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The Unitarian Universalist Fellowship of Falmouth Newsletter 840 Sandwich Road, East Falmouth, MA 02536 \* 508-457-0449 \* www.UUFalmouth.org

#### **RELIGIOUS SERVICES IN APRIL**

Our theme for April is: *Living Love Through the Practice of JOY* Joy is not always a feeling that is freely bestowed upon us, often it is something we must actively seek. In a way, joy is a decision, an action, even a practiced method of being. ~Nick Cave

**April 6 at 10 AM at the Meeting House and via Zoom** — "**A Paradise Born in Hell**" led by Rev. Hank Peirce; service associate Judy Andrade. In times of disaster, people find courage and people do form extraordinary communities to bring hope and aid to each other. At this time of Lent, it is important to be reminded of the power we have to make a difference and be transformed.

April 13 at 10 AM at the Meeting House and via Zoom—"Embracing the Justice Message of Palm Sunday" led by Rev. Rali Weaver; service associate Jessica Mark Welch. This Palm Sunday, we embark on a journey of liberation, reflecting on the courage and hope that the story of Jesus' entry into Jerusalem can offer us in our day. In a world often filled with injustice and suffering, we will draw inspiration from the radical messages of compassion, resistance, and solidarity that resonate within this ancient narrative.

April 20 at 10 AM at the Meeting House and via Zoom—"We've Got the Whole World In Our Hands" led by Lew Stern; service associate Izzie Williams. Each year people from around the world celebrate Earth Day in April. This year's international Earth Day theme is "Our Power, Our Earth." It focuses on the importance of both transitioning to renewable power and our power to save our planet for all life, our children, and future generations. We will celebrate this year with special music, stories, and new traditions. We will award the UU Falmouth Environmental Steward Award to a special member of our congregation. We will join with faith communities across the Cape to "Share the Plate" for a new Cape scholarship for a graduating high school senior going into environmental studies. And we will begin new traditions to celebrate our commitment as a Green Sanctuary and the impact we are having, and can have, as individuals and a community.

\*See the bottom of page 2 for a note on Easter and Earth Day.

#### Share the Plate - Cape Cod Foundation Scholarship

Our Share the Plate goes to help develop the power of youth on the Cape to save our natural resources into the future. We, along with other members of the Faith Communities Environmental Network, are contributing our collections to a special college scholarship, administered by the Cape Cod Foundation, for local high school graduates going into environmental studies.

April 27 at 10 AM at the Meeting House and via Zoom— Membership/Miracle Sunday led by Rev. Rali Weaver; service associate Julie DeSorgher. What does it take to grow as an individual and collectively? This Sunday we will explore the concept of human thriving and consider what it will take for our fellowship to thrive.

# Minister's Message



Unitarian Universalist Fellowship of Falmouth 840 Sandwich Road East Falmouth, MA 02536 508-457-0449

#### Reverend Rali Weaver Minister

Rali's Office Hours in April:

9 AM - 5 PM

Friday, April 11 Saturday, April 12 Sunday, April 13 Monday, April 14 Friday, April 25 Saturday, April 26 Sunday, April 27 Monday, April 28 ...and by appointment

> Ann German Bookkeeper

Frederick Johnson Director of Music

Kit O'Connor Office Administrator

Nancy Wendlandt Pianist

Office Hours: Kit will be in the office Monday, Wednesday, Thursday and Friday from 9AM -1 PM

Our website: https://uufalmouth.org Dear UU Falmouth Friends,

It is hard to believe it has been nine months since I started my contract ministry with you at UU Falmouth. What a gift it has been for me to meet so many of you and to be connected to such an active and vibrant fellowship. We still have many ways to grow and grow upward in the coming months. I am excited by the challenges we face in inviting more families in and continuing to share our UU values with the world. The world needs our pluralistic love-first values now more than ever.

