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THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER

IMPORTANT REMINDERS IN APRIL

Mindfulness Walks

Sun., April 3 and 24 at 12:30pm;
Thurs., April 7, 14, 28 at 10:30am
(See page 5 for more info.)

Twilight Zone and Theology

Tuesday, April 5
7pm via Zoom
(See page 5 for more info.)

Wednesday Coffee House

Wednesday, April 6, 13, 20, 27
7pm via Zoom
(See page 5 for more info.)

Spiritual Practice Group on Awakening

Monday, April 11 at 7pm via Zoom
(See page 6 for more info.)

Kahil Gibran's *The Prophet* Readings and Movie

Wednesdays, April 13 & 27
6pm - Readings via Zoom
Thursday, April 28
7pm - Movie via Zoom
(See page 6 for more info.)

Gunjan Laborde Spiritual Artist and Coach

Monday, April 25 at 5pm via Zoom
(See page 6 for more info.)

April Theme: *Awakening*

April 3rd— *Self Love*, The Rev. Joe Cherry. Every spring UU churches across the land engage in the Annual Pledge Drive. Join Rev. Joe as he reflects on this annual rite of spring.

April 10th Earth Day— *Saving the Cape with Eco-Justice for All*

In this year's multi-media Earth Day service you will hear music from our virtual choir, from Beebe Woods to Woodneck Beach, and across the Atlantic. Youth leaders from UU Falmouth, Mass Audubon Cape Cod, and on three continents will share their passionate messages. We will listen to members of our Social and Environmental Action Committee, and three guest speakers: a provocative tree, a leader of the sustainability work of the United Nations, and the co-chair of the Cape's Faith Community Environmental Network describing the eco-justice progress that is being made on the Cape and Islands.

Note: *This service will be only on Zoom to allow everyone to experience the inspirational images and sounds.*

April 17th— *This Women's Work*, The Rev. Joe Cherry.

Easter Sunday celebrates the central miracle of Christianity, and to many of our friends and neighbors this is a very important Sunday. Join us as we examine the role that women played in the story.

April 24th — *UU's and Moral Relativism*, Steve Treistman, Guest Speaker. Having been around UU's for over 50 years, Steve is often struck by the absolute certitude with which we assess morality, and our firm footing on the right side of any ethical and moral divide. He will imagine a country in the near future where the U.S. President is a former president of the animal rights group, PETA. The use of animals for experimentation is outlawed, except in extraordinary circumstances. Meat is no longer legal to sell. Awards presented to scientists who experimented on animals have been rescinded, and monuments commemorating these scientists have been dismantled. What would be the UU position in this scenario?

Minister's Message



**Unitarian Universalist
Fellowship of Falmouth**

840 Sandwich Road
East Falmouth, MA
02536
508-457-0449

**The Rev. Joseph
Cherry**, Interim Minister

**The Rev. Saramaria
Allenby**
Director of Whole Life
Learning

Frederick Johnson
Director of Music

Kit O'Connor
Office Administrator

Shannon Sylvia
Sunday Service Tech

Nancy Wendlandt
Pianist

Office Hours: Kit will be
working from home 9-2,
Tuesday through Friday

Our website:
<https://uuffm.org>

Email: admin@uuffm.org

Dear Folks of the Meeting House,

Someone sent me a joke about the 12 weather seasons of New England, and I think we might be entering “The Spring of Deception” according to this calendar.

I see nature awakening around me as we go on our morning walks. Bits of green are pushing up through our front lawn with heretofore unknown future flowers. One of the joys of your first year in a new home is you often don't know what bulbs were planted where by the previous occupants.

So I see crocuses popping up and I hear the very beginnings of the music of the peepers, but I remain dubious about the season changing. I'm nervous about the approach of “Third Winter” and “The Pollening” before spring actually arrives.

For now, I'm taking what I can get. A nice sunny day for a walk in our local park or a lunchtime visit to Silver Beach, a place that's become a favorite spot for me.

Also, I see more people out than I have for a while. Out of doors without masks, indoors mostly with masks, which is a perfect visual metaphor for how life is right now. We're not out of the pandemic yet, and who knows if another variant will send us back into more cautious times, but still we're trying to live our lives in the place that is the new normal.

Maybe the new normal means keeping a mask in your pocket as you go about your daily business, just in case you need to pop into a store for something, and feeling bold enough to take your mask off as you walk in a park.

