



The Unitarian Universalist Fellowship of Falmouth Newsletter  
840 Sandwich Road, East Falmouth, MA 02536 \* 508-457-0449 \* [www.UUFalmouth.org](http://www.UUFalmouth.org)

### RELIGIOUS SERVICES IN JANUARY

The theme for January is “**Living Love Through the Practice of Story.**” In her article entitled, “Own Our History. Change the Story.” Brené Brown writes “When we deny our stories, they define us. When we own our stories, we get to write a brave new ending...”

**January 5 at 10 AM at the Meeting House and via Zoom — “Agnotology and the Stories That Shape Our Reality”** led by Rev. Rali Weaver; service associate Tedi Bell. Agnotology is the study of how ignorance and doubt are deliberately spread to influence opinion, sell products, or win favor. This Sunday, we will explore how cultural falsehoods have been made to shape our reality.

**January 12 at 10 AM at the Meeting House and via Zoom— “Wherever You Are”** led by Marney Rathbun, Harvard Divinity School student and WHOI Chaplain; service associate Julie DeSorgher. In times of great uncertainty, it can seem like there are no models for how to move forward. Marney's sermon will use the stories of our neighbors as examples of how to face the transitions of the coming months with openness and grace.

**January 19 at 10 AM at the Meeting House and via Zoom— “Radical Love”** led by Rev. Rali Weaver; service associate Joanne Treistman. What is unconditional love and what good does it do? How can we love the hell out of the world? These are the questions we are going to ask ourselves this morning.

**Share the Plate on January 19:** Christ the King Food Pantry in Mashpee continues to operate as a “Drive-Thru” service to provide its weekly pantry to clients and others. It is open Wednesdays from 9 AM -12 PM. In 2023, it served 5,780 families with an average of 112 families per week. Each week they give families five days of food. They are in the process of expanding so that they can serve more neighbors. Please give generously.

**January 26 at 10 AM at the Meeting House and via Zoom— “Call and Response”** led by Matt Meyer; service associate Judy Andrade. Singing out and singing together are part of the creation story of humanity. When our ancestors felt worried or alone, they called out into the darkness with song, and their community would respond in harmony. Join us for a service of song and silence, and an exploration of call and response. When times are uncertain, let's gather to celebrate the communities where we practice love and resilience.

Matt is a musician and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston.

# 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 January:

9 AM - 5 PM

Friday, January 3

Saturday, January 4

Sunday, January 5

Monday, January 6

Friday, January 17

Saturday, January 18

Sunday, January 19

Monday, January 20

Friday, January 31

...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  
Website: [UUfalmouth.org](http://UUfalmouth.org)

**"Reality is merely an illusion, albeit a very persistent one." ~Albert Einstein**

Dear UU Falmouth Friends,

As we stand on the threshold of 2025, it is a fitting time to reflect on the nature of reality and our role in shaping it. The start of a new year often brings a sense of renewal and possibilities. It is a moment for introspection—an opportunity to examine how our beliefs and actions shape our daily experiences and the world around us. As members of the Unitarian Universalist Congregation, we are called to explore these ideas together because we understand that it is from the plurality of understanding that we ever get close to the truth of life.

What does it mean to recognize reality as an illusion? It challenges us to understand that our backgrounds, experiences, and societal constructs can influence our perceptions. By acknowledging this, we can question the narratives we have accepted as truth. Are they empowering or limiting? How do they affect our relationships with ourselves, each other, and the environment?

As some of you may know, Steve Treistman and Rudolf Oldenbourg have proposed a biweekly series exploring the nature of "reality" starting this month. Each session will include information and discussion on various aspects of reality. For my part on the 22nd of January, I hope to explore many of the ways that religion has shaped reality throughout history.

While the subjects are important, sharing ideas and values is even more essential for grounding our realities in the diversity of the human community. Exploring our realities together encourages us to embody the principles of the Unitarian Universalist faith: acceptance, justice, and compassion. As we embark on this journey in the new year, let us commit to shaping a reality that reflects our highest values. This means actively engaging in self-reflection, having courageous conversations, and embracing the diversity of thought within our families and all the communities of which we are a part.