Nine months is the period of gestation of a human child. Never having birthed a child, I can only imagine how painful and yet how rewarding it is. Valarie Kaur, one of the founders of the Revolutionary Love conference and author of <u>See No Stranger</u>, compares the struggles, chaos, and suffering of the modern world to the painful contractions of childbirth. She emphasizes that what feels like darkness and despair may be the process of bringing forth a more just and compassionate society. Just as a mother must breathe and push through labor, she encourages people to summon resilience, breathe through the pain, and actively participate in the birth of a new world rooted in love and justice.

This reminds me that all change takes time, sometimes comes at a cost, and the outcome is often unpredictable and miraculous. Just as it does not help a mother to worry away her pregnancy, so too worry does not aid any change. As I see it, being part of a UU community gives you a place to share your hopes and fears so that you can travel through these changing times lighter and full of possibilities instead of dread.

There are lots of opportunities at UU Falmouth to share your thoughts, ideas, and feelings. Community Circle on April 11th and the second Friday of the month at 2 PM is a great place to listen and be listened to. Reed Walsh and I have started a second Grief Group on the fourth Friday of the month at 11 AM for anyone who has grief to share. The next one will be on April 25th. And a *Spirituality and U* discussion group with Lisa Jo Rudy and myself will take place every other Monday starting April 14th at 4 PM. UU Falmouth is a place where you can be yourself, and bring your grief, thoughts, and ideas. Let us birth a compassionate, caring, thoughtful world, beginning with all we do at UU Falmouth.

I will be at UU Falmouth April 11, 12, 13, 14 and 25, 26, 27, 28. I am always available by phone 617-459-5979 and email <u>revraliweaver@gmail.com</u>.

l hope to see you soon. Rali

**Note:** This year, we are excited to shift our focus to Earth Day, celebrating the beauty and resilience of our planet! While **Easter may be a time of traditional festivities, we believe this is the perfect opportunity to renew our commitment to environmental stewardship**. Together, we'll explore the wonders of nature and the steps we can take to protect it, igniting hope and inspiring positive action. Let's embrace this chance to unite as a community, fostering a brighter, more sustainable future for ourselves and future generations.

# President's Corner



Dear Members and Friends,

The Governing Board meeting on March 20 was the kind of meeting where you don't make any big decisions but you take steps you hope advance you toward realizing agreed on goals. The Cape Cod Foster Closet was unanimously approved to use the vacant room in the west wing and you will be invited to their opening in June. Rex Withers volunteered to lead us to a solution of our climate change insurance problem; Cynthia Dyer volunteered to team with other medically trained people in the congregation to develop a protocol for emergencies that happen during Sunday service; and the Board delegated our zoom/ technology team—John Jackson, David Mark Welch and Rudolph Oldenburg—to recommend one from among the bidders for our AV replacement project so it can be done this spring. And we reviewed the draft budget for FY26 prepared by the Finance Committee.

But best of all, Maggi Jones came to the Board Meeting. Maggi, who is an elected member of the Board and came to every meeting until she lost her life partner, said she has received an outpouring of support from members and friends who called and sent cards and brought food, for which she is deeply grateful.

Let me tell you about a book I'm reading that has something to teach about how to do church. The book is <u>Nexus</u> by Yuval Noah Harari. His topic isn't churches, it's technology enabling information networks throughout history. Artificial Intelligence, Harai writes, is the latest in a string of information networks stretching back in time from spoken language developed among prehistoric clans and forward through written words up to electronically communicated words. Each technology spawned institutions that grew in scale as technology advanced. All depended on and were ultimately controlled by human beings. The information networks that work best for a free society are those with a *built-in self-correcting mechanism* like checks and balances in government or peer review in science. Mistakes are expected as learning goes forward and can be identified and corrected by teamwork.

So what is the self-correcting mechanism we have here at UU Falmouth? We have values that say everybody is worthwhile even though nobody is perfect. We covenant to seek the truth in love, we say we will help one another. We espouse transparency so people can know what's going on and feel welcome to comment and offer suggestions for correction and improvement, and possibly volunteer to help make the improvement. Harari is concerned that AI may develop beyond humans' ability to control it, but that's not my worry for UU Falmouth. Our self-correcting mechanism depends on members and friends getting involved to keep us running well. Informed participation is our self-correcting mechanism and teamwork is the secret sauce. May it keep working!

