



THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER

**IMPORTANT REMINDERS
DECEMBER**

OWL Parent Orientation
Thurs., Dec. 1 at 6:30pm
(see page 4)

Field Trip to New Bedford
Mon. Dec. 5, meet at MH 11am
(see page 4)

Finding and Sharing Joy
Wed., Dec. 7 at 7pm
(see page 4)

Community Kirtan
Fri., Dec. 9 at 7pm
(see page 5)

Ugly Sweater/Game Afternoon
Sun., Dec. 11 at 4:30pm
(see page 5)

Group on *Wonder*
Mon., Dec. 12 at 1pm
(see page 5)

Course on *World Religions*
Wed., Dec. 14 at 7pm
(see page 5)

Seaweed Farming
Wed., Dec. 21 at 7pm
(see page 6)

Winter Solstice Celebration
Thur., Dec. 22 at 4pm
(see page 5)

Date with Death Club
Wed., Dec. 28 at 6:30pm
(see page 6)

Movie: *The Peacemaker*
Fri., Dec. 30 at 4:30pm
(see page 6)

December Theme: *Wonder*



December 4th— *Holy Curiosity*, The Rev. Joe Cherry.

Humans are meaning-making animals and as such, we are often engaged with the question of “Why?” Anyone who has had the joy of spending time with a 3 year-old, or has been a 3 year-old, knows this. How do we keep this open mind throughout our whole lives? Join us this Sunday to consider *Holy Curiosity*.

December 11th— *The Serious Business of Fun*, The Rev. Joe Cherry. It’s been a tradition in the Meeting House to collect warm clothing during December to be shared with others who have less than we might. This Sunday, we’re going to pair this tradition with another: silly sweaters and sweatshirts. You’re encouraged to wear an outlandish top this Sunday as Rev. Joe preaches about why fun is so vital to our mental and spiritual health.

December 18th— *Path of Wonder*, The Rev. Joe Cherry. Join us this Sunday as we explore the meaning(s) of life through the lyrics of Stevie Wonder, artist extraordinaire. What can we learn about ourselves and the world from an artistic career that started in 1963 and continues to today?

December 24th, Christmas Eve — *Semi-Secular Christmas Eve*, The Rev. Joe Cherry. You’re invited to an afternoon service of Christmas carols and Christmas stories. Come along for this festive, tender, and joyous service that **takes place at 4 PM.**

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

Ann German
Bookkeeper

Frederick Johnson
Director of Music

Kit O'Connor
Office Administrator

Shannon Sylvia
Sunday Service Tech

Nancy Wendlandt
Pianist

Office Hours: Kit will be in
the office from 8:30-1:30
Monday, Wednesday,
Thursday and Friday

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

Dear Folks of the Meeting House,

I don't think it's really possible that a modern person understands, viscerally, the depth of night. We know what it's like to have no lights on in our homes, but even then, there is usually the ambient light of other humans. There are always other houses, street lamps, large cities whose glow pollutes the holy darkness that is the night. Humans who lived before 1879 understood how dark the night was. As early as 1880 Wabash, Indiana introduced electric street lamps, and by the 1920's most cities had electric lights.

On December 21st we will have our longest night of the year. Our ancestors understood this annual event and created rituals and ceremonies that were celebrated around this night.

Beginning in late November (the 24th this year), Christians observe a four-week long time of anticipation, called Advent, where they await the birth of the Christ Child, which culminates in Christmas. Buddhists observe Bodhi Day, the day that marks the enlightenment of The Buddha. People of the Jewish Faith celebrate Hanukkah, which commemorates the liberation of Jerusalem in 165 BC and the reconsecration of their temple. With only enough oil to last 2 nights, the lamp stayed lit for 8 nights, and they consider this to be a miracle. This year Hanukkah will be observed from December 18-26. In the midst of these holy days for these faiths comes the longest night of the year, a night when people in the British Isles burned the largest log through the night. This annual celebration is of course Yule. And lastly in order of date and time of first celebrations, is Kwanzaa, which begins on December 26 and is a modern celebration of the values of the people of the African Diaspora.

