According to my seminary professor, Dr. Nimi Wariboko, surprise is “a central and non-negotiable aspect of reality.” I have thought of that quote, and what Dr. Wariboko had to say about the deeper meaning of “surprise,” a lot since the pandemic began. Ever since my concussion, I’ve been prone to dizzy spells, but even more dizzying than my occasional vertigo is trying to keep track of the current news. As we speed toward election day, as the Uprising against systemic racism in our police forces expands to a larger reckoning of cultural white supremacy, and as the pandemic keeps on destabilizing everything, there are unpleasant surprises and shocks coming at us everywhere. It’s no surprise so many of us are struggling even more than usual with our addictions, anxiety, depression, fear, and even some despair.

Our UU values can give us the tools we need to navigate this moment. This month, our Sunday services are going to focus on the theme of “Surprise.” How do we as a Unitarian Universalist fellowship respond right now?

On a more light-hearted note, to remind us that surprises can be fun, our Sunday service for August 9th is “Ask the Minister Anything!” I won’t write a sermon; instead I’ll answer questions you submit. You can email your questions any time before August 9th to Judy Andrade (via admin@uuffm.org). To keep the theme of surprise, I won’t see the questions in advance! Questions can be personal, theological, or whatever else is on your mind.

On August 16th we’ll honor the 100th anniversary of women getting the right to vote with Suffragette Sunday! All are invited to wear white in honor of the suffragettes. We’ll look at how they might inspire us and challenge us in their victories and in their failings.

See you Sunday!

Rev. David
Zoom Sundays and coffee hours are nice, but they don’t provide a venue for the random “howdy” encounters that occur in person. That’s why I’ve decided to give you a little more information about the people and portfolios of the Governing Board. First, let me make clear that our Board is the greatest! It’s beautiful….like nobody has ever seen before! Here’s who you’re not bumping into for now:

**Susan McCourt: Vice-president.** Susan’s portfolio includes being a liaison with the Buildings and Grounds committee. She is also examining the improvement and formalization of our Fellowship Operations. Of course, Susan is second-in-command and invaluable to me in my job as President.

**Aja Frigon: Clerk.** Aja is responsible for recording and distributing minutes of our Board meetings, as well as being in charge of congregational functions such as the Annual Meeting. Aja has also been the Board Liaison to the developing Whole Life Learning program.

**Gail Donkin: Treasurer.** Gail is the officer in charge of our finances. She monitors and authorizes payouts, and collaborates with Ellen Todd and the Finance Committee in advising the Board on budgetary matters.

**Lew Stern: Director.** Lew’s current portfolio includes examining and recommending enhancements to the leadership structure of the congregation, at all levels.

**Ellen Germann: Director.** Ellen’s portfolio involves congregational outreach, including being a liaison with the Outreach Task Force and the Membership Committee.

**Gayle Simundza: Director.** Gayle’s portfolio on the Board focuses on Social Action.

**Steve Treistman: President.** My job is to take the 30,000-foot view and work closely with Rev. David in serving the congregation. I create the agenda and run the Board meetings, as well as interact with our congregants and the wider community.

The Board is highly interactive and every issue is discussed by all. I speak for all of us in stressing our availability to address your concerns via email or phone.

Life is good! Think love!

*Steve Treistman, President*
Anti-Racist Book Discussions

As part of our commitment to being authentically Anti-Racist, we will be hosting a series of book discussions over the next few months, and identifying actions we can take.

You are invited to come to all, or just one. Choose the one that most interests you, or that most makes you uncomfortable.

You can read the book, or just come. We will structure conversations to be open to everyone, though of course you’ll get the most benefit if you engage with the book.

How to Be an Antiracist
by Ibram X. Kendi
Wednesday, August 19 at 7:00 PM via Zoom

What does it mean to be “anti-racist”? This is one of the most pressing moral questions of our time, and this book is at the center of the current conversation. Let’s discover together why it’s not enough to “not be racist,” why we must be intentionally and intersectionally anti-racist.

Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment
Edited by Manish Mishra-Marzetti and Jennifer Nordstrom

Environmental action has long been a passion of many of us at UUFC, and the climate crisis is truly an existential threat to Cape Cod and the entire planet. But did you know environmental action and anti-racism are deeply interconnected? In this three-part discussion, we’ll explore environmental justice and what it means for us to engage this as an act of faith.

Coming in September

An Indigenous Peoples’ History of the United States
by Roxanne Dunbar-Ortiz

For Native American Heritage Month, we will use this book for three sessions to unlearn and relearn American history, with a focus on what this means for Cape Cod.

Coming in November
Whole Life Learning

Our thanks to the families who participated in July with the Family Butterfly Hour and Lew Stern for his workshop on Personal Strengths to Manage Stress. While we wait for the Committee to be formed and hiring decisions to be made, we are keeping our congregation involved in the community.

The August S’mores newsletter can be found at https://www.smore.com/pdqb. It includes suggested activities for families and individuals, advice on how to practice inclusivity, ways to nourish yourself, etc.

There will also be two evening programs this month (see below).

Falmouth Gun Safety Coalition Presentation
Wednesday, August 12 at 7:00 PM via Zoom

The Falmouth Gun Safety Coalition (FGSC) is group of Cape Cod residents who value a society where all the people of the Commonwealth can live without fear of gun violence and mass killings. They recognize the key role that semi-automatic weapons play in this threat and are focused on banning the semi-automatic mechanism as part of any weapon sold to or possessed by a person living in or visiting the Commonwealth.

On Wednesday, August 12 at 7:00 PM via Zoom, FGSC will show how three kinds of guns work – a revolver, a semi-automatic handgun and a semi-automatic long gun (often referred to as an assault weapon). They use several videos that demonstrate their different capabilities. A discussion will include the difficulties of creating legislation to restrict semi-automatic weapon ownership. It is their intent to clear up some of that ambiguity and give the group the chance to become more knowledgeable about the technology. Please be advised there will be real firearms shown. If that makes you feel uncomfortable, you may not want to attend. For more information, contact falmouthgunsafetycoalition.

The login to the FGSC presentation will be sent out by email prior to the event.

UUFF Talent Show!
Wednesday, August 26 at 7:00 PM via Zoom

Our second program will be a prerecorded “TALENT SHOW.” Please make a video on your phone, iPad or computer and send it to Joanne Treistman at admin@uuffm.org. It will be made into a fun video collage of stories, dancing, music, etc. A program of events will be published once we have the videos and Joanne’s grandson puts it together for us. Even get grandchildren or pets to be recorded. It can be funny, serious or just you!

The login to the Talent Show will be sent out by email prior to the show.
Thank You Win and Jack for 15 years of Adult Ed!

As of July 1, the Adult Education Committee is no more. What a history it has had, starting in 2005 with Win Munro and Margaret Cooper steering the committee. Weekly programs were produced for many years: “If it’s Wednesday, it’s Adult Education!” Hard to believe that 48 or more programs per year were put on by this committee! They included films, potlucks, lectures, discussion of important books. These Wednesday evenings provided a venue and audience for members of the Fellowship to educate our community on topics important to them. Topics ranged from saving the environment, HIV and AIDS in Africa, immigration from Latin America, the history of UUism, Buddhism, slide shows of European destinations, debate on ‘the eleven nations,’ understanding ‘white fragility.’ Some programs brought out large audiences and even members of the Falmouth community, others only a few members attended, but met a need for those attendees.

Eminent persons from the local community gave lectures, and visitors from ‘the mainland’ often provided expert knowledge. The lecture about Nuclear Proliferation by a Nobel Laureate this last year reflected the quality of programs organized by the committee. None of this could have been done without the leadership of two individuals, **Win Munro and Jack Easterling**. In this short tribute we cannot adequately thank them for their service, first as chairpersons, and then as active members, making sure that Wednesday night events were properly set up—microphones, chairs, and all. As Whole Life Learning starts up, we need to pause to reflect on the enormous contribution that the Adult Education Committee has made to the life of this Fellowship over the past 15 years. Thank you so much Win and Jack, and thanks to all those members who served on this committee and provided ideas for programs.

