



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

RELIGIOUS SERVICES IN DECEMBER

This month's Soul Matters theme is **Choosing Hope**. There is a saying that "Hope has two beautiful daughters. Their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are." May we endeavor to keep a balance in our anger and courage during these challenging times!

December 7 at 10 AM at the Meeting House and via Zoom—"Jubilee of Hope" led by Rev. Rali Weaver; service associate, Julie DeSorgher. As we approach this season, we embrace a powerful theme proposed by the Catholic Church: The Jubilee Year of Hope. Rooted in ancient traditions of release, renewal, and restoration, Jubilee calls us to imagine a world made whole—where debts are forgiven, the land rests, and justice is restored. In a world immersed in uncertainty and change, what does it mean to declare a year of hope? How do we live into that promise, both personally and collectively? Join us this Sunday as we explore the spiritual call of Jubilee and how UUs can be agents of healing, liberation, and hope in our communities and beyond.

December 14 at 10 AM at the Meeting House and via Zoom—"Nurturing Peace in Our Hearts to Embody Hope in the World" led by Rev. Rali Weaver; service associate, Tedi Bell. Join us as we reflect on the practices—from mindfulness to active compassion—that allow us to settle our anxiety, confront our inner conflicts, and create a resilient inner foundation. Only from a place of centered peace can we truly become the unwavering beacons of justice, love, and hope the world so desperately needs.

***Share the Plate December 14 will go to the UN World Food Programme. See page 5 for details.**

December 21 at 10 AM at the Meeting House and via Zoom—"Preparing Our Hearts" led by Rev. Rali Weaver; service associate, Michael Goldring. Together, we will explore the themes of hope, love, and renewal that resonate through both the Christmas season and Pagan Yule traditions. As the days grow shorter, we will reflect on the light we can bring into the world and into our own lives. We'll sing beloved Christmas carols, blending the warmth of Yule. Let us come together to prepare our hearts for the season ahead, embracing the joys and challenges it brings.

December 24 at 5 PM at the Meeting House and via Zoom—Christmas Eve Service led by Rev. Rali Weaver; service associates, Jessica and Daniel Mark Welch. Join us for traditional lessons and carols during this candlelight Christmas Eve service.

***Share the Plate December 24 will go to the Minister's Discretionary Fund. See page 5 for details.**

December 28 at 10 AM at the Meeting House and via Zoom—"Doors" led by Rev. Hank Peirce; service associate, Julie DeSorgher. The month of January is named after the Roman god Janus, often featured with two faces—one facing forward, the other facing backwards. Janus is the god of doorways, transitions and beginnings. This Sunday's sermon will ask the question "What doorways have you passed through recently and what doorways are ahead of you?"

Minister's Message



Unitarian Universalist Fellowship of Falmouth

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

UU Falmouth Staff

Reverend Rali Weaver
Minister
Office Hours
Tuesday-Friday
9 AM - 5 PM

Phone: 617-459-5979
Email: minister@uuffm.org

Ann German
Bookkeeper

Frederick Johnson
Director of Music

Nancy Wendlandt
Pianist

Kit O'Connor
Office Administrator
admin@uuffm.org

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

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

Dear UU Falmouth Friends,

At UU Falmouth, we deeply value community, connection, and honoring the inherent worth and dignity of every person. In that spirit, I invite us to explore a powerful idea: offering Community Living Wakes for those we love who are facing the end of their lives and feel at a loss about how to say goodbye.

We are all familiar with the traditional wake or funeral—a vital gathering that honors a life after it has ended. What if instead we shifted some of that heartfelt celebration and sharing to a time when the person can still be an active, present participant? Why wait until someone dies to hear their favorite songs and tell them that we love them?

The spark for this idea came from my own family. For his 90th birthday, my father—who usually avoids being the center of attention—expressed grief at having the equipment to throw parties but not doing so anymore. I convinced him to let us throw, not just one, but two celebrations. These were amazing opportunities for him to be surrounded by those he loves, listen to his favorite music, and hear wonderful stories about his life. Though my father is 92 and that celebration was a bit premature, it was a profound, life-affirming event.

Historically, the Irish Wake was a boisterous, often joyful, social gathering—a full-throated community celebration of life's vibrant energy. The Living Wake takes this idea and flips the timing.

When a loved one receives a difficult or terminal diagnosis, or reaches a marked birth year anniversary, a Living Wake offers a radical choice: to gather the community now, while the ones we care about are still here to hear the laughter, feel the hugs, and enjoy the celebration.