I can think of worse things than a mindset of preparedness intertwined, like the Two Aspects of Taiji, known also as the yin-yang symbol of Chinese philosophy; alongside a readiness to take the chance to remove your protective covering when you feel so emboldened.

As the natural world awakens from its months-long slumber, may you stretch your mind, body and spirit in this new season.

Your minister,

Rev. Joe

President's Corner



UU FALMOUTH BOARD 2021-2022 Officers

Susan McCourt, President
Ellen Germann, Vice President
Gail Donkin, Treasurer
Gayle Simundza, Clerk

Directors

Jonathan DiPaolo
Jim Loew
Victor Smith

2021-2022 Committee Chairs

Art Exhibits—Joanie Thompson &
Nick Vardak
Building & Grounds—Dave Dimmick
& Phil Zimmerman
Caring—Sharon Lowberg & Marcia
Smith
Communications—Joanie Thompson
Denominational Affairs—Larry Ladd
Development—Noreen Cavanaugh
Finance—Ellen Todd
Lay Ministry Team—Judy Singer
Membership—Carolyn Powers
Memorial Woodland—Phil
Zimmerman
Music—Susan Brooks
Nominating—Carolyn Powers
Outreach Task Force—Carol Ann
Cronon, Nannette Oldenbourg
Personnel—Susan McCourt
Religious Services—Julie DeSorgher
Social & Environmental Action—Chris
Wheeler
Welcoming Congregation—Judy
LeBeau (contact person)
Whole Life Learning—Rev. Saramaria
Allenby

As we return to in-person services, we are beginning to realize how different it will be from the “before times.” So much looks the same yet has changed. Some people are gone and we miss them. We have new members and new staff. Even when we return to our own Meeting House, we will be doing things differently. We will use new technology to include those who are not able or choose not to be there in person. Plans are in the works to use our rooms in new ways. (Do you even remember that the Waldorf School was operating in our building two years ago?)

We plan for that day – the grand reopening – knowing that the joy will be mixed with sadness, curiosity, apprehension, relief and feeling overwhelmed. The good news is that we will be together, supporting each other as we always have.

Discussions on the Board have set priorities: supporting programs and communications while increasing our engagement in the community. We continue our work with Rev. Joe to prepare for a search for a settled minister.

The Outreach Task Force was formed to improve our practices and visibility in the greater community. We can thank them for our new logo and common name UU Falmouth, enhanced publication guidelines, and so much more. Soon you will see their collaboration with Communication and Buildings & Grounds on a beautiful sign on Sandwich Road. As their work has come to a close, please join the Board in thanking all who participated, particularly the shared leadership of Carol Ann Cronon and Nannette Oldenbourg.

Our Meeting House repairs progress! Permits have been approved and the contractor is finalizing the schedule, ordering equipment, etc. The Board reviewed the anticipated impact and agreed that, for their safety, access to the building is now limited to only essential people. If a group wants to meet in person, we recommend using other local venues.

A Reopening Task Force has been formed to enhance the building from offices to classrooms, Atrium to Sanctuary. Are you interested in joining this team? We are especially looking for a person with kitchen/hospitality experience to plan for enhancements to the kitchen, a new Café, and the Coffee Hour.

Susan

It Makes \$ense

UU FALMOUTH PLEDGE DRIVE BEGINS APRIL 3, 2022

As a member or a friend of UU Falmouth, you know that every spring you are offered the opportunity to participate in the annual pledge drive. This is such a relevant time of the year as we look to new growth, much like the flowers that blossom during this season.

It is your annual pledge that nurtures and helps to maintain all of the things that makes UU Falmouth what it is. In order to plan our budget for next year, we are setting a **deadline of April 17.**

Unless you are a new member or friend, this call to pledge does not come as a surprise. Many of you are ready with your commitment and know exactly what you will be giving. Some of you, however, aren't sure of what is an appropriate amount regardless of your income level. In fact, I recently heard a long-time member state that he's never sure of what is the best amount to give!

Growing up in the Catholic Church, I used to hear my parents talk about tithing (10% of annual income). Depending on one's expenses, that could be beyond the reach of many people. So, what is the best approach here?

To help answer this question the UUA has created the Fair Share Contribution Guide which measures your income level and charts proposed giving at 2% to 10% of your income. Look for the guide on our website, and also in the mail along with your pledge form. Hopefully this guide will help you as you plan for your annual giving and, this year, you will now give "Your Fair Share."

