

SANDSCRIPT

F E B R U A R Y 2 0 2 6

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

RELIGIOUS SERVICES IN FEBRUARY

Our Soul Matters theme for February is **Embodying Resilience**. Richard Rohr, OFM, an American Franciscan priest and writer on spirituality, notes that “Resilience is really a secular word for what religion was trying to say with the word faith. Without a certain ability to let go, to trust, to allow, we won’t get to any new place.”

February 1 at 10 AM at the Meeting House and via Zoom—“Self Awareness” led by Rev. Rali Weaver; service associate, Joanie Thompson. We will explore the efforts of W.E.B. Du Bois to found the NAACP in the face of Jim Crow laws and racial violence. What we can learn about the resilience and resistance that we need in our day?

February 8 at 10 AM at the Meeting House and via Zoom—“Coping Skills” led by Rev. Rali Weaver; service associate, Noreen Cavanaugh. We will celebrate the efforts of the Highlander Folk School in Monteagle, Tennessee and consider the coping skills we might need for the road we have ahead.

***Share the Plate on February 8 will go to Waquoit Community Kitchen.** Waquoit Community Kitchen was organized in 2020 to prepare and deliver meals during the pandemic. The meal program has expanded to providing meals to seniors and delivering frozen meals on Fridays. In a collaboration with Cape Cod Cooperative Extension, food recovery is another aspect of the Kitchen’s work. Every Tuesday and Thursday, volunteers collect food from markets and convenience stores. It is safely stored, then delivered to people in need and to those on the streets. Volunteers are welcome, as are monetary donations to maintain these services. A new Monday eat-in/pick-up soup lunch program was just established in January 2026. The Waquoit Congregational Church is the home of these programs.

February 15 at 10 AM at the Meeting House and via Zoom—“Pure Christianity” led by Larry Ladd; service associate, Steve Treistman. Over 200 years ago, the American Unitarian Association was established in Boston for what was described as “Pure Christianity.” They felt no need to describe what Pure Christianity meant. If you needed to ask, you didn’t belong! What does Pure Christianity mean for us in these times?

February 22 at 10 AM at the Meeting House and via Zoom—“Confidence” led by Rev. Rali Weaver; service associate, Carolyn Powers. This Sunday, we explore the spiritual anatomy of confidence through the life and legacy of Maya Angelou. For Angelou, confidence wasn’t the absence of fear or the presence of ego; it was a “hallelujah” risen from the depths of struggle. It was the audacity to speak when she had been silenced, and to stand tall when she was expected to kneel.

Minister's Message



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

Dear UU Falmouth Friends,

"And if I repent of anything, it is very likely to be my good behavior."

Henry David Thoreau wrote those words, but they have been my constant companions since I returned from Minneapolis. I went there because I believe we are called to do more than just be well-behaved in times like these. We are called to say "no" to authoritarianism and to a government that places itself above the law.

The question I've heard most since I've been home is the one weighing on all our hearts: "What can we do?" It's a question that speaks to our collective urgency. At first, I felt unprepared. My seminary education and my years in ministry haven't provided a specific playbook for confronting an authoritarian regime.

But the more I reflect, the more I realize that perhaps they have. My skills—and yours—have been honed in the work of justice we have already done together. We have fought to stop executions. We have worked to protect our forests and neighborhoods from corporate greed. We have stood up for a living wage. We have tried to protect our planet. Through training and through action, we have been preparing for this moment all along.

The message in Minneapolis was clear: we are the heroes we've been waiting for. Change doesn't come from a single savior; it comes from a coalition of ordinary people—clergy, union workers, professionals, retirees—demanding it together. Non-violent action is our most powerful tool, but we must be patient and persistent. This is the work of a decade, or even a generation. But it is work that can, and will, succeed.

So what can we do? We can commit to the long journey ahead. We can ground ourselves in our values. We can expand our definition of "neighbor" to include every living thing. And we can trade our preoccupation with good manners for a commitment to authenticity, courage, and unwavering resolve in our fight for a better world.

Are you with me? I sure hope so. I would like to start a reading and support group for justice seekers. We will start with the book recommended at MLK Breakfast, *Where do We Go From Here: Chaos or Community* by Martin Luther King Jr.

If you are interested, email me at revraliweaver@gmail.com. We will set up a time and place then invite others to join us.

Thanks for all you do to make this world a better place!

