These are surely uncertain times. None of us could have predicted when 2020 began just what was in store for us. There are no words for how stressful and exhausting it can be just to be alive right now.

I do believe, however, that Unitarian Universalism and UU Falmouth are uniquely equipped to respond to this moment. Ours is a faith tradition that does not claim to have all the answers, and we believe that none of us knows all there is to know. That means, if we take such a view seriously, that we are humble and flexible enough to adapt, change, and grow.

What is more, ours is a fellowship of brave and curious thinkers and doers. We are living proof that no one is too old to learn something new, or to expand their mind and heart. We know that everyone is able to do their part, no matter how small, in building Beloved Community.

In the months ahead we will have many opportunities to learn. This month we will have a discussion looking back, considering the wisdom of Martin Luther King Jr.’s “A Letter From Birmingham Jail.” In August, we will discuss *How to Be an Anti-Racist*, the current national bestseller by Ibram X. Kendi. In the Fall, we will have book discussions taking this theme and expanding it further: *An Indigenous People’s History of the United States* will give us a broader context to understand the plight of Native Americans, including our Wampanoag siblings, while *Justice on Earth* will help us better understand how racism and class oppression intersect with the climate crisis, and we will see how addressing global climate change and working for racial and economic justice are, in fact, all the same issue.

More importantly, we won’t just be reading books. The goal, as always, is to act on what we learn, and that is what we are committed to doing. Grateful to be in this moment with you.

Peace;

*Rev. David*

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**Important Dates in July**

**LETTER FROM BIRMINGHAM JAIL Discussion**
Wednesday, July 1
6:30 PM via Zoom

*(POSTPONED)*

**SUMMER KAYAKING**
Tuesdays in July
at 9:15 AM
(See page 3 for more info.)

**Whole Life Learning Program: FAMILY BUTTERFLY HOUR**
Wednesday, July 15
7:00 PM via Zoom
(See page 4 for more info.)

**Whole Life Learning Program: USING YOUR PERSONAL STRENGTHS...**
Wednesday, July 29
7:00 PM via Zoom
(See page 4 for more info.)

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Note: In these uncertain times, it is important for Rev. David to be flexible in his sermon topics so he can speak to the pressing issues that arise. He will, therefore, not be listing sermon titles in the Sandscript for the time being.
I am writing the last President’s Corner of the UUFF 2019/2020 fiscal year. And what a year! But how gloriously we have risen to the challenge and adapted. Our Annual Meeting was a wonderful conglomerate of technical triumph and democracy. Divergent views, each legitimate, were presented on a number of issues, yet the congregation was able to hear each of them and make its decisions with equanimity. It gives me great confidence that our congregation is strong, and that we will be able to handle anything that comes our way with love for each other, wisdom, and a strong moral compass.

Our Governing Board will see some changes. Judy Andrade, who has served the congregation in many ways, will cycle off of the Board and her role as Clerk. Aja Frigon (who is currently a Board member) has graciously agreed to take over Judy’s role as Clerk, which was approved unanimously at the Annual Meeting. Lew Stern, who has been invaluable in his role as Board VP, will be leaving that position, but will remain on the Board. Susan McCourt will be replacing Lew as VP, hopefully poised to succeed me as President next year. We are all confident that our Board will continue to function in a cordial and productive manner. In fact, we’re confident enough to plan on returning to the traditional once-monthly Board meeting after requiring what was sometimes three meetings per month to meet the demands of the past year!

Among the issues that the Governing Board will be addressing this year are:

1. Facilitating the growth of the Whole Life Learning program that is replacing the Family Ministries Program. The WLL task force has finished its work, and will soon be placing its report on the UUFF website. Work will now focus on forming the Committee that will be charged with moving task force suggestions into action.
2. Examining UUFF’s committee structure, addressing the need for leadership, as evidenced by the number of committees functioning without permanent chairs.
3. Resuming our Board visioning exercise.
4. Formulating a three-year Building and Grounds maintenance and enhancement project plan; formalizing procedures to establish priorities and financial allocations for these projects.
5. Continuing to work with other financial planning groups within the congregation to further develop a collaborative and transparent budgeting process.
6. Formulating our strategy to identify and implement income streams that will significantly augment pledge income.

By the time you read this, I will have attended the UUA General Assembly, and hopefully will be brimming with new ideas.

Life is good!

Steve Treistman, President
Summer Kayaking

Summer Kayaking Has Begin!

The UUFF kayaking group is back on the water! 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), e-mail Gail treasurer@uuffm.org. We will cancel if it's raining or if it's too windy (too windy = winds over 10 mph). In that case, I will notify you by email before 8:00 AM the morning we are scheduled to go kayaking.

Everyone who is kayaking needs a PFD (personal flotation device) and a whistle. These are our basic safety requirements. Another good thing to have is a kayak bilge pump for when you take on a lot of water--relatively inexpensive but invaluable when you need it! A modified Clorox (or other) bottle works just as well. Be sure you can to tie it onto your kayak, and keep it where you can easily grab it.

Other recommended items: a hat with strap to hold it on, sun protection (clothing and/or lotion), bathing suit, towel in a dry-bag, sometimes bug spray, foot protection for tender feet. Don't forget your paddle!

IN THIS TIME OF COVID, we need to be careful:
1. Limit the weekly group size to 10 people; First-come, first-served. Send me an email: treasurer@uuffm.org.
2. Wear masks while unloading and loading. Once unloaded, you must launch into the water and wait for the others to launch. Once your kayak is loaded into your vehicle, you may chat, 6 feet apart with masks.
3. Keep a safe distance while on the water. Mask wearing would be optional.
4. If we stop at a beach, sit 6-10' from each other. No sharing of food will be allowed.
5. Adhere to any additional restrictions/guidelines instituted by the state/town regarding boat ramp and beach usage. Right now, there is a restriction on out of state license plates parking at ramps/beaches. This could be problematic for some snowbirds and might be worth petitioning to the town if this holds.

