and stay to help clean up.

NOTE: There will be NO Sunday service on August 16 due to the Falmouth Road Race.

DANCEMEDITATION CLASS with Dunya Dianne McPherson, Saturday, August 15 from 10-11:30 AM at the Meeting House. This class will be gently led by Dunya Dianne McPherson, internationally recognized Sufi meditation authority. Dancemeditation provides the opportunity to relax, be creative and playful, and explore spiritual realms within us. Participants, please bring a mat and/or a blanket or towel. For more information go to dancemeditation.org.

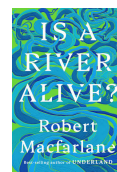
THE HEALING POWER OF MANTRA & ARTI, Wednesday, August 19 at 6:30 PM at the Meeting House. You are invited to join Grace and Persia Moen for a night of stories about mantras and how to connect to the practice. They will talk about how to have a direct experience of divine light and love through the practice of chanting.

ESSENTIAL SOMATIC MOVEMENT, Thursday, August 20 at 4 PM at the Meeting House.



Discover a gentler path to release chronic tension and reconnect with your body. Gunjan Laborg will facilitate your movement beyond passive stretching to retrain your nervous system—helping you unlearn subconscious stress patterns, restore ease of movement, and feel truly at home in yourself.

L.I.N.K. BOOK CLUB Invites UU Falmouth. Members of the UU Falmouth congregation are invited to join the LINK (Linking Indigenous and Non-Indigenous Knowledge) book group meeting on **Friday, August 21 from 1-3 PM at the Meeting House.** The book will be *Is a River Alive?* by Robert Macfarlane. Everyone at UU Falmouth welcome to attend whether or not you have completed the book. Please contact Marcia Smith if you'd like to attend: marciareadsmith@gmail.com.



COMMUNITY WATCH TRAINING Sunday, August 30, from 2-4 PM at the Meeting House.



Do you know your rights and what to do if you see ICE? Join others at UU Falmouth on August 30 to learn how to better recognize ICE and know what to do. Know your rights and the rights of others; understand the principles of community watch; and be ready to document if you encounter ICE. Jennifer Owens from Falmouth Immigrant Rights Coalition will be on hand to lead the training and answer questions.



NEW, EASY WAY TO SIGN UP FOR SUNDAY FLOWERS! I hope you have enjoyed the beautiful flowers that people have brought in for Sunday service. If you would like to bring flowers (they can be in memory or honor of someone), now you can do it easily and quickly online through this link:

<https://www.signupgenius.com/go/10C0445A9AF2AA4FECF8-64950321-flowers>

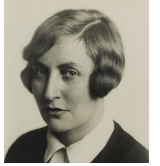
If you'd rather not sign up online, you can always call Judy Lynch at 914-282-0378.

SEND IN A PHOTO OF YOUR MOTHER TO EXHIBIT IN THE WOMEN'S BATHROOM. Thanks to Jean and Lew Stern, the women's restroom has a fresh new look. We would now like to add some pictures on the walls in a rotating exhibit celebrating women throughout history.

To start, we are asking those who would like, to send in a photo of their mother.

Send it digitally or physically bring in a copy; small or large; framed or unframed.

Please include your name and your mother's name, and, if you'd like, one sentence of wisdom imparted by your mother. For questions, contact Rev Rali Weaver at revraliweaver@gmail.com or 617-459-5979.



SOCIAL GATHERING RAISED OVER \$800 FOR FARMING FALMOUTH! For those of you who were able to attend the social gathering at Charlotte and Mary's home on July 25, you know what a wonderful event it was. The day was gorgeous, the food was delicious and abundant, and the garden was spectacular. Over \$800 was raised for Farming Falmouth! Many thanks to Mary and Charlotte for bringing us all together for a fun afternoon and a good cause. SEAC chose Farming Falmouth as the beneficiary because they believed the whole congregation could support the organization...and they were right! Thank you everyone!



MEETING HOUSE CALENDAR

Red = Congregation-wide events open to all.

SUNDAY, August 9

10:00 AM Sunday Service

In Person and Zoom

11:15 AM Coffee Hour/Grocery cards

11:30 AM Sermon Discussion

MONDAY, August 10

1:00 PM Caring Committee

8:00 PM Music Committee

TUESDAY, August 11

8:00 AM Breakfast Bunch

1:00 PM Mah Jongg

1:30 PM Fellowship Group #1

3:30 PM Welcoming Cong. Committee

6:00 PM End Zone Reading Group

WEDNESDAY, August 12

9:30 AM Writing Time

THURSDAY, August 13

8:00 AM Men's Breakfast

7:00 PM Finance Committee

FRIDAY, August 14

10:00 AM Writer's Path

1:00 PM Membership Committee

2:00 PM Community Circle

SATURDAY, August 15

10:00 AM Dancemeditation

SUNDAY, August 16

NO Sunday Service-Falmouth Road Race

MONDAY, August 17

6:30 PM Choir Rehearsal

TUESDAY, August 18

8:00 AM Breakfast Bunch

1:00 PM Mah Jongg

6:00 PM End Zone Reading Group

WEDNESDAY, August 19

9:30 AM Writing Time

6:30 PM Healing Power of Mantra & Arti

THURSDAY, August 20

8:00 AM Men's Breakfast – Dave's Barn

10:15 AM B&G Meeting

4:00 PM Essential Somatic Movement

7:00 PM Governing Board

FRIDAY, August 21

1:00 PM LINK Book Club

6:30 PM Drumming Circle