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Social Action

**Food Cards Available for Pickup Saturday, August 15**

In August the Social Action Committee will once again be selling food cards to be used at various local supermarkets. By purchasing these cards, you are actively giving to your community at no cost to yourself. Each card sold at face value provides 5% or more of that face value to be distributed to non-profit organizations throughout the community. Last year sales and donations amounted to over $5,000.

**Pre-order Food Cards**

You can pre-order and pay by check (made out to UUFF-SAC) and pick up your cards at the Meetinghouse parking lot on Saturday, August 15th between 11 AM and 1 PM.

To Pre-order: email, text or call Pam Morrone or Julia Withers with your name and order (store and denomination you want on the card). You will receive an email order form as confirmation of your order.

**Food cards and denominations available:**

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<tr>
<th>Store</th>
<th>Denominations</th>
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<tr>
<td>Stop &amp; Shop</td>
<td>$200, $50, $25, $20</td>
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<tr>
<td>Shaw’s</td>
<td>$25</td>
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<tr>
<td>Windfall</td>
<td>$50, $20, $10, $5</td>
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<tr>
<td>Roche Bros.</td>
<td>$50</td>
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<tr>
<td>Jack &amp; the Beanstalk</td>
<td>$50, $20</td>
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</table>
UUtheVOTE

To meet social justice crises, UU’s are called to show up! We are called to speak up with moral courage and act with moral clarity. Voter Registration and broad Voter Participation are ways to achieve these goals. **Voter Registration** must be done 20 days prior to the election, so it is necessary to register by August 22 to vote in the Massachusetts primaries on September 1, and by October 24 for the general election on November 3. If you will be 18 by Election Day, November 3, or have recently changed name or address, you **must** register to vote. Registration can be done online, by mail, or in person at each community’s Town Hall.

**Vote By Mail Applications** have been sent to all Massachusetts registered voters. They must be received by August 26 for primaries and October 28 for the general election. All pertinent information about voting can be found online at:

**Mail-In Voter Registration Form**
https://www.sec.state.ma.us/ele/elepdf/Voter-reg-mail-in.pdf

**On-line Voter Registration Massachusetts**
https://www.sec.state.ma.us/ovr/

**Secretary of the Commonwealth-William Galvin**
sec.state.ma.us

Your actual voting can be done in person or by requesting a mail-in ballot if you haven’t already received one.

As progressive people of faith we can seize the opportunity that the current electoral cycle offers us to fight for our values, counter voter suppression, expand democracy, and engage in spiritually grounded, values-based issue conversations with other voters in our own communities.

Free Notary Services

Lew Stern is available to notarize documents safely, with masks on and socially distanced, outside in your driveway or close by. He does this as a community service at no cost. If you are interested, call him at 617-759-7060 or email him at visitingnotary@gmail.com.
Summer Kayaking

The UUFF summer kayaking group continues! We meet every Tuesday morning at a different location. If you would like to try kayaking and want to be on the mailing list (which includes a description of the location for the week along with directions), email Gail Donkin at treasurer@uuffm.org. It will canceled if it’s raining, or if it’s too windy (too windy = winds over 10 mph). In that case, you will be notified by email before 8:00 AM the morning of the scheduled kayaking day.

If you’re new to kayaking and would like to see if there is an extra kayak you can use, contact Gail.

UUFF Building Use Policy/Passcode Changed

At our last meeting, Rev. David and the Board decided to continue our policy that states: The Meetinghouse is closed to all but staff unless an exception is specially approved by Rev. David or the Board President, Steve Treistman. The UUFF Board recommends formal meetings continue virtually (i.e. not in person, either indoors or outdoors) until further notice. One of the major considerations contributing to our decision was a concern that members of groups who were uncomfortable with exposure during in-person meetings would either feel unsafe, or excluded if they avoided in-person meetings. Other considerations include non-availability of restrooms.

In addition, the passcode for the building was changed on July 17 and will be updated annually moving forward, as recommended by security experts.

Everybody looks forward to the end of these constraints on our Fellowship life!