With Love, Rali

Rev. Rali Weaver is in her office Tuesday-Friday 9-5 and is available by appointment by calling or texting 617-459-5979 or emailing minister@uuffm.org or at <https://revraliweaver.youcanbook.me/>

Governing Board Report



UU FALMOUTH BOARD

2025-2026 Officers

Charlotte Harris, President
Phil Zimmerman, Vice President
Betsy Young, Treasurer
Betsy Wilder, Clerk

Directors

Cynthia Dyer
John Jackson
David Mark Welch

2025-2026 Committee Chairs

Art Exhibits—Joanie Thompson
Building & Grounds—Dave Crichton,
Phil Zimmerman, Dave Dimmick,
emeritus chair
Caring Community—Reed Walsh
Committee on Ministry—Cathy
Kligler
Communications—Joanie
Thompson & Nannette
Oldenbourg
Denominational Affairs—Larry Ladd
Fellowship Activities—Steve &
Joanne Treistman
Finance—Gayle Simundza
Lay Ministry Team—Tom Kirkman
Leadership Council—Steve
Treistman
Library—Joan Vaughn
Membership—Betsy Wilder
Memorial Woodland—Phil
Zimmerman
Music—Susan Brooks
Nominating—Rudolf Oldenbourg
Religious Services—Judy Andrade
& Julie DeSorgher
Safe Congregation—Contact: Tom
Kirkman
Social & Environmental Action—
Rosa Whiting
Stewardship—David & Jessica Mark
Welch
Welcoming Congregation—Contact:
Judy LeBeau

Hello Members and Friends,

Right up front I want to say we are all so proud of Reverend Rali for representing us in Minneapolis on January 23rd and thank her for her exceptional service. She's brave, she's committed, and she gave a great sermon when she returned on reconciliation and calling out wrongdoing. Bravo Rali!

Now, here is the board report and then a couple of comments.

“The UU Falmouth Board met on January 15, 2026, to address updates, unbudgeted items, and planning priorities. The board reviewed staff and program updates, including a successful new coffee hour hire, plans for a March blood drive, and the ongoing Sunday School need for more volunteers. Members agreed to support a No Place for Hate donation, discussed respectful ways to share information about congregants needing care, and expressed enthusiasm for investing in a celebratory ministerial installation while separating it from longer-term playground reconstruction planning. Financial reports indicated a strong fiscal position, an ongoing audit, and budget adjustments, while Buildings and Grounds updates included occupancy certification, HVAC issues, and snow removal. Looking ahead, the board emphasized membership growth as a stewardship goal for FY27, continued social action partnerships, recurring membership events, and a blue sky brainstorming session planned for February.”

Why the quotes around the report? That's because I didn't do it—AI Chat GPT did it! If you haven't tried this app, you may enjoy playing with it. It's great for summarizing and researching. Check the summary above against the board minutes you'll receive from Betsy. It's a pretty good job, yes?

Last month, in the interests of greater comity I asked you to listen for areas of agreement with others rather than rebuttal, and promised to let you know how that went in my house over the holidays. Pretty well, but not a fair test as the national and international situation dominated our conversations and within my holiday bubble, we're in accord. For sure I'll need to reach outside my bubble(s) in the months ahead.

May you be calm and warm as you take Rali's advice to breathe deeply so you can be part of the hurricane ahead.

Balance Sheet as of December 31, 2025

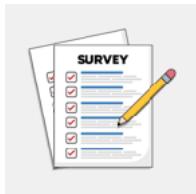
Investment Accounts:	Baxter Prince Endowment	\$ 195,987
	Vanguard Star Fund	\$ 321,079
	Vanguard Unrestricted Account	\$ 108,535
Bank Cash Accounts:	SAC Food Certificates	\$ 11,325
	TD Checking	\$ 128,444
	TD Money Market	\$ 42,982
	AGM Checking	\$ 36,024
	Minister's Discretionary	\$ 2,632
	Total Assets	\$ 847,008
Liabilities	Employee Pretax health insurance	\$ 242
	Total Assets Less Liabilities	\$ 846,766

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

Upcoming UU Falmouth Events & Notices

UU Falmouth Activities Survey—Please fill it out!

Through the covenant that we repeat each week, we agree that “Love is the spirit of our fellowship and service is its law.” But how do we live out this agreement? In order to understand ourselves better and be able to communicate about UU Falmouth with visitors, the **Governing Board asks that you tell us how you are involved in the greater community by filling out a survey.**



The survey asks about your service and social activities—both of which help to build the fabric of community on the Upper Cape. The results of the survey will be used in two ways. First, they will be shared within the Fellowship so that members and friends might find contact information for activities that they are interested in. Second, the results in aggregate (no names or contact info) will be shared on the website and with visitors to let them know more about the people who they will find here at UU Falmouth.

Please take a minute to fill out the survey online (by clicking [here](#)) or by filling one out at the Meeting House.

SPIRITUAL BELLYDANCE CLASS with Dunya

Saturday, February 7 at 10 AM at the Meeting House

“Spiritual Bellydance is such a playful way to open the portal into one’s spiritual dimensions.” — Ric Miccio

You are warmly invited to a gentle, meditative movement practice inspired by Sufi-influenced bellydance.