Charlotte Harris Governing Board President Charris20@me.com \* 617-645-8609

# **Annual Pledge Drive**

## "Together We Can!"

From your Pledge Drive Team:

The pledge drive for the 2025-2026 pledge year is well underway! Canvassers are contacting members and friends for canvass conversations one-on-one or in small groups. Pledge forms have been mailed. Excitement is building!

Immediately after the pledge drive, members and friends of UU Falmouth will engage in discernment about the possibility of calling a full-time minister as soon as summer 2025. We are excited about the renewed capacity and strength fulltime professional ministry would bring to our ability to care for one another and reach out into our community, and we recognize that it will require additional financial resources.

With a theme of "Together We Can!" the goal of the pledge drive is to raise a budget that will let us enter this discernment process with strength and confidence.

UU Falmouth relies on your generosity. As a young congregation, our endowment is modest, and we receive no direct financial support from the Unitarian Universalist Association. The budget to pay our wonderful staff minister, administrator, musicians—and to care for and maintain our building comes overwhelmingly from us, the members and friends, through our pledges of support.

If you did not receive a pledge form either in the mail or from a canvasser, please call the UU Falmouth office or contact a member of the pledge drive team.

The pledge drive concludes during the Sunday service on April 27th with our annual ritual of commitment, where we bring our pledge cards forward as a symbol of committing ourselves anew to one another and the future of our congregation with generosity and love. Blank pledge cards will be available so you can participate in the ceremony even if you have already returned your pledge!

 With gratitude, your Pledge Drive Team: David and Jessica Mark Welch, Charlotte Harris, Jack Mulkeen

#### Our Fragile Art of Hospitality

I would like to call your attention to a slightly changed way for us to continue our traditional Coffee Hour hospitality by better sharing the prep and clean up. **No need to deal with the dishwasher anymore, we've switched to compostable paper cups and wooden stirrers.** If you have any questions, just email me at <u>charris20@me.com</u>.

Thanks, and thanks to Noreen Cavanaugh for prompting these changes! ~Charlotte Harris



#### UU Falmouth Coffee Hour Captains & Teams Each Captain and Team is responsible for Coffee Hour one Sunday every month.

Week 1	Week 2	Week 3	Week 4				
A-E	F-L	M-R	S-Z				
Leona Bombaci	Celia Geyer	Carol McKeon	Dotti Schrumpf				
Ruth Agnew Judy Andrade Tedi Bell Barry Blake Jewel Blake Leona Bombaci Wendy Bone Susan Brooks Linda Carpeno Micaela Champagne Dave Crichton Karen Crichton Bob Cronon Carol Ann Cronon Julie DeSorgher Cynthia Domack Gail Donkin Cynthia Dyer Marcia Easterling	Jenny Fornberg Erika Fox Celia Gayer Anne Giblin Michael Goldring Stuart Graham Laurel Hallman & Larry Ladd Charlotte Harris Jane Jackson John Jackson & Ellen Todd Christina Jacobi Maggie Jones Richard Kapit Tom Kirkman & Gayle Simundza Cathy Kligler Judy LeBeau Mark LeBeau David Leslie Pat Leslie Alice Liljestrand Judy Lynch	Robert Manz David Mark Welch Jessica Mark Welch Maureen McIver Carol McKeon Joanna McWilliam John McWilliam Robin Melavalin Christine Michelson Maria Moniz Pamela Morrone Jack Mulkeen Susan O'Connor Elga O'Dell Nannette Oldenbourg Rudolf Oldenbourg Marilyn Pageau Terry Pageau Foster Palmer Lisa Palmer Maureen Peters Carolyn Powers Saphira Ravenstar Bob Reece Betsy Reece	Peggy Sabin Dotti Schrumpf Scotty Scott Victor Smith Jean Stern Lew Stern Nancy Syverson Joanie Thompson Judith Titus JoanneTreistman Steve Treistman Chris Uljua Louise Vardack Joan Vaughn Reed Walsh Rosa Whiting Betsy Wilder Isabelle Williams Laura Wing Lesley Withrow Barbara Wright Betsy Young Karen Zimmerman Phil Zimmerman				
5 <sup>th</sup> Sundays – Governing Board – March, June, August, November (in 2025)							
Coffee Team Responsibilities: provide finger food and coffee; set up and clean up.							
Captains' responsibilities: attend captain meetings & get training, send reminders and oversee their Coffee Hour.							