As we move forward together, let us remember that shaping our reality is not just an individual endeavor—it's a collective journey. When we share our thoughts and ideas openly, we have the power to influence our lives and those around us. In 2025, let us strive to weave a tapestry of compassion, understanding, and hope that extends beyond our congregation and into the wider world by sharing our thoughts and ideas widely.

Here is hoping that 2025 will help UU Falmouth expand in fellowship, sharing, and imagination.

Happy New Year, with love,  
Rali

Rev. Rali Weaver, Contract Minister-UU Falmouth  
[minister@uuffm.org](mailto:minister@uuffm.org)  
617-459-5979

# President's Corner



Dear Members and Friends,

**People we lost in 2024:** Memorials were held for members Don Mallinson, Jack Easterling, Pamela Hughes and Bob Sabin; and for Virginia Richardson, Lisa Palmer's mother. JoAnn Allard passed away on December 17; her memorial will be held early in 2025. Each of these six was a gifted person with a distinctive character and interests, all gave intellectual and social vibrancy to our common life. We think of them now with appreciation and love as this year of their passing ends.

**People we all need to thank for outstanding service to the congregation:** 2024 was a recovery year for UU Falmouth. The current governing board took office in July, 2023, and was still feeling in semi-crisis mode as 2024 began. I think the urgency was widely felt within the congregation, motivating people to work to rebuild what we had before COVID closed the Meeting House in March 2020. Many contributed to the effort so I don't want to leave out anyone, but among the many, a few stand out in my memory. COVID blew holes in our finances and membership. When 2024 began, we had no minister. **Larry Ladd** assembled and led the search team that brought us Reverend Rali in August 2024. Larry, thank you so very much. You are my nominee for UU Falmouth's Man-of-the-Year. **David and Jessica Mark Welch** chaired the pledge drive for FY25 that in dollar terms was the most successful we have ever had, and in human terms fielded an outstanding team that managed to meet personally with nearly all members and many friends. Heartfelt thanks to you.

We were without a minister but determined to be together for real Sunday services. **Julie DeSorgher** and **Judy Andrade** led the Religious Services Committee to create dignified, stimulating, illuminating services Sunday after Sunday, often leading from the pulpit as if trained for it. They called into being and coordinated the team that provided music, technology, seating, and heating so smoothly we scarcely realized it was being done. Thank you Julie and Judy.

After COVID lockdown, there was great hunger for social contact. **Carolyn Powers** provided Soul Matters seminars that were a hit and are continuing. **Joanne Treistman** brought us LINK, the popular year-long education series by the Wampanoag, as well as monthly Community Circles for members and the public. Both membership and fellowship are integral parts of our mission—thank you Carolyn and Joanne for doing so much to create the personal circles of relationship that knit the congregation into a whole.

**People we worry about as the new year begins:** Carol Ann Cronon, Win and Pia Munroe, Christine Michaelson, Marion Flurkey, Pamela Harting-Barrat, Peter and Joanne Grinnell, Marv and Avis Grosslein, and Erica Fox. Calls and cards are welcome, thoughts and prayers for well being are in order.

**Hopes we have for the congregation in 2025:** Good health for members and friends and their loved ones, and stronger relationships among ourselves and new ones for UU Falmouth.

Charlotte Harris  
Governing Board President  
[Charris20@me.com](mailto:Charris20@me.com) and 617-645-8609

# Rev. Rali's Schedule

Rev. Rali will be at UU Falmouth every other week in January on Friday, Saturday, Sunday and Monday. If you would like to make an appointment to meet with her, try out this easy, convenient booking link: <https://revraliweaver.youcanbook.me>.

## Rev. Rali's Office Hours, 9 AM – 5 PM at UU Falmouth for 2025:

**January** 3, 4, 5, 6 and 17, 18, 19, 20 and 31...

**February** 1, 2, 3 and 14, 15, 16, 17 and 28...

**March** 1, 2, 3 and 14, 15, 16, 17 and 28 29, 30, 31

**April** 11, 12, 13, 14 and 25, 26, 27, 28

**May** 9, 10, 11, 12 and 23, 24, 25, 26

**June** 13, 14, 15, 16 and 27, 28, 29, 30



You can also reach her anytime by emailing [minister@uuffm.org](mailto:minister@uuffm.org) or calling 617-459-5979.