The movements are slow, simple, and nourishing—rocking, easy isolations, and flowing shapes that help the body soften and release tension.

We gently explore movement in different parts of the body—hips, ribs, shoulders, arms, and heart—at a pace that feels comfortable and natural. Small, subtle movements support relaxation, calm the nervous system, and entrain a sense of inner quiet and presence.

This practice is accessible, supportive, and kind to the body. Please bring a sash or scarf to tie around your hips. Wear comfortable clothing to move in and bring a thick yoga mat or blanket if you want to sit on the floor. Chairs are available at the space if needed.

All are welcome. No previous experience is needed. For more information: <https://dancemeditation.org/2026/01/feb-7th-spiritual-bellydance-upper-cape-cod/>

“GOOD NEWS” Coffee Hour

Saturday, February 14 from 9-10:30 AM at the Meeting House

Do you need some good news and some time with UU friends? Then plan to join the Membership Committee for a “Good News” Coffee Hour! This follows from the successful “Good News” Happy Hour held in October. It is an opportunity to focus on good things happening in the world and around us—**so bring a good news item to share!** We’ll provide coffee and tea, but **breakfast items are potluck.**

If you have questions, email Betsy Wilder at betsymail2012@gmail.com.



Upcoming UU Falmouth Events & Notices

SAVE THE DATES: **STARTING POINT PROGRAM**

Saturdays, February 14 & 28, March 14 & 28

1–3 PM at the Meeting House and via Zoom

The Membership Committee is again offering a unique program designed for members, friends and newcomers. UU Falmouth is at an inflection point and the committee believes that **Starting Point** could be useful to us all as we seek to grow a welcoming UU community on the Upper Cape.

This program, inspired by the UU slogan “deeds not creeds” does not present a set of beliefs but rather many opportunities to experience the deep listening and sharing practices inherent in UU small groups. Participants are invited to look within themselves for direction in their spiritual journey, and are asked to prepare for each of four session topics:



Session 1 – Your Journey

Session 2 – The UU Journey and the Journey of UU Falmouth

Session 3 – Our Journey Together—the 3 paths of Unitarian Universalism

Session 4 – Finding Your Journey Group

The program promises several takeaways: an understanding of UU history and the history of this congregation; a new connection to your fellow participants; an experience with UU small group practices; and a sense of the next step in your spiritual journey. **It is important to commit to all four sessions, either in person or by Zoom.**

If you have questions, please seek out any member of the Membership Committee listed below. You can sign up by contacting Betsy Wilder at betsymail2012@gmail.com.

Membership Committee: Judy Andrade, Jane Jackson, Carolyn Powers, Betsy Wilder, Karen Zimmerman, Rev. Rali Weaver, *ex officio*.

REALITY: THROUGH THE LENS OF ART

Wednesdays February 18, March 4 & 18, April 1 & 15 at 7 PM at the Meeting House

Last January we introduced a new series called “Exploring the Nature of Reality.” Over the course of eight sessions, facilitators presented different perspectives on reality through sensory systems, religion, our microbiomes, etc. Part Two of our Reality Series will return on February 18, and as before, will take place every other Wednesday at 7 PM in person at the Meeting House and simultaneously on Zoom. The title of this iteration of the series will be “Reality: Through the Lens of Art.”



Our congregation is blessed with a number of artists and art enthusiasts, and the five sessions will feature presenters from UU Falmouth and from the wider community. A schedule of session titles will be announced in the near future. We hope that you will be able to attend this new phase. The success of the series is dependent on the interactive discussions that arise at the sessions. More to come...

Upcoming UU Falmouth Events & Notices

UU FALMOUTH ONGOING GATHERINGS

There are so many wonderful groups that gather at UU Falmouth on a regular basis, filling every need and schedule. Some of them you may be familiar with; some you may not. In an effort to let you know about all the wonderful possibilities available, last month we showcased PFLAG Cape Cod, Breakfast Bunch, Mah Jongg, and Brown Bag Book Bunch. This month, the list of regular gatherings open to everyone includes Men's Breakfast, Chimes Ensemble, Community Circle, Community Drumming, and Grief Group. (See page 8 for the full list with times and locations.)

- **Men's Breakfast** - This group of approximately 12-15 men has met every week for more than 25 years! Over bagels and coffee, they share thoughts, ideas, joys, concerns and anything that is on their minds. All are welcome to join them **every Thursday at 8**



AM at the Meeting House and on Zoom. For more information, contact Stu Graham.

- **Chimes Ensemble** - The Chimes Ensemble is a group of amateur musicians who enjoy learning how to play choir chimes in a small group setting. You will need to be able to follow the music as it is played, and know the notes of the treble clef. It will help if you have played an instrument in the past or have been in a choir. We meet **weekly on Thursday afternoons at 1 PM in the Sanctuary** and perform during a church service every six weeks or so. We look forward to hearing from you! For more information, contact Laura Wing, at wintertide60@gmail.com or find her after church most Sundays.