Imagine telling those we care about, face-to-face, how profoundly they have impacted our lives, and knowing for sure they hear every word. The person can share their favorite memories and offer guidance or wisdom to their loved ones while still alive, and we, too, get to share our love for them.

The author Mitch Albom chronicled the final lessons of his former professor, Morrie Schwartz, who chose to embrace his ALS diagnosis as a chance to connect more deeply. Morrie taught us: "Once you learn how to die, you learn how to live."

A Living Wake embodies this wisdom. It isn't just about preparing for death; it's a profound, life-affirming act of community love and presence. It allows us to fully be with each other, embracing the profound gift of connection.

If you are interested in starting this tradition at UU Falmouth, let us meet after the new year to start planning. If you think this is an inappropriate idea, I would be interested to hear that too.

With Love and in celebration for all that is our life,

Rev. Rali Weaver

Governing Board Report



Dear Members and Friends,

Coming home is one of the very best parts of going away. Mary, my sister, and I left October 6th for Bulgaria, left Bulgaria October 20th for France, and arrived home from Paris October 29th weary, our wanderlust sated for now. Home was almost as we left it—October had its messy way with the yard while we were gone; friends have been busy so there was news to share; and the organizations in which we think we are indispensable participants have managed very well, maybe better, in our absence. Humbling indeed, but so reassuring that all's well.

Many thanks to Phil Zimmerman, Governing Board VP and stalwart of the Building & Grounds Committee, for carrying on. Plus, the full-time minister effect on the Board continues. Last night's meeting ended early, not our usual overrun—a direct effect of having less to deal with because Rali is at the Meeting House, paying attention, taking care of us all.

The agenda for the November Governing Board meeting was brief: you can read what we did in Betsy Wilder's minutes that were sent to you. So rather than summarize the minutes, I'd like to share something I have been noticing about conversations. Many conversations are like ping pong matches. One says this, the other disagrees and offers a rebuttal. Conversation becomes more of a debate than a dialog. I catch myself ping ponging and try to avoid it but it's hard, for me at least. Going into Thanksgiving with all its conversational opportunities, I plan to practice dialog. I'll try to listen for what I agree with and try to build on that. Instead of "No, but..." I'll hope to say, "Yes, you're right, and..."

Think back to your school days when you learned about Venn diagrams, the overlapping circles that showed similarities and differences between data sets or opinions. If you picture your conversations with others as Venn diagrams, you can find the overlaps, the areas of agreement, to be acknowledged before going on to facts and opinions outside the overlap. Hopefully, there will always be some agreement to express sincerely. Our family Thanksgiving is at my house this year after many years in Connecticut, and I tend to get more proprietary and bossy in my own house. We'll see how putting a cap on it works this year.

Financially, the congregation is strong. Participation is strong. The activity level is good. Spiritually—well, we each have to gauge that for ourselves. Myself, I'm glad to be home. Best wishes to you all for a wonderful holiday season.

Balance Sheet as of October 31, 2025

Investment Accounts:	Baxter Prince Endowment	\$ 182,545
	Vanguard Star Fund	\$ 297,599
	Vanguard Unrestricted Account	\$ 106,311
Bank Cash Accounts:	SAC Food Certificates	\$ 15,951
	TD Checking	\$ 97,338
	TD Money Market	\$ 44,461
	Minister's Discretionary	\$ 882
Total Assets		\$ 745,087
Liabilities	Employee Pretax health insurance	\$ 4,764
Total Assets Less Liabilities		\$ 740,323

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

Upcoming UU Falmouth Events & Notices

END ZONE READING GROUP: Exploring Life, Death, and Grief

**Every Tuesday evening (in December: 2, 9, 16, 23, 30) from 6-7:30 PM on Zoom only
Hosted by Rev. Rali**

You are invited to join the *End Zone* Reading Group, a space for deep reflection and meaningful conversation on life's profound final chapter.

In this group, we explore topics of mortality, peace, grief, and the sacred work of preparing for the end of life through three thoughtful and transformative books. (We read *No Death, No Fear* in November.)

Our Reading List: (Some extra copies of these books are available in the church library.)

December: *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief* by Francis Weller. An exploration of grief as a necessary and essential practice, providing a context for understanding its relationship to personal and collective healing.



January: *The Art of Dying Well: A Practical Guide to a Good End of Life* by Katy Butler. A comprehensive, compassionate guide that offers practical wisdom and advice for navigating the medical, emotional, and spiritual challenges of the end-of-life process.