## Upcoming UU Falmouth Events

### The Miracle of Grocery Gift Cards

**Start the year off by donating to charities at no cost to you!** It can be done by **purchasing grocery cards** from the Social and Environmental Action Committee. Here's how it works:

You buy grocery cards for any of the following stores: *Windfall*, *Jack in the Beanstalk*, *Shaw's*, *Stop & Shop*, and *Roche Brothers*. (We are looking into Aldi's.) The cards are sold at face value in many denominations. You can use them online or in person, and you don't need to spend the entire card value at once. The stores then donate 5% of the sales to us, which the SEAC then donates to local charities. Thus **there is a 5% donation generated at no cost to you!**

*We're hoping that more people purchase cards and see how easy it is!* The cards also make great gifts.

We will be selling the cards after in-person services during coffee hour. If you're unable to purchase in person, we can also deliver them to you. Please contact Pam Morrone at [admin@uuffm.org](mailto:admin@uuffm.org) for additional information or questions.



### Do You Miss the Flowers?



Do you miss giving flowers in memory of loved ones and special occasions? Ellen Todd has offered to restart a Flower Committee to fill this need. If you want to help, we'll meet in January to define what we'll do in addition to managing a calendar for flowers. Contact Ellen at [ellen@jackson-todd.com](mailto:ellen@jackson-todd.com) if you want to help or to learn more.



# Upcoming UU Falmouth Events (continued)



## **“Exploring the Nature of Reality” Series**

**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays from 7-8:15 PM at the Meeting House and via Zoom (UU Falmouth only), beginning January 8, 2025**



Please join us for a bi-weekly series “Exploring the Nature of “Reality.” Each session will have a facilitator who will present different perspectives on reality and opportunities to explore them individually and as a group. This is the beginning of a pilot program that we may expand upon later.

**January 8, 2025 – Steve Treistman** – Reality is different for each of the creatures on earth, based upon their very different sensory systems. For example, stationary objects are invisible to some animals, becoming visible only when they move. Dogs experience a very different reality than we do, shaped as much by smell as by vision. What does the world look like to an insect, to a fish, to other creatures who share this planet? There are an infinite variety of realities being experienced at any given moment. The world is a richer place when we consider it from these different perspectives.

**January 22, 2025 – Rali Weaver** – We will deconstruct how religious thought influences our understanding of reality. Drawing from all the world’s religions and various interpretations of theological thought from Calvinism to Bonhoeffer, we will explore how different theological concepts and their interpretations have affected the lived reality of adherents.

**Dan Joslyn** – Reality is relational as opposed to absolute and, as such, there is a quality of depth and interconnectedness that is hard to fathom. We use agreement as a way to label things. We do so in all directions and in all flavors of a thing to reach absolute agreement on what it is, causing disagreement about certitude.

**Rudolf Oldenbourg** – We learn about the world around us through our senses, of which we have five on first count: sight, hearing, smell, taste, and touch. From the time we are born, even before, our brain receives and integrates these different inputs and forms our experience of the world around us by literally recreating it. Because the brain recreates the outer world, the creation is necessarily subjective, as it is derived from the physical sensory inputs and their interpretation based on our past experiences. In my contribution to this series on reality as we experience it, I plan to examine the physical nature of the signals and the first steps of detecting them to form the input for our senses. Many of the contributions by others in this series are covering the further processing of these basic sensory inputs so we can survive, procreate, and together thrive in this world.

**Lew Stern** – What each of us experiences as “real” depends on who we are psychologically: our past experiences, beliefs, emotions, hopes, and perspectives. We also share group realities with those around us: our family, culture, and peers. We will explore our unique individual and shared realities and how they impact us by observing and participating in experiences together and in small groups.