Letter From Birmingham Jail

Wednesday, July 1 at 6:30 PM via Zoom

On April 3, 1963, while in jail in Birmingham, Alabama, the Rev. Dr. Martin Luther King Jr. wrote a passionate and prophetic letter. To whom? To white liberal clergy who were calling him to go slow and not be so confrontational with the law.

What would Dr. King say to UUFF: a mostly white congregation in the liberal religious tradition witnessing another moment of nationwide racial tension? What would he say to white leaders in our local communities? That’s what we will explore together as Rev. David leads us in a discussion of this important letter.

POSTPONED
Use Your Personal Strengths To Be Resilient, Manage Stress, and Help Others in Today’s Challenging Times
July 29 at 7:00 PM via Zoom

We often lull ourselves into believing that we should have complete control of our lives. But times like these remind us that we need to accept what we cannot control and use our unique personal strengths to sustain our health and happiness. This small-group workshop provides the opportunity to support one another while gaining greater awareness of your strengths to be resilient and help others.

The program leader, Lew Stern, is a retired positive psychologist, strengths counselor, and communication coach.
Social Action

UUFF Volunteer of the Year

One of the more pleasant duties for the Governing Board is the choice for the Volunteer of the Year award. Dave Dimmick was the unanimous choice! Dave has been an inspiration to the congregation. He has transformed “he’s there for us” into “he’s there for us.”

The number of times I would run into Dave in the building was legion. The furnace is broken? Dave will call the repair people, be there when they inspect and provide an estimate, and then distill the information to educate the Board and relevant committees. Then, he’ll oversee the work! Logistics of the Waldorf School moving in and moving out? Dave is there to coordinate! Help with cleanup at Men’s Breakfast? Dave is there! While the building is empty, some ongoing projects, such as the installation of a new patio beside the Meeting House are proceeding… guess who’s there (along with other members of the team)? Yes, Dave Dimmick’s there!

UUFF is extraordinarily lucky to have Dave, our Volunteer of the Year. With typical humility, Dave is quick to point out that he is just a part of the Building and Grounds team that, he reports, deserves the credit for much of what happens. Congratulations, Dave! ~Steve Treistman, UUFF President

LOCAL CHARITIES GROCERY STORE GIFT CARD SALES AND DONATIONS

This year SAC sent the following amounts to these local charities. The funds came directly from the grocery store gift card sales and generous donations from our friends at UUFF.

<table>
<thead>
<tr>
<th>Charity</th>
<th>Amount</th>
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<tr>
<td>Carriage House</td>
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<td>Independence House</td>
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<td>Fairwinds</td>
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<td>Around the Table</td>
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<td>Bourne Food Pantry</td>
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<td>Falmouth Service Center</td>
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<td>Sandwich Food Pantry</td>
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<td>South Coastal Legal Services</td>
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<td>Silent Spring</td>
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<td>CIGSYA, known as Thrive</td>
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<td>Habitat for Humanity</td>
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<td>Belonging to Each Other</td>
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<td>Wellstrong</td>
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<td><strong>Total</strong></td>
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The Social Action Committee would like to thank the 45 persons and families who purchased the grocery store gift cards this year. You’re support of this program is very much appreciated.
On June 7 we said farewell to Debi Keller Wood, Director of Religious Education, Faith Formation, and Family Ministries at UUFF for over seven years. We will miss her infectious laugh, her friendship, her incredible dedication to UUFF, her hard work, and her passion for everything and anything to do with our youth. We wish her all the best!

On June 14, we held our first online Annual Meeting via Zoom. Thanks to the effort of so many, it was a remarkable success.

On June 20, over 30 people from UUFF joined hundreds of others for a Juneteenth Rally on the Falmouth Village Green. Rev. David gave a passionate, inspiring speech.
CONGRATULATIONS TO OUR GRADUATES Jack Larrey and Sara Fisichella!

Jack will be attending UMass Lowell where he will be studying sound production and technology.

Sara will be attending Hillyer College at the University of Hartford in the fall. She is still undecided on a major—maybe something in the arts—but she is looking forward to exploring the many options offered at UHart.

CONGRATULATIONS TO OUR NEWEST UUFF MEMBER
Andrew Mark Welch!

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, July 9 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.

Caring Committee

Hope all are handling the loneliness and isolation! We had a rough few weeks as we had to say goodbye to Dexter, our 4-year-old Great Dane. It really left a hole in our hearts. But Monday we picked up Mookie, a nine week old Pug. Forgot how much work a puppy can be, but he really keeps us moving and smiling!

For you long time members, Mike Dias had surgery and is doing well!

Remember everyone is staying close to home and loneliness is rampant; a phone call is usually very welcome.

UUFF seems to be staying on top of this horrid virus (though I’m sure we have had friends and loved ones infected). Keep up the good work and stay safe!

Marion Flurkey

JULY BIRTHDAYS!

07/04 Sharon Lowberg 07/14 Betsy Reece 07/23 Jack Easterling
07/06 Jessica Mark Welch 07/14 Janet Kluever 07/26 Ken Foreman
07/07 Ivan Lima 07/16 Kindra Muntz 07/29 Ken Weber
07/11 Donna Jewett 07/17 John McWilliam 07/31 Gail Donkin
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.

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<th>SUNDAY</th>
<th>MONDAY</th>
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<td><strong>JULY 2020</strong></td>
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<td>3:00 PM Partners Grief Support Group 7:00 PM <strong>WWL Program: Family Butterfly Hour</strong></td>
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