It Just Makes \$en\$E

The Development Committee

Ukranian Fundraiser

FUNDRAISING DINNER FOR UKRANIAN RELIEF

Saturday, April 30, 4-7 PM

UU Falmouth is joining forces with North Falmouth Congregational Church to host a dinner to raise funds for Ukraine relief. The event will take place Saturday, April 30, from 4-7 PM. There will be curbside pick up at the Congregation Church, 155 Old Main Street, North Falmouth, with limited outside seating. Come support this important cause while enjoying an enticing Polish menu of Kielbasa, Pierogis, Golabkies and assorted polish pastries.

For more information contact Celia Swierczek Gayer (508-932-2896) or Dorothy Schrupf (508-292-5275).



Whole Life Learning

MINDFULNESS WALKS

Sundays, April 3 & 24 at 12:30 PM
Thursdays, April 7, 14, & 28 at 10:30 AM

Let's get outdoors and take a walk together! (Weather permitting)

Two Sunday strolls at 12:30 PM.

- * April 3 at South Cape Beach State Park, 668 Great Oak Road, Mashpee.
- * April 24 at Shawme Crowell State Park, 42 Main Street, Sandwich, off route 130.

Three Thursday walks at 10:30 AM.

- * April 7 at Bartolomei Conservation Area, 667 Sandwich Road, East Falmouth.
- * April 14 at the Shining Sea Bike Path, Locust Street parking lot, Falmouth.
- * April 28 at Redbrook Pond Conservation Area in Bourne, Thaxter Road off Shore Road.

If you haven't already, you can sign up for reminder emails or texts for all Whole Life Learning events at <https://uufalmouth.breezechms.com/form/5ea8d36227>. You will be contacted if an event is canceled.

You can also email or call Saramaria directly at [774-392-3447](tel:774-392-3447), Sallenby48@gmail.com.



TWILIGHT ZONE & THEOLOGY

Tuesday, April 5 at 7:00 PM via Zoom



Have you felt a certain pull toward Rod Serling's creation: *The Twilight Zone*? Have you ever wondered why? It might be, in part, because Rod Serling was a Unitarian Universalist. Join Rev. Joe on **April 5th and the first Tuesday of each month at 7 PM for *Twilight Zone & Theology***. We'll watch a randomly selected episode, then together we'll discuss what deeper meanings we find in Serling's social commentary. Although it was almost 65 years ago, the shows still have relevance today.

WEDNESDAY NIGHT COFFEE HOUSE

Wednesdays, April 6, 13, 20, 27 from 7 to 8:30 PM via Zoom

Our virtual Wednesday Night Coffee House continues through April:

- * April 6 - Poetry Night—Bring/share/read/speak your poetry - Led by Nannette Oldenbourg and Laurel Hallman.
- * April 13 - Jazz night for Jazz Appreciation Month.
- * April 20 - Led by Rev. Joe.
- * April 27 - Do you know where you're at? Questions about land, water, land use and survival that until recently people knew. Test yourself here: <https://kottke.org/22/02/do-you-know-where-youre-at?fbclid=IwAR22fumzznDn7R3XsnxfroQQ5xbBFvhSC09zHSbGaKgmb95yvetHtRDjfl>



You can come once or as often as you'd like. Come alone or bring a friend, neighbor, or someone in your family. You don't need to sign up and can stay as long as you want. All are welcome.

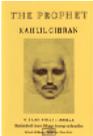
Whole Life Learning Continued

SPIRITUAL PRACTICE GROUP ON AWAKENING

Monday, April 11 at 7:00 PM via Zoom

The benefits of an awakened life include the practice of gratitude, kindness, wise speech, and hospitality. The opening of the heart is an essential part of being truly alive. Join Rev. Saramaria as she guides us in this Spiritual Practice.

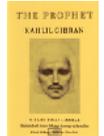
Forget about enlightenment.
Sit down wherever you are
And listen to the wind singing in your veins.
Open your heart to who you are, right now,
Not the saint you are striving to become.