Light is the human response to the mystery that is the night. For most of human history, night was a very dangerous time. May these commemorations of hope, comfort and joy bring to you a sense of well-being this season.

In faith,
Rev. Joe

President's Corner



UU FALMOUTH BOARD 2022-2023 Officers

Susan McCourt, President
Jim Loew, Vice President
Ellen Todd, Treasurer
Ellen Germann, Clerk

Directors

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Dorothy Schrupf
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2022-2023 Committee Chairs

Art Exhibits—Joanie Thompson &
Nick Vardak
Building & Grounds—Dave Dimmick
& Phil Zimmerman
Caring—TBD
Communications—Joanie Thompson
& Nannette Oldenbourg
Denominational Affairs—Larry Ladd
Development—Noreen Cavanaugh
Finance—Gayle Simundza
Lay Ministry Team—Tom Kirkman
Membership—Carolyn Powers
Memorial Woodland—Phil
Zimmerman
Music—Susan Brooks
Nominating—Dave Crichton
Religious Services—Judy Andrade
Social & Environmental Action—
Chris Wheeler
Welcoming Congregation—Judy
LeBeau (contact person)
Whole Life Learning—Rev.
Saramaria Allenby

We've heard about it during the pandemic, the "New Normal." They say: *We can't go back to the way it was. It will never be the same – things are different now. The world has changed. We have changed. We need to wait and see how things will be now.*

What if we don't "*wait and see*"? What if we envision the future of our congregation together?

Indulge me for a minute and picture it in your mind. What will Sunday mornings be like? What about other days and evenings? How can we rebuild a vibrant community on the firm foundation of the past? How will we continue to care for each other? Welcome visitors and engage members? Help our neighbors? Work together for social and environmental justice? How will we continue to support each member's quest for truth and spirituality as they experience it? How will we work collectively and individually to challenge our own assumptions, lower our defenses, and strive for right relations between us?

What can we do, each one of us?

As we complete our construction project, open our Meeting House, and complete our interim period, these questions (and others) can help guide us, collectively and personally.

Please join us for the Small Groups that are being offered by Rosa Whiting and Ellen Todd on behalf of the Board. Each of us can share our vision of the strengths that we hold as a congregation and the work that we may want to do in the coming years to create the "New Normal" that we envision.

As individuals, I challenge each of us to consider the part we can play to create the "New Normal" in the coming days, weeks and months. As we interact with others, support the congregation financially, and volunteer our time, consider how our choices are embodying the "New Normal" that we desire.

In the pages of this monthly newsletter, in the weekly *Sandwich Road Menu*, in the announcements on Sunday morning, ask yourself: where do you feel the call to participate, to support, to be curious, to learn, to listen?

Susan

Whole Life Learning

The Whole Life Learning Committee will meet Thursday, December 15 at 5:30 PM via Zoom.
All are welcome!

Our Whole Lives (OWL) Orientation—for Parents of 8th & 9th Graders

Thursday, December 1 at 6:30 PM

Our Whole Lives is a progressive approach to sexuality education that deals with the totality of human sexuality in a developmentally appropriate manner. Please join us on Thursday, December 1 from 6:30-8:30 PM for an overview of the program and its underlying values. (We will only be able to cover children in grades 8 & 9 for now.) OWL is based firmly on the values of self-worth, sexual health, responsibility, justice, and inclusivity. The program helps young people adopt these very human values and provides them with information and skills they need for life.

The program will meet for 2 1/2 hours on Sunday afternoon twice a month from January-May, with one intensive weekend in January. Space is limited and registration is required. For more information, contact Rev. Saramaria Allenby at Sallenby48@gmail.com. Our Whole Lives is co-sponsored by First Church Sandwich (UCC), UU Falmouth, and The Unitarian Church of Barnstable.