~UUFF Board
When Phil Zimmerman saw the condition of the lawn outside the rear door of the Meetinghouse across from the playground, it suddenly dawned on him that what the UUFF needed was a new stone patio and picnic table. Thanks to the Fund-A-Need Auction ideas of Ellen Todd, and a generous funding match, funds for the project were raised. A design was prepared by Phil and a 16 foot by 16 foot blue stone patio was installed by a stalwart team including chief stone setter David Crichton - master stone mason, and his willing workers, including David Dimmick, Steve Patton and Phil. Phil then researched and ordered a western red cedar picnic table – selected to accommodate all who wish to sit (“everyone can sit at this table”) – sealed and assembled by Phil’s friend, excellent handyman Kevin Lima, for all to enjoy……..someday.

The Meetinghouse is kept in good shape by B&G Caretaker Chris McCarrie, the B&G Committee, and our cleaning professional Maria Souza while we are waiting our safe return. (See the Board’s building use policy on page 7.)
Caring Committee

Well we are entering another month of the pandemic! It is hard to believe we are now almost five months into washing hands, wearing masks and staying at home! My new puppy Mookie is keeping me too busy to get bored—he is a live wire.

In June, Cy Kano celebrated his 99th birthday. Congratulations!

Our best to Jim Liljestrand recovering from hip surgery. He says he is doing ok!

Thoughts to Barry Pease. Hope you are feeling better soon.

Prayers to Donna and Dave Jewett. Good to hear that Dave is home from the hospital.

Many of our folks are lonely and depressed. Do your best to reach out and make someone’s day. Pick up the phone, send a card, have a driveway visit!

Stay safe!
Marion Flurkey

Fellowship “Gatherings”

Mah Jongg will continue to meet every Tuesday, from 1:00-2:00 PM via Zoom for a check-in and chat. At 2:00 PM those who wish to play are asked to go to realmahjongg.com. If you would like the Zoom login or more information about realmahjongg.com, contact Peggy Sabin.

Men’s Breakfast will continue to meet every Thursday, 8:00-10:00 AM via Zoom. To get the login information, contact Bob Sabin.

Ladies Lunch will be meeting via Zoom on Thursday, August 13 at 12:30 PM—NOTE NEW TIME! Please contact Kathe Crew to get the login information.

Brown Bag Book Bunch will be taking the summer off. The group will start up again on September 16. If you have any questions, please contact Chris Jacobi.

AUGUST BIRTHDAYS!

08/02 Holly Wilson
08/05 Valerie Swenson
08/06 Mary Bianchini
08/06 Maureen Mclver
08/07 Nancy Nichols
08/09 Margaret Sabin
08/11 Robert Sabin
08/13 Katherine Crew
08/21 Phil Zimmerman
08/22 Dorothy Wilde
08/23 Bob Cronon
08/24 Heather DiPaolo
08/27 Barbara White
### AUGUST 2020

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>10:00 AM Service</td>
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<td>1:00 PM Mah Jongg</td>
<td>3:00 PM Partners Grief Support Group</td>
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<td>12:00 PM Fellowship Lunch</td>
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<td>3:00 PM Fellowship Group #4</td>
<td>1:00 PM Mah Jongg</td>
<td>1:45 PM Fellowship Group #1</td>
<td>12:00 PM Religious Services Cmte.</td>
<td>8:00 AM Men's Breakfast</td>
<td>12:30 PM Ladies Lunch</td>
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<td>12:00 PM Fellowship Tea</td>
<td>7:15 PM Fellowship Group #2</td>
<td>7:00 PM WLL Program: Falmouth Gun Safety Coalition</td>
<td>8:00 AM Men's Breakfast</td>
<td>12:00 PM Fellowship Lunch</td>
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<td>7:00 PM Finance Cmte.</td>
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<td>1:00 PM Mah Jongg</td>
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<td>7:00 PM How to be an Antiracist Book Discussion</td>
<td>8:00 AM Men's Breakfast</td>
<td>12:00 PM Fellowship Lunch</td>
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<td>7:00 PM How to be an Antiracist Book Discussion</td>
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Red = Congregation Wide events

The UUFF central calendar is now linked in real time to the website, UUFFM.org so you can see up-to-date changes as they occur.