**John Jackson** – How do we measure reality? John has spent his career “measuring.” But is there a truly unambiguous value that can be attached to any of the things that we measure and feel comfortable assigning a number to?

**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.

# Upcoming UU Falmouth Events (continued)

## Community Circle In January

**Friday, January 10 at 2 PM at the Meeting House— *Open to the public.***

Community Circles encourage community building, problem solving and face-to-face opportunities for listening and sharing. The Circles are held at the Meeting House on the second Friday of the month at 2 PM. The topic in January is “What will 2025 bring to you?”

Please contact Joanne Treistman at [treistmanjoanne@gmail.com](mailto:treistmanjoanne@gmail.com) if you have any questions.

## ***Brown Bag Book Bunch—UU Falmouth’s Book Club with a Twist!***

***Wednesday, January 15 at 12 PM at the Meeting House***

Did you know UU Falmouth has its very own book club...with a twist? You don’t have to read the book before you come!



The Brown Bag Book Bunch is a drop-in gathering that meets monthly in person at the Meetinghouse. Everyone is invited to bring your own lunch. After eating, we move on to either a group sharing of books or an in-depth share about a specific book by one person. All are welcome to meet at noon on the third Wednesday of the month.

Contact Christina Jacobi via [admin@uffm.org](mailto:admin@uffm.org) for more information.

## **You May Not Want to Join the Caring Committee—But Can You Help Once in a While?**

There are people in our congregation who could use a ride, or a meal, or would enjoy a phone call, or a visit. It may seem simple, but providing these services can make a **big** difference in someone’s life. While you may not be able to join the Caring Committee, would you be willing to help once in a while? Caring for people in our fellowship is “What we do.”

Please contact Judy Alden or Betsy Young if you are interested, or email [admin@uffm.org](mailto:admin@uffm.org).



## **Open Community Drumming & Sound Healing Session**

**Friday, January 17 from 6:30-8:00 PM at the Meeting House**

All are welcome to join this free community sound bath and group drumming workshop. No experience is necessary and drums are available. Workshop leader Angela Shepherd starts the program by welcoming those in the circle. Amanda Willis provides a short, immersive sound meditation with crystal singing bowls. Playing with drums provides a “magical night of connection, release, joy, and raising our light through rhythm and vibrations.” All are welcome.

## **Save the Date: Upper Cape Women’s Coalition**

**Saturday, January 18 from 2-4 PM at the Meeting House**

On January 18 the Upper Cape Women’s Coalition will meet at UU Falmouth to discuss their future activities. Please keep your eye out for more information in the *Sandwich Road Menu*. It will contain updates about the exact time and topic.



# Upcoming UU Falmouth Events (continued)

## Save the Date: General Assembly 2025

Wednesday, June 18 - Sunday, June 22, 2025

The 2025 Unitarian Universalist [General Assembly](#) will be held at the Baltimore Convention Center in Baltimore MD from Wednesday, June 18 through Sunday, June 22.

As always, GA includes business sessions, inspirational worship services, informative workshops and lectures, and social events. You can celebrate that you are part of a larger faith community beyond our own congregation. The schedule is [here](#). You can register for GA without being a delegate and can participate in all of the programs except voting. Registration is not yet open.



If you have any questions, contact Larry Ladd, Chair of the Denominational Affairs Committee, or email [admin@uuffm.org](mailto:admin@uuffm.org).

## Looking Back...



Thanksgiving at UU Falmouth was a joyous gathering. Thanks to Ellen Todd and John Jackson for making it happen!



Decoration elves Pam Morrone and Phil Zimmerman bring the holiday spirit to the Meeting House!



The extremely successful year-long collaboration with LINK was wrapped up with a final meeting and a cake on November 30.



Over 30 people joined in the fun for the Yankee Swap and Potluck on December 8.



A full Sanctuary listens to another of Rev. Rali's wonderful sermons.