MINDFULNESS WALKS & FIELD TRIP

Field Trip:

* **Monday, December 5th** - Meet at the Meeting House at 11 AM to carpool to the New Bedford Whaling Museum. For more information see: <https://www.whalingmuseum.org/>.

Bundle up and walk at 10 AM:

* **Thursday, December 15th** - Walk with us on the trails at South Cape Beach - 668 Great Oak Road, Mashpee.

* **Thursday, December 22nd** - Walk with us on the Shining Sea bike path - meet at 1 Depot Road, North Falmouth.

LEW STERN ON JOY

Finding and Sharing Joy to Enhance and Extend Our Lives

Wednesday, December 7 at 7 PM with Lew Stern - via Zoom

What gives you joy? To some, it's being with special people in their lives; to others, it's the time alone, at peace, or doing something special we love. Psychological research teaches us that our shared times of joy "protect us from discontent and help delay our cognitive and physical decline as we age."

They are so important that their impact on our long and happy lives is greater than our wealth, our intelligence, or our genes.

Come share stories of joy with each other and practice ways to seek out, discover, and share joy in daily living. The group will be lead by Dr. Lew Stern, a retired psychologist and joyful Cape Codder who has taught and coached people from all walks of life to look within and share with others for a more joyful life together.



Whole Life Learning (continued)

COMMUNITY KIRTAN

Friday, December 9 from 7-8:30 PM

Please join us for a community Kirtan, a call-and-response style of chanting in Sanskrit. The Yoga Collaborative, 580 North Falmouth Hwy, North Falmouth is excited to continue to host Kirtan as we unite our voices to express loving devotion to the Divine. Join Paul and Tina on vocals and harmonium, and Beth on percussion, as they offer these beautiful Sanskrit chants. No experience necessary.

Event Cost: \$20 Pre-registration; \$25 at the door day of. Please register in advance at: <https://theyogacollab.com/workshops/>.

UGLY/SILLY SWEATER and GAME AFTERNOON *(for all ages)*

Sunday, December 11 at 4:30 PM at the Meeting House



Come join the fun and start the season off with a laugh. Bring a snack; Whole Life Learning will provide drinks.



A GROUP ON WONDER

Monday, December 12 at 1 PM at the Falmouth Public Library, 300 Main Street

Wonder begins in the senses, comes alive in the imagination, and flourishes in adoration and awe. It arises from our natural curiosity about the grand adventure of life. It increases our capacity to be a bold inner-space dweller and an avid explorer of the physical world. There is no end to the things that can awaken our wonder, from the majesty of the night sky to the smell of lilacs in the spring to the turning of the leaves in the fall. And it is all right here, a feast of epiphanies and astonishments in the daily round of our lives. Come join Rev. Saramaria as she leads this group on Wonder.

WORLD RELIGIONS COURSE with Rev. Joe

**Wednesday, December 14 at 7 PM and every second Wednesday of the month
at the Meeting House and via Zoom**

Quakers seek to experience God directly, within themselves and in their relationships with others and the world around them. Quakerism is a way of life, rather than a set of beliefs. It has roots in Christianity and many Quakers find the life and teachings of Jesus inspirational, but there is no creed.

Come join Rev. Joe for this hybrid meeting at the Meeting House and on zoom.

WINTER SOLSTICE AND POTLUCK

Thursday, December 22 at 4 PM at the Meeting House

Please join us for a ritual/music and celebration of the shortest day—marking the beginning of winter. It will be followed by the Whole Life Learning Committee meeting and a **potluck at 5:30 PM.**



Whole Life Learning (continued)

SEAWEED FARMING PROJECT

with Loretta Roberson - Associate Scientist

Wednesday, December 21 at 7 PM via Zoom and at the Meeting House

Can seaweeds be sustainably farmed for food, feed and fuel? Seaweeds have been used by humans for millennia but only began to be cultivated about 60 years ago in Asia. In Western countries recently, interest in seaweed farming has markedly increased, spurred by its use for everything from super foods to solving our planet's climate crisis. MBL's Loretta Roberson and WHOI's Scott Lindell will talk about the current state of seaweed science and farming - what are the promising facts, and what may be dubious hype? They will show examples of new tools that are being developed to support sustainable growth of the industry in the US, and discuss the opportunities and challenges of turning seaweed's promise into reality. <https://www.mbl.edu/tropical-seaweed/>.