KAHIL GIBRAN'S *THE PROFIT* - Readings and a Movie

Wednesdays, April 13 & 27 - Readings from 6-6:30 PM

Thursday, April 28 - Watch the Movie at 7 PM



Come join us on Zoom for two Wednesdays as Rev. Saramaria guides us in readings from this timeless book. Then, on a third Wednesday, watch and discuss the movie. See the review here:

<https://www.spiritualityandpractice.com/films/reviews/view/27995/kahlil-gibrans-the-prophet>.

GUNJAN LABORDE - Spiritual Artist & Teacher

Monday, April 25 at 5 PM via zoom



Gunjan Laborde is aware that she is a spiritual being in a human body bringing love, light, beauty and health to her fellow humans. She does this by teaching yoga, having had the immense blessing of studying with master teachers in Europe and India, as well as in the US. She has been practicing and teaching this art for more than 50 years. She is also a transformational coach, teaching how to live from the heart and therefore be happy and healthy.

Gunjan is certified as a coach in Tapping into Wealth (EFT), and the Heart Freedom Method (HFM). She is also an extraordinary artist and painter. She paints from her inner vision, creating works of art suitable for sacred spaces and for any living space where one wants to feel inspired, peaceful and joyful.

You are invited to join Gunjan as she presents a talk, answers questions, and leads us in a practice session. See more at <https://www.gunjanlaborde.com/>

SAVE THE DATE(S) FOR A PENIKESE ISLAND RETREAT

Tuesday, May 31 – (Rain Date Friday, June 3)

Rev. Saramaria will be leading us on another wonderful retreat to Penikese Island. Minimum of 10 people, maximum of 18. Cost is \$75 per person. Please email Saramaria at sallenby48@gmail.com to reserve your spot.

Social & Environmental Action Committee

SEAC FOOD PANTRY INITIATIVE

Have you noticed food and gas prices are increasing??

Yes, as we are all aware, prices of food have increased throughout the pandemic, and gas prices have recently increased dramatically!! Imagine how this would affect you and your family if you had a low-income job, or no income!

Massachusetts food insecurity has significantly increased during the pandemic. This includes Barnstable County:

- Before Covid, 19% of MA residents were food insecure – they were not sure where their next meals would come from. *This has now increased to 30%.*
- Families with children are even worse off. 27% were food insecure before Covid – *now it is 42%.*

The price increases are also hurting the food pantries. Higher costs for food and gas makes their budgets even tighter! And to make it even worse, federal relief funding is ending soon and is not included in the current budget proposals.

Luckily, food pantries can still purchase food at a significantly lower cost than individuals, but they need the funds to do this!

The Social and Environmental Action Committee is asking UU Falmouth members and friends to consider making or increasing your donations to the local food pantries until June 2022. ***We can help reduce hunger on the Upper Cape!***

Here's how you can help:

1. Send a one-time or monthly check to the pantry of your choice (listed below). We would appreciate knowing of your support of this SEAC initiative by emailing Chris Wheeler [OR](#)
2. Send a one-time or monthly check, from April-June to SEAC, UU Falmouth, 840 Sandwich Road, East Falmouth, MA 02536. Make the check payable to UUFF-SEAC and put a note: "SEAC-Food Security" in the memo line. We will distribute the funds to the five food pantries below:

Bourne Food Pantry
20 Commerce Park Rd.
Pocasset, MA 02559

Falmouth Service Center
611 Gifford Rd.
Falmouth, MA 02540

Christ the King Food Pantry
Christ the King Church
PO Box 1800
Mashpee, MA 02649

Sandwich Food Pantry
PO Box 1824
Sandwich, MA 02563

Mashpee Wampanoag Food
438 Great Neck Rd.
Mashpee, MA 02649



Looking Back...



Ringing our bell in solidarity with the people of Ukraine, March 5, 2022.



Twenty-five people attended the Sunday service at the East End Meeting House on March 13, 2022—the largest in-person, indoor UU Falmouth gathering in two years.

At 11:30 AM another group of 25 people, some who had been at the Sunday Service, and some who had watched from home, gathered outside at the UU Meeting House.

President Susan McCourt and VP Ellen Germann welcomed the group with coffee and cake. The day signaled the end of the successful Capital Campaign. Susan gave thanks to all of the generous donors and participants, including the chairs Noreen Cavanaugh and Jim Liljestrand, and team members Judy Andrade, Dave Crichton, Jessica Mark Welch, and Heather DiPaolo.