# Upcoming UU Falmouth Events

#### Spirituality and U: A Journey of Exploration and Conversation

#### With Lisa Jo Rudy and Rev. Rali Weaver

#### Every other Monday at the Meeting House starting Monday, April 14 at 4 PM



Join us every other week starting Monday, April 14 at 4 PM for an engaging and thought-provoking discussion series exploring spirituality from diverse perspectives. Each session dives into a fascinating topic, drawing insights from different cultures, philosophies, and personal experiences. Through lively conversation, we'll wrestle with big questions, challenge assumptions, and discover new ways of thinking about the mysteries of life.

#### Some of the questions we'll explore:

#### Is it really just luck?

Have you ever had something happen that felt too perfect to be random? Maybe you walked away unharmed from what should have been a fatal accident, or a chance encounter changed your life forever. Some say everything happens for a reason, while others believe life is a roll of the cosmic dice. Is there a hidden intelligence guiding events, or are we just finding patterns in chaos?

#### Do we have souls?

What is a soul, anyway? Do we all have one? If so, where does it come from—and where does it go? And if our memory and mind fade, do we lose our soul too? Different traditions, from ancient to modern, have wildly different takes on this, and we'll explore them together.

#### Why behave ethically?

If there's no divine punishment or cosmic scoreboard, why be good? Why give to charity, help a stranger, or stand up for justice? Are ethics just a social contract, or is there something deeper that compels us to do right?

#### What is death?

The body stops. But is that truly the end? Across cultures and time, people have reported near-death experiences, reincarnation stories, and spiritual encounters. Science is even beginning to explore consciousness beyond death. What do you believe?

#### Do you connect with something bigger than yourself?

Have you ever felt an unexplainable sense of peace in nature, during meditation, or in a moment of deep reflection? What is that feeling? A psychological trick, or a real connection to something greater?

#### And much more!

Each session is a chance to explore, share, and expand your understanding of spirituality in a welcoming and open-minded space. Whether you come with strong beliefs or just a curious mind, all perspectives are welcome. Join us and bring your questions, insights, and wonder!

# Upcoming UU Falmouth Events

### Lobby Art Show by Dunya Dianne McPherson on Display April 6-May 9

### Opening Reception 11:30 AM - 1 PM Sunday, April 6

Dunya Dianne McPherson's *Forest Temple Paintings: Landscapes* are a "contradistinction to a violent and destabilizing collective culture within which each of us must seek comfort, truth, and guidance." Come see her beautiful work on display at the Meeting House through May.



### Exploring the Nature of Reality Series - at the Meeting House and via Zoom

We will wrap up our bi-weekly series Exploring the Nature of Reality this month with two final sessions.

**April 9, 2025 at 7 PM** "Is Our Sense of Self Too Narrow? You and Your Trillions of Microbiome Friends" – Jessica Mark Welch and Betsy Wilder. We'll discuss the microbiome and our sense that we are human, but in reality are mostly microbial in terms of our cell numbers and DNA coding potential. Our microbiomes likely change our moods and behaviors as well as our health status.