Dr. Loretta Roberson is an Associate Scientist at MBL. Her research focuses on the development of large-scale, offshore macro-algae farms and how they may be used to protect sensitive ecosystems like coral reefs.

THE DATE WITH DEATH CLUB

“Good Life & Good Death”

Wednesday, December 28 from 6:30-9 PM via Zoom

Join us on Zoom for the third session of the 2022-2023 *Date with Death Club* curriculum, facilitated by our host death educator Heather Massey, and Zoom host Saramaria Allenby.

For our December DwDC program, we have chosen to focus on *Good Life & Good Death*. What do people mean when they say “a good death”? How is that connected to having “a good life”? Is it the same for everyone? Are there barriers to a good life? What do these terms mean for you? (Remember to bring a notebook/journal.)



Free and open to all! To learn more about the *Date with Death Club*: <https://datewithdeathclub.com/>.

MOVIE: THE PEACEMAKER

Friday, December 30 at 4:30 PM at the Meeting House

A *New York Times* Critics' Pick and multi-award winning film, *The Peacemaker* follows international peacemaker Padraig O'Malley, who helps make peace for others but struggles to find it for himself. The film takes us from Padraig's isolated life in Cambridge, Massachusetts to some of the most dangerous crisis zones on Earth – from Northern Ireland to Kosovo, Nigeria to Iraq – over five years as he works a peacemaking model based on his recovery from addiction.



We meet Padraig in the third act of his life in a race against time to find some kind of salvation for both the world and himself. The *New York Times* calls the film “A fascinating portrait,” The *Hollywood Reporter* declares it “Deeply moving,” while the *LA Times* proclaims the film a “sensitive, piercing portrait.”

All are welcome to join us as we watch this award winning movie together.

Social & Environmental Action

Energy Café: An Environmental Justice Initiative

Faith Communities Environmental Network (FCEN), of which UU Falmouth is one of the earliest members, has received a generous grant from MassSave to fund a new eco-justice program entitled “Energy Café: An Environmental Justice Initiative.” The program represents a significant step in promoting eco-justice here on Cape Cod and the Islands, and UU Falmouth has been invited to participate.

In a nutshell, homeowners and renters will now receive a \$25 food certificate to have a free home energy audit. *That's right, people will now be paid to have a free home energy assessment!*

The program has two goals:

1. To help income-eligible families in Falmouth and Barnstable, whether they rent or own their own home, to access a no-cost, home energy assessment and other energy saving incentives from Cape Light Compact (CLC) and National Grid. These incentives, which have been widely adopted by the wealthier among us, are not reaching many households in environmental justice communities with language barriers.
2. To offer information and assistance to income-eligible ratepayers to get significantly reduced rates on their Eversource and National Grid energy bills or to apply for fuel assistance.

How we will reach out:

1. Volunteer “Energy Ambassadors” from FCEN, including UU Falmouth and other faith organizations, will serve as trusted messengers to help educate and inform their neighbors about the no-cost energy assessments. This outreach will be done at tabling events over coffee and refreshments after services, at other venues in our communities, and in some cases, in private conversations between faith leaders and congregants.
2. Training about the home energy assessment process and other services will be provided by Cape Light Compact.
3. All literature and printed resources will be provided by CLC.
4. Neighbors who sign up will receive a \$25 supermarket gift card as thanks for signing up.
5. Expenses for coffee and refreshments will be reimbursed through the grant.
6. Energy Ambassadors will also receive a \$25 supermarket gift card as thanks for their service.