Rev. Joe then asked people to touch the Meeting House as he led a blessing of our building, seeking protection and care for the construction workers and tradespeople who will be restoring and improving our beloved spiritual home. He invoked many cultures' gods of building and artisanry, and noted that working on buildings has been dangerous throughout history.



Creating prayer flags
March 23, 2022.



One of many cold but beautiful
Mindfulness Walks.

UU Falmouth Announcements

Fellowship Gatherings

The Mah Jongg group is now playing in person at the Manor House in Lockstead on Tuesdays from 1:00-3:00 PM. For more information about Mah Jongg and directions, contact Peggy Sabin via admin@uuffm.org.

Fellowship Tea meets every Tuesday at 4 PM. To get the login, email admin@uuffm.org.

Men's Breakfast meets every **Thursday, from 8:00-10:00 AM.** If you would like more information, or for the Zoom login, please contact Bob Sabin.

Fellowship Lunch meets every **Thursday at noon.** To get the login, email admin@uuffm.org.

Brown Bag Book Bunch will meet **April 20 at noon.** If you have any questions, or need the Zoom login, please contact Chris Jacobi via admin@uuffm.org.

Caring Committee

We are in a time of golden daffodils and of chilly ocean breezes on Cape Cod. Perhaps a time when one may feel surrounded by the splendor of the awakening winter soil. A time with the possibility and gratitude of simply being alive! All this we savor.

Yet, we also live in the shadow side of awakening. A time when others, near or far, are hurting in some way. A time when demonstrating our concern for others with small or large acts of kindness can mean so much. Because of our interdependence, we all benefit and become a stronger, more respectful congregation/community by helping each other.

I know this sounds like "preaching to the choir" because we do so much, but still a reminder sometimes affirms our way with the desire to develop a deeper respect and trust relationships among us and others in times of joy or need.

Note: Odin Tidemand would appreciate "Thinking of You" cards. Please send to: Royal Norwell, 329 Washington Street, Norwell, MA 02061-1737.

Thank you all.

~Sharon Lowberg and Marcia Smith, Co-Chairs



APRIL BIRTHDAYS!



04/02 Rudolf Oldenbourg
04/04 Bruce Bell
04/05 Dorene Sykes
04/09 Rolf Kluever

04/13 Rory Saito
04/17 Dale Kapp
04/19 Barbara Fitzmaurice
04/19 Andrew Mark Welch

04/19 Mary Sellers
04/26 Cynthia Domack
04/27 Reed Walsh
04/29 Marite Burns

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 2022				Red = All are welcome to attend.		
					1 11am Dev. Committee	2
3 10am Sunday Service 12:30pm Walk 4pm Fellowship Group #5	4	5 1pm - Mah Jong 4pm Fellowship Tea 7pm Twilight Zone & Theology 7:15pm Fellowship Group #2	6 9:30pm Writing Time 3pm Partners Grief Support Group 7pm Coffee House	7 8am Men's Breakfast 10:30 Walk 12pm Fellowship Lunch	8 11am Dev. Committee	9
10 10am Sunday Service	11 7pm Spiritual Practice Group on Awakening	12 11am Lay Ministry 11am Religious Services Cmte. 1pm Mah Jongg 1:30pm F'ship Group #1 3:30pm Welcoming Congregation 4pm Fellowship Tea 4pm Social Action	13 9:30am Writing Time 1pm Caring Committee 3pm Fellowship Group #6 6pm The Profit - Readings 7pm Coffee House	14 8am Men's Breakfast 10am Membership 10:30 Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 7pm Finance Committee	15 11am Dev. Committee	16
17 EASTER 10am Sunday Service 4pm Fellowship Group #5 7pm Youth Group	18	19 1pm Mah Jongg 4pm Fellowship Tea 7:15pm Fellowship Grp #2	20 9:30am Writing Time 11am Staff Mtg. 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group 7pm Coffee House	21 8am Men's Breakfast 12pm Fellowship Lunch 7pm Governing Board	22 11am Dev. Committee	23
24 10am Sunday Service 12:30pm Walk	25 5pm Gunjan Laborde Talk	26 11am Music Committee 11am Lay Ministry Team 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Fellowship Tea	27 9:30am Writing Time 3pm Fellowship Group #6 6pm The Profit - Readings 7pm Coffee House	28 8am Men's Breakfast 10:30 Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 5:30pm Whole Life Learning Committee 7pm The Profit - Movie	29 11am Dev. Committee	30