- **Community Circle** - In Community Circles, we listen to one another, share our thoughts about the topic, and build community as we learn from one another. Past topics have included "Friendship," "Feeling Judged by Others and Judging Others," "What is your impossible dream?," and "Justice and Fairness." The group meets **on the second Friday of each month at 2 PM in the Sanctuary**. For more information, contact Joanne Treistman.



- **Community Drumming and Sound Healing (aka Percussion Discussion)** - In coordination with the Shamballa Healing Center, UU Falmouth offers community drumming **on the third Friday of each month at 6:30 PM at the Meeting House**. All are welcome to come discover the benefits of community drumming which include deep relaxation, reduced stress, increased human connections, and enhanced mood. Playing a musical instrument in a group, especially one as physically engaging as hand drums, makes people happy! For more information, contact Nannette Oldenbourg.



- **Grief Group** - Sometimes sharing grief out loud helps. Whatever your grief is, you are welcome to join this group that meets **on the fourth Friday of each month at 1 PM at the Meeting House**. What is said in this group, stays in this group. For more information, contact Reed Walsh or Rev. Rali.



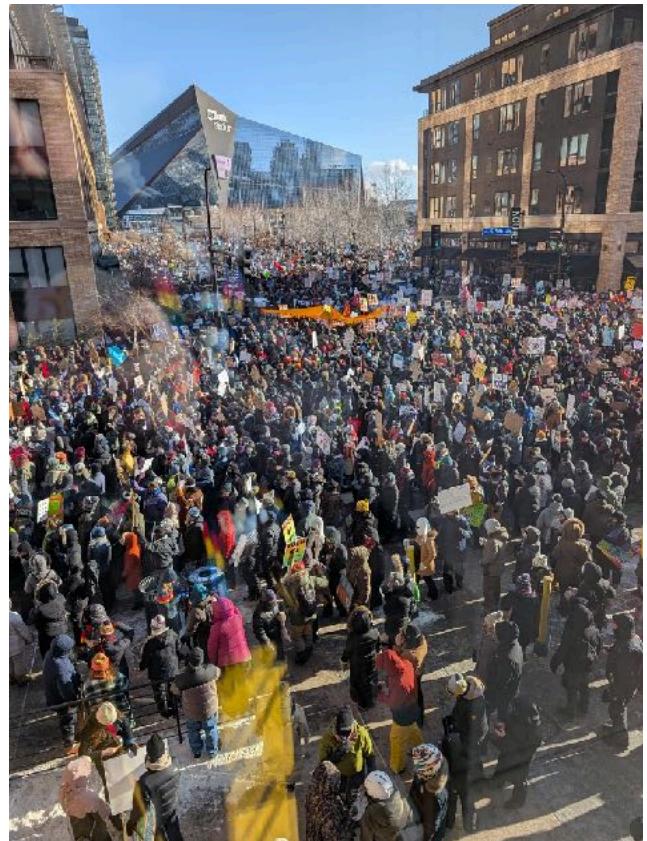
Looking Back



A beautiful Christmas Eve Service at the Meeting House December 24.



Jenny Carlson-Pietraszek did an amazing job introducing the basics of artificial intelligence at a workshop on January 21.



On January 21 Rev. Rali joined 1,200 clergy from around the country in Minneapolis to address the needs of immigrants in our time.

UU Falmouth Announcements



February Birthdays



02/02 Donna Jumper
02/02 Joanne Briana-Gartner
02/07 Cynthia Repplier

02/07 Marcia Easterling
02/11 Dan Joslyn
02/17 Peter Grinnell

02/18 Tedi Bell
02/26 Betsy Wilder
02/28 Kunio Saito

Fellowship Weekly/Monthly Gatherings Open to All

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

- **PFLAG Cape Cod** - **Monday, February 23 (and the 4th 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 game of Mah Jongg.** For more information, contact Peggy Sabin.
- **End Zone Reading Group** - **Tuesdays from 6-7:30 PM on ZOOM ONLY.** For more information, contact Rev. Rali.
- **Brown Bag Book Bunch** - **Wednesday, February 18 at noon (and the 3rd Wednesday of the month) at the Meeting House.** For more information, contact Chris Jacobi.
- **Spirituality Discussion Group** - **Wednesday, February 4 & 18 (and every other week) at 4 PM at the Meeting House.** For more information, contact Rev. Rali.
- **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, February 13 at 2 PM (and the 2nd Friday of the month) 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.
- **Community Drumming (aka Percussion Discussion)** - **Friday, February 20 at 6:30 PM (and the 3rd Friday of the month) at the Meeting House.** For more information, contact Nannette Oldenbourg.
- **Grief Group** - **Friday, February 27 at 1 PM (and the 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.