**April 23, 2025 at 7 PM** "Views of Reality: A Synthesis of the Presentations and Discussions" – Steve Treistman.

### *Defying the Nazis: The Sharp's War* Film Showing Thursday, April 17 at 6:30 PM at the Meeting House

In 2016, Ken Burns and Artemis Joukowsky directed a documentary about a little-known but important mission by an American minister and his wife to rescue refugees and dissidents in Europe before and after the start of World War II. The film will be re-broadcast on local PBS stations starting on April 13th. It



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tells the story of Waitstill and Martha Sharp from Wellesley, Massachusetts who left their children behind in the care of their parish and boldly committed to multiple lifethreatening missions in Europe. Over two dangerous years, they helped to save hundreds of imperiled political dissidents and Jewish refugees fleeing the Nazi occupation across Europe

Come in others at the Meeting House to watch the film together. Artemis Joukowsky will be on hand for questions and comments, and copies of his book will be available. This event is open to the public.

### You are Not Alone: An Invitation to a New UU Falmouth Grief Group

### Friday, April 25 at 11 AM at the Meeting House (and the 4th Friday of the month)

Grief is a journey that no one should have to walk alone. Whether you have recently lost a loved one or carry the weight of loss from years past, we invite you to join us in a safe and supportive space for healing and connection.

The UU Falmouth Grief Group offers a place to share, listen, and be held in the compassionate presence of others who understand. Through reflection, gentle conversation, and shared wisdom, we honor our losses while finding strength together. All are welcome—whether you are new to grief or have been on this path for some time. Whether you are grieving the loss of a family member, friend, or beloved pet. Your grief is welcomed. You do not have to grieve alone. Let us walk this journey together with kindness and care.

For more information, please contact Reed Walsh via admin@uuffm.org or Rev Rali Weaver at revraliweaver@gmail.com or 617-459-5979.

# Upcoming UU Falmouth Events

#### Sandwich Road Cleanup

#### Meet on Saturday, April 26, 2024 at 10 AM at the Meeting House



Come join your friends at the Meeting House to clean up UU Falmouth's section of Sandwich Road. Please wear long sleeves and long pants to protect against scrapes and ticks. Bring your own refillable water bottle, sturdy garden gloves, and a reflector vest if you have one. UU Falmouth will also provide some vests. A signup will be available in the Meeting House lobby (must be age 14+).

#### Sustaining Cape Cod: Real Progress Through Collaboration and Communication

Co-Sponsored by UU Falmouth and Faith Communities Environmental Network

Wednesday, April 30 from 7-8:30 PM via Zoom ONLY

Discover how progress is being made on the Cape from the Town Sustainability Leaders of Falmouth and Barnstable. Learn how to talk about protecting the environment and addressing climate change with people of diverse backgrounds and priorities. All are welcome to attend this Zoom webinar.



Presenters will be: Stephanie Madsen, Falmouth Sustainability Coordinator Sean Hogan, Barnstable Environmental Sustainability Manager Lew Stern, Environmental Communication Facilitator



### **Caring Committee Updates**

**END OF LIFE NOTEBOOKS FOR SALE.** The Caring Committee has End of Life notebooks for sale for \$15. Give a gift to your family by filling out the information. They are available every Sunday after the service.

**IN CASE OF EMERGENCY** sheets are available in the library. If you have not filled one out, please do so. If you filled one out a long time ago or it is outdated, please fill out a new one. You can give completed forms to Betsy Young or Reed Walsh, or leave them in the Admin mailbox in the mailroom.

WE CAN'T CARE IF WE DON'T KNOW! The Caring Committee would like to know if you are aware of someone in need. Please contact Betsy Young or Reed Walsh directly or via admin@uuffm.org so the Caring Committee can reach out.

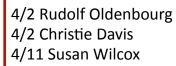
#### Need a Ride to Church on Sundays?

We are forming a list of people who need a ride to church on Sundays. If you can't drive but would like a ride, please contact Reed Walsh directly or email her via admin@uuffm.org. Please include your name, address and phone number.



# UU Falmouth Announcements

# April Birthdays



4/14 Rory Saito 4/19 Andrew Mark Welch 4/19 Mary Sellers 4/19 Evelynne Swagerty 4/26 Cynthia Domack 4/27 Reed Walsh

### Fellowship Weekly/Monthly Gatherings

For information on any of these gatherings, contact the person listed or email admin@uuffm.org.