Whether you are seeking personal solace, preparing for future eventualities, or simply curious about these vital topics, all are welcome to join this supportive and reflective circle. **To sign up and receive the Zoom login, please contact Rev. Rali** at minister@uuffm.org or email admin@uuffm.org.

SPIRITUALITY DISCUSSION GROUP

With Lisa Jo Rudy and Rev. Rali Weaver

Wednesday, January 7 & 21 (and every other week) at 4 PM at the Meeting House

Are you curious about the deeper questions of life? Do you seek a sense of connection to something larger than yourself? Join us every other Wednesday for an enriching discussion group where we explore spirituality through diverse lenses—inviting both new ideas and ancient wisdom.



There will NOT be Spiritual Discussion groups in December. We will resume again on January 7.

January 7 Topic: *What is consciousness?* What does it mean to be aware? Is human consciousness different from the awareness of simpler life forms? Maybe we can throw in a conversation about out-of-body experiences in which consciousness is not associated with our bodies.

January 21 Topic: *What happens to us after we die?* Another biggie. Do we simply cease to be? Do we become part of something greater than ourselves? Do we go elsewhere, reincarnate, or haunt our loved ones? On a related note, can we actually communicate with the dead?

Whether you come with deep spiritual convictions or simply a sense of wonder, all perspectives are welcome. Bring your questions and your experiences as we navigate these timeless mysteries together.

Upcoming UU Falmouth Events & Notices

SHARE THE PLATE IN DECEMBER

Please give generously to these important causes.

December 14, 2025: The United Nation World Food Programme is the largest humanitarian organization saving and changing lives worldwide. It brings life-saving relief in emergencies, and uses food assistance to build a pathway to peace, stability, and prosperity for people recovering from conflicts, disasters, and the impacts of climate change. It has a presence in over 120 countries, including those across the Caribbean who are suffering from the effects of Hurricane Melissa, half a million Palestinians in Gaza facing catastrophic levels of hunger and starvation, and over 300 million other people facing acute hunger across the globe.

December 24, 2025: Minister's Discretionary Fund. Did you know that every week, Rev. Rali receives urgent calls from people in the congregation and neighbors across the Cape who are struggling to bridge the gap between paychecks? For many, the high cost of living here means a single unexpected expense can lead straight to a housing crisis. Rev. Rali uses the Minister's Discretionary Fund to provide this emergency help quickly. This includes things like grocery cards, transportation, and critically needed emergency hotel rooms on cold winter nights for those facing eviction and homelessness so they can connect with long-term services.

On this Christmas Eve, the night the stories tell us a homeless family sought shelter, our UU Falmouth Fellowship continues its tradition: The entire offering will go directly to the Minister's Discretionary Fund to provide hope and immediate assistance to our most vulnerable neighbors.

NEW WINTER COATS, HATS, MITTENS, SCARVES NEEDED!



By December 18, please bring in **NEW children's winter coats, hats, mittens and scarves**, (sizes infant to 16), and put them on the rack in the foyer. They will be given to the Falmouth Service Center. Last year we donated over 20 brand new beautiful coats and received the nicest thank you letters. Watch for sales!



END OF LIFE BOOKLET "Good Life and Good Grief Guide" on Sale



Give the gift of information to your family this holiday. Buy an end of life booklet and fill it out. They will be on sale after the service through December. See Reed Walsh or email admin@uuffm.org.



DO YOU HAVE AN ANNOUNCEMENT TO BE READ ON SUNDAY MORNING?

Please submit all your announcements to Rev. Rali Weaver at minister@uuffm.org by 10:00 AM on Friday mornings. This deadline is important to help her stay organized and ensure she doesn't get flustered or forget anything important that needs to be said on Sunday morning. Thank you!

Looking Back...



11-8-2025 Cape Cod Foster Closet Winter Coat Give Away was a big success.



11-10-2025 The Brazilian Resource Center in Hyannis received over \$200 in rice, beans, cooking oil and Stop & Shop grocery gift cards from UU Falmouth. The members of the Social and Environmental Action Committee thank all of you who were so very generous for making such an impact on many of our neighbors' lives.



11-12-2025 *Building Bridges, Not Walls* workshop guided participants on how to turn conflict into an opportunity for growth, building stronger relationships, and creating positive change.