# UU Falmouth Announcements



## January 2025



1/5 Alice Liljestrand  
1/7 Donna Scheer  
1/7 Laurel Holmes  
1/8 Anne Giblin  
1/9 John Jackson  
1/10 Kathy Dyer  
1/11 Lillian Palmer

1/13 Bob King  
1/16 Rosa Whiting  
1/16 Izzie Williams  
1/19 Judy Lynch  
1/20 Carol Ann Cronon  
1/23 Nathan Gartner  
1/23 Silas Gartner

1/25 Ellen Todd  
1/26 Julie MacNary  
1/27 Trish Keohane  
1/30 Joanie Thompson  
1/31 Sara Fisichella-Bower

### Fellowship Weekly/Monthly Gatherings

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

- **Breakfast Bunch** - Tuesdays at 8 AM. This month it will be 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. For more information, contact Peggy Sabin.
- **Fellowship Tea** - Tuesdays at 4 PM. To get the Zoom login, email [admin@uuffm.org](mailto:admin@uuffm.org).
- **Brown Bag Book Bunch** - BBBB will be starting up again on January 15 (and the third Wednesday of the month) at the Meeting House. For more information, contact Chris Jacobi.
- **Men's Breakfast** - Thursdays from 8-10 AM. It will take place at the Meeting House in January. 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.
- **Chimes Workshop** - Thursday, January 2 and 16 from 3-4 PM (and the 1st and 3rd Thursdays of the month) at the Meeting House. For more information, contact Laura Wing.
- **Community Circle** - Friday, January 10 at 2 PM at the Meeting House - open to the public; the topic is "What will 2025 bring to you?" For more information, contact Joanne Treistman at [treistmanjoanne@gmail.com](mailto:treistmanjoanne@gmail.com).
- **Percussion Discussion** - Friday, January 17 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- **Expressive Movement** - Friday, January 31 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 [uufalmouth.org](http://uufalmouth.org) and click on "News." Email [admin@uuffm.org](mailto:admin@uuffm.org) if you'd like to have an event or meeting added to the calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>January 2025</b>			<b>Red = All are welcome to attend.</b>			
			<b>1</b> 9:30am Writing Time 1pm Committee on Ministry 3pm Partners Grief Support Group	<b>2</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b> <b>3pm Chimes Workshop</b>	<b>3</b>	<b>4</b>
<b>5</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>6</b> 10:15am Religious Services 6:30pm Choir Rehearsal	<b>7</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b>	<b>8</b> 9:30am Writing Time 3:30pm Lay Ministry Team <b>7pm "Reality" Series</b>	<b>9</b> <b>8am Men's Breakfast</b> 10:15am B&G Meeting <b>1pm Chimes Ensemble</b> 3:30pm Fellowship Group #3 7pm Finance	<b>10</b> <b>2pm Community Circle</b>	<b>11</b>
<b>12</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>13</b> 1pm Caring Community Meeting 6:30pm Choir Rehearsal 8pm Music Committee	<b>14</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>3:30pm Welcoming Cong. Committee</b> <b>4pm Fellowship Tea</b>	<b>15</b> 9:30am Writing Time 11:45am Soul Matters Small Group <b>12pm Brown Bag Book Bunch</b> 3pm Partners Grief Support Group	<b>16</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b> <b>3pm Chimes Workshop</b> <b>7pm Governing Board</b>	<b>17</b> 9am Membership Committee <b>6:30pm Percussion Discussion</b>	<b>18</b> <b>2pm Upper Cape Women's Coalition Meeting</b>
<b>19</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>20</b> 6:30pm Choir Rehearsal <b>7 pm SEAC Meeting</b>	<b>21</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b>	<b>22</b> 9:30am Writing Time <b>7pm "Reality" Series</b>	<b>23</b> <b>8am Men's Breakfast</b> 10am Soul Matters Small Group #2 <b>1pm Chimes Ensemble</b> 3:30pm Fellowship Group #3	<b>24</b>	<b>25</b> <b>JoAnn Allard Memorial (time to be determined)</b>
<b>26</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>27</b> 6:30pm Choir Rehearsal	<b>28</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>4pm Fellowship Tea</b>	<b>29</b> 9:30am Writing Time	<b>30</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b>	<b>31</b> <b>6:30pm Expressive Movement</b>	