Volunteer Commitment:

FCEN seeks two to four volunteers from UU Falmouth to serve as Energy Ambassadors from their faith community to:

1. Attend a Zoom training conducted by CLC or view the Zoom recording at a more convenient time.
2. Set up the table, with coffee, refreshments and literature; discuss and enlist neighbors to receive a no-cost home energy assessment. Total time per event: 2 hours including setup and breakdown.
3. Submit to FCEN Director a list of signups and report on what you have learned. Submit any questions that you were not able to answer. (continued next page)

Social & Environmental Action

Energy Café: An Environmental Justice Initiative (continued from page 7)

Timeframe:

FCEN's Energy Café events will be held at our Meeting House between December 2022 and April 2023. The number of café events is flexible. Two, 2-hour tabling events would be ideal.

Next step:

If you would like to volunteer or you need more information, please contact Judy Lynch (judylynch44@gmail.com) or Rosemary Carey Rosemary@copyrose.com and you will be contacted right away.

A Message from the Hospitality Committee

Sunday Coffee Hour

Every since we started having services back at the Meeting House, a very small group of people have been providing us all with Coffee Hour refreshments. As this is not sustainable (or fair), it is time to share the responsibility.

To provide refreshments, we have divided the congregation into four groups to be responsible for one Sunday per month. Providing refreshments is optional, however, refreshments make us all happy!

First Sunday of the Month:

Refreshments provided by households with last names A-E

Second Sunday of the Month:

Refreshments provided by households with last names F-K

Third Sunday of the Month:

Refreshments provided by households with last names L-Q

Fourth Sunday of the Month:

Refreshments provided by households with last names R-Z

Fifth Sunday of the Month:

Refreshments provided by the Governing Board



For those of you who want to continue Sunday service via Zoom, Celia Gayer 508-932-2896 has space in her freezer and can freeze any donated refreshments for future services for the week that you are assigned.

We will also need volunteers to sign up for Sunday Coffee Hour clean-up. There will be a sign-up sheet in the kitchen.

Looking Back...



November 5, 2022 trip to see "Alice in Wonderland" with First Church Sandwich and Seekonk Congregational.



November 6, 2022 Sunday service in a warm, well-aired Sanctuary!



"Book of Possibility" Workshop, November 19 & 20, 2022.

It is so nice to have everyone back in the Meeting House. Welcome home!



Pernambuco Piano Quintet, November 13, 2022. 85 people attended; \$1,000 was raised for the Cape Cod Climate Change



Decorating for the holidays.



Welcome back Men's Breakfast.



Welcome back Mah Jongg.

UU Falmouth Announcements

Fellowship Weekly/Monthly Gatherings

- **The Mah Jongg group is playing at the Meeting House on Tuesdays from 1:00-3:00 PM. We welcome new people.** For more information, contact Peggy Sabin via admin@uuffm.org.
- **Fellowship Tea meets every Tuesday at 4 PM.** To get the Zoom login, email admin@uuffm.org.
- **Men's Breakfast meets every Thursday, from 8:00-10:00 AM.** They will meet in-person at the Meeting House December 1, 15, and 29; they will meet via Zoom on December 8 and 22. If you would like more information, or for the Zoom login, please contact Bob Sabin via admin@uuffm.org.
- **Fellowship Lunch meets every Thursday at noon.** To get the Zoom login, email admin@uuffm.org.
- **Brown Bag Book Bunch will not be meeting in December. They will be back in January.** If you have any questions, please contact Chris Jacobi via admin@uuffm.org.
- **Learn to Sit - Mondays December 5, 12, 19 & 26 at the Meeting House at 8 AM.** We will Zen sit—a 20-minute silent sit followed by reflection and coffee or tea.
- **Praying with the Body - Mondays December 5, 12, & 19 at 10 AM** in person at A Place to Breathe, 62 Bonnie Lane, Falmouth. To sign up, contact Saramaria at Sallenby48@gmail.com.
- **Secular Meditation - Tuesdays December 6, 13, 20, 27 at 8:30 AM via Zoom.** Come join Rev. Saramaria for a 40-minute meditation and reading from the text.