11-22-2025 Susan Miller presented a Sound Bath Experience and displayed her beautiful art in the foyer.



11-27-2025 Potluck Celebration of Harvest and Gratitude was enjoyed by all! Thank you Ellen Todd and John Jackson for bringing us all together.

UU Falmouth Announcements



December Birthdays



12/01 Bobby Frigon	12/15 Jane Jackson	12/25 Elizabeth Hoyle
12/03 Foster Palmer	12/17 Nannette Oldenbourg	12/27 David Fisichella
12/04 Joan Carignan	12/17 Martha Withers	12/28 Patricia Howitt
12/04 Tarraugh Flaherty	12/18 Tobin Wirt	12/29 Bill Fox
12/05 Robin Melavalin	12/20 Lisa Palmer	12/29 Molly Maslan
12/12 Sally Tomek	12/23 Michael Goldring	12/30 Leona Bombaci
12/14 Bob Reece	12/24 Carol Rader	

Fellowship Weekly/Monthly Gatherings Open to All

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

- **Accessible Walking Group** - We will be taking a break for the winter, starting up again in the spring. For more information, contact Cynthia Domack or Wendy Bone.
- **PFLAG Cape Cod** - Monday, December 22 (and the fourth Monday of the month) at 7 PM at the Meeting House. For more information, contact Scott Fitzmaurice.
- **Breakfast Bunch** - Tuesdays at 8 AM. This month we will meet at Betsy's Diner, 457 Main Street, Falmouth. For more information, contact Reed Walsh.
- **Mah Jongg** - Tuesdays from 1-3 PM at the Meeting House. *We welcome new people and are happy to introduce you to the Mah Jongg game.* For more information, contact Peggy Sabin.
- **Brown Bag Book Bunch** - Wednesday, December 17 at noon (and the third Wednesday of the month) at the Meeting House. For more information, contact Chris Jacobi.
- **Men's Breakfast** - Thursdays from 8-9:30 AM at the Meeting House and via Zoom. (Gatherings will resume periodically at Dave's barn in June.) A notice will be sent out if it is switched to Zoom-only 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.
- **Community Circle** - Friday, December 12 at 2 PM at the Meeting House - open to the public. During Community Circles, we listen to one another, share our thoughts about the topic, and build community as we learn from one another. For more information, contact Joanne Treistman.
- **Percussion Discussion** (drum circle and sound healing) - Friday, December 19 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- **Grief Group** - Friday, December 26 at 1 PM (and every 4th Friday of the month) at the Meeting House. For more information, contact Reed Walsh or Rev. Rali.

The online calendar is more complete and up-to-date. To find it, go to uufalmouth.org and click on "News."
Email admin@uuffm.org if you'd like to have an event or meeting added to the calendar.

• SUNDAY	• MONDAY	• TUESDAY	• WEDNESDAY	• THURSDAY	• FRIDAY	• SATURDAY
December 2025 Red = All are welcome to attend.						
	1 6:30pm Choir Rehearsal 7 pm SEAC Committee	2 8am Breakfast Bunch 10:30am Religious Services Committee 1pm Mah Jongg 6pm End Zone Reading Group	3 9:30am Writing Time	4 8am Men's Breakfast 1pm Chimes Ensemble	5	6
7 10am Sunday Service 11am AGM 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	8 9:30am Staff Meeting 1pm Caring Committee Meeting 6:30pm Choir Rehearsal 8pm Music Committee	9 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation Committee 6pm End Zone Reading Group	10 9:30am Writing Time	11 8am Men's Breakfast 10:15am B&G Meeting 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	12 10am Writer's Path Group 10am Leadership Council 1pm Membership Committee 2pm Community Circle	13
14 HANUKKAH Begins 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	15 6:30pm Choir Rehearsal	16 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group	17 9:30am Writing Time 12pm Brown Bag Book Bunch	18 8am Men's Breakfast 10am Soul Matters Small Group 1pm Chimes Ensemble 7pm Governing Board	19 6:30pm Percussion Discussion (drum circle and sound healing)	20
21 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	22 6:30pm Choir Rehearsal 7pm PFLAG Cape Cod	23 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 6pm End Zone Reading Group	24 CHRISTMAS EVE 9:30am Writing Time 5pm Christmas Eve Service	25 CHRISTMAS DAY 	26 10am Writer's Path Group 1pm Grief Group	27
28 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	29 6:30pm Choir Rehearsal	30 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group	31 NEW YEARS EVE 9:30am Writing Time			