- <u>Breakfast Bunch</u> Tuesdays at 8 AM. This month it will be at Moonakis Cafe, 460 Waquoit Highway, East Falmouth. For more information, contact Reed Walsh.
- <u>Mah Jongg</u> Tuesdays from 1-3 PM at the Meeting House. For more information, contact Peggy Sabin.
- *Fellowship Tea* Tuesdays at 4 PM. To get the Zoom login, email admin@uuffm.org.
- <u>Brown Bag Book Bunch</u> BBBB will meet again on April 16 at noon (and the third Wednesday of the month) at the Meeting House. For more information, contact Chris Jacobi.
- <u>Men's Breakfast</u> Thursdays from 8-9:30 AM. It will take place at the Meeting House in April. A notice will be sent out if it is switched to Zoom because of bad weather. If you would like more information, or for the Zoom login, please contact Stu Graham.
- *Chimes Ensemble* Thursdays at 1:00 PM at the Meeting House. For more information, contact Laura Wing.
- <u>Chimes Workshop</u> Thursday, April 3 and 17 from 3-4 PM (and the 1st and 3rd Thursdays of the month) at the Meeting House. For more information, contact Laura Wing.
- <u>Expressive Movement</u> Will resume on Friday, April 4 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- <u>Community Circle</u> Friday, April 11 at 2 PM at the Meeting House open to the public. The topic for April will be "Justice and Fairness." During Community Circles, we listen to one another and share our thoughts about the topic. We build community and many people find this experience relaxing as we learn from one another. For more information, contact Joanne Treistman.
- <u>Percussion Discussion</u> Friday, April 18 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.

For the most up to date version of this calendar, go to <u>uufalmouth.org</u> and click on "News." Email <u>admin@uuffm.org</u> if you'd like to have an event or meeting added to the calendar.

• SUNDAY	• MONDAY	• TUESDAY	• WEDNESDAY	• THURSDAY	• FRIDAY	• SATURDAY
		April 2025		Red = All are welco	ome to attend.	
		1 8am Breakfast Bunch 1pm Mah Jongg	<b>2</b> 9:30am Writing Time 1pm Committee on Ministry 3pm Partners Grief Support Group	3 8am Men's Breakfast 10:15am B&G Meeting 1pm Chimes Ensemble 3pm Chimes Workshop	4 6:30pm Expressive Movement	5
6 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion 11:30am Dunya McPherson Art Reception	<b>7</b> 6:30pm Choir Rehearsal	8 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Cong. Committee	9 9:30am Writing Time 3:30pm Lay Ministry Team <b>7pm "Exploring</b> the Nature of Reality" Series	10 8am Men's Breakfast 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	11 9am Membership Committee 10am Writer's Path Group 2pm Community Circle	12
13 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	14 10:15am Religious Services Cmt. 1pm Caring Community Meeting 4pm "Spirituality and U" series 6:30pm Choir Rehearsal 8pm Music Committee	15 8am Breakfast Bunch 1pm Mah Jongg	16 9:30am Writing Time 11:45am Soul Matters Small Group 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group	17 8am Men's Breakfast 1pm Chimes Ensemble 3pm Chimes Workshop 6:30pm "Defying the Nazi" event 7pm Governing Board	18 6:30pm Percussion Discussion	19
20 10am Earth Day Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	21 6:30pm Choir Rehearsal 7 pm SEAC Meeting	22 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1	23 9:30am Writing Time 7pm "Exploring the Nature of Reality" Series	24 8am Men's Breakfast 10am Soul Matters Small Group #2 1pm Chimes Ensemble 3:30pm Fellowship Group #3	25 10am Writer's Path Group 11am Grief Group	26 10am Sandwich Road Cleanup
27 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	28 4pm "Spirituality and U" series 6:30pm Choir Rehearsal	29 8am Breakfast Bunch 1pm Mah Jongg	<b>30</b> 9:30am Writing Time <b>7pm "Sustaining</b> <b>Cape Cod"</b> webinar			