Lay Ministry

The Lay Ministry team is here to serve you. Please seek us out if you need to talk confidentially with a compassionate listener, even if you are not sure what is bothering you, if you are facing a major life decision, or if you are grieving or hurting and need emotional and spiritual support.

Tom Kirkman—508-364-3620, Jewel Blake—774-270-0837, Katherine Crew—508-524-0986, Jim Liljestrang—617-365-2538, Maureen McIver—508-566-3188, Mary Sellers—416-931-1763 (International call, simply leave a message and she will return the call to reduce the cost).

Caring Contacts

If you or someone you know needs caring, please contact Judy Alden at 774-361-6070.



DECEMBER BIRTHDAYS!



12/01 Bobby Frigon
12/03 Foster Palmer
12/04 Joan Carignan
12/05 Robin Melavalin
12/12 Sally Tomek

12/14 Bob Reece
12/15 Jane Jackson
12/17 Nannette Oldenbourg
12/18 Tobin Wirt
12/20 Lisa Palmer

12/25 Elizabeth Hoyle
12/27 David Fisichella
12/28 Pat Howitt
12/29 Bill Fox
12/30 Leona Bombaci

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>December 2022</h1>				Red = All are welcome to attend.		
				1 8am Men's Breakfast 11:30am Minister Focus Group 12pm Fellowship Lunch 6:30pm OWL Parent Training	2	3 10am Caring & Concerns Mtg. 2pm Olive Beverly's Celebration
4 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales 11:30am Minister Focus Group	5 8am Learn to "Sit" 10am Praying with the Body 11am New Bedford Whaling Museum Trip 4pm Minister Focus Group 6:30pm Choir Rehearsal	6 8am Breakfast Grp. 8:30am Secular Meditation 10am Habitat for Humanity Snack 1pm Mah Jongg 4pm Fellowship Tea 6pm Minister Focus Group 7:15pm Fellowship Grp #2	7 8am Religious Services 9:30am Writing Time 3pm Partners Grief Support Group 5pm <i>Humankind</i> book discussion 7pm Lew Stern Talk on Joy	8 8am Men's Breakfast 10am Membership Committee 12pm Fellowship Lunch 3:30pm Fellowship Group #3 7pm Fin. Committee	9 7pm Community Kirtan at Yoga Collaborative	10 10am Caring & Concerns Mtg.
11 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales 11:30am Minister Focus Group 4:30pm Ugly Sweater/ Game Night	12 8am Learn to "Sit" 10am Praying with the Body 1pm Group on Wonder 6:30pm Choir Rehearsal	13 8am Breakfast Grp. 8:30am Secular Meditation 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation 4pm Lay Ministry 4pm Fellowship Tea 4pm Social Action	14 9:30pm Writing Time 5pm <i>Humankind</i> book discussion 7pm <i>World Religions</i> Study	15 8am Men's Breakfast 10am Walk 12pm Fellowship Lunch 5:30pm Whole Life Learning Cmt. 7pm Governing Board	16	17 10am Caring & Concerns Mtg.
18 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales	19 8am Learn to "Sit" 10am Praying with the Body 6:30pm Choir Rehearsal	20 8am Breakfast Grp. 8:30am Secular Meditation 1pm Mah Jongg 4pm Fellowship Tea 7:15pm Fellowship Grp #2	21 9:30am Writing Time 11am Staff Meeting 3pm Partners Grief Support Group 5pm <i>Humankind</i> book discussion 7pm Talk on Seaweed	22 8am Men's Breakfast 10am Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 4pm Winter Solstice	23	24 4pm Christmas Eve Service
25 CHRISTMAS 	26 8am Learn to "Sit" 6:30pm Choir Rehearsal	27 8am Breakfast Grp. 8:30am Secular Meditation 11am Music Committee 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Lay Ministry Team 4pm Fellowship Tea	28 9:30am Writing Time 6:30pm <i>Date with Death Club</i>	29 8am Men's Breakfast 12pm Fellowship Lunch	30 4:30pm <i>The Peacemaker</i> Movie	31