



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

RELIGIOUS SERVICES IN JULY

July 6 at 10 AM at the Meeting House and via Zoom—“Faith and Patriotism in Extreme Times” led by Ellen Todd; service associate, Steve Treistman. In today's world we often see some groups claim to be the only true patriots and have the only true religion. Ellen Todd will share some of her thoughts and reactions to this extremism. She hopes others will join in conversation after the service to share their own thoughts about how to talk among ourselves and with others outside our UU community.

July 13 at 10 AM at the Meeting House and via Zoom—“One Song: The Science of Oneness” led by JD Stillwater; service associate, John Jackson. For millennia mystics and poets have told us that “All is one” and yet we feel ourselves surrounded by separation, antagonism, and isolation! With help from some intrepid dung beetles, science ambassador JD Stillwater takes us on a tour of findings from mainstream science that reveal an underlying holism in everything from human bodies to ecosystems to the very fabric of space and time. In short, science agrees: “All is one.”

A graduate of Cornell University, JD Stillwater is a science ambassador and author who writes and speaks about profound insights from natural reality, insights that drive paradigm shifts and cultural awakening. The work springs from JD's love of science and his gift for making difficult concepts graspable for non-scientists.

July 20 at 10 AM at the Meeting House and via Zoom—“Life Is a Bit Like Chess” led by Rev. Rali Weaver; service associate, Izzie Williams. Life is much like a game of chess—full of moves, strategy, and unexpected twists. On this International Chess Day, we'll explore how the decisions we make, both big and small, shape our journey. Just like in chess, life requires patience, foresight, and the understanding that every choice has its consequences. Join us as we reflect on how we can approach life's challenges with wisdom and resilience, one move at a time.

Share the Plate July 20—*Kind Hearts for Kids* is dedicated to uplifting children and teens in foster, adoptive, and kinship care, including those raised by grandparents. They offer complimentary birthday parties for kids ages 1-18, as well as creative art sessions to help with sensory/motor skills and emotional regulation. These celebrations and activities help build confidence, self-esteem, and create positive memories, making sure every child feels included and accepted.

July 27 at 10 AM at the Meeting House and via Zoom—“The Preponderance of the Small” led by Rev. Rali Weaver; service associate, Kathi Sommers. In a world that often celebrates the grand and the monumental, it's easy to overlook the power of the small. This sermon invites us to reflect on how the quiet, everyday moments—tiny acts of kindness, small choices, and the subtle shifts in our hearts—can have a profound impact. Together, we'll explore how these “small” things shape our lives, our communities, and our world, often in ways far greater than we imagine.

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 July:

9 AM - 5 PM

Friday, July 18

Saturday, July 19

Sunday, July 20

Monday, July 21

Friday, July 25

Saturday, July 26

Sunday, July 27

Monday, July 28

...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

Our website:

<https://uufalmouth.org>

Hello My Falmouth Friends,

I cannot thank all of you at UU Falmouth enough for your generous, heartfelt call to make me your minister. I have thoroughly enjoyed my time as your contract minister, and I can hardly wait to settle in Falmouth and call it home, serving just one church. In the meantime, Jenny (my wife) and I are culling our belongings and cleaning up the parsonage I've lived in for 18 years. As you can imagine, this will take some time, and this is why I will not be heading to Falmouth before September. I will, however, be preaching twice each month and fulfilling my contract ministry with you in July and August. This means I am on call and available to you as needed, and we can start planning for the future, even as I continue to balance my feet in two different worlds.

As I reflect on this transition, I find myself thinking about the "hurry up and wait" nature of change. We often feel the urgency to get things done, to rush into the next chapter, to clear the path ahead. But, as with all meaningful change, there's a certain rhythm to it—a balance of pushing forward and patiently allowing things to unfold in their own time. In many ways, this transition has been just like that: full of anticipation, yet grounded in the necessity of a thoughtful and measured pace.

Moving from one chapter to another—whether in ministry, life, or work—can feel like a mix of excitement and hesitation. We hurry to get everything in place to make the move as seamless as possible, but we also have to wait for the pieces to fall into place. Some parts of the process are beyond our control: the time it takes to pack, to clear out, to let go of what no longer serves us, while embracing the new. These are the moments that test our patience, but they also offer rich opportunities for reflection and growth.

I invite you, dear members of UU Falmouth, to join me in embracing this process, in the "hurry up and wait" of the coming weeks. Just as I am clearing out the old to make space for the new in my life, I trust that we, together, will be clearing space for the future of our shared ministry. There is so much we can begin to imagine together now, even if it feels like things are happening slowly. Every step forward, no matter how small, is a step toward the future we will create together.

So, while my transition may take some time, please know that the work is already underway. I will be with you in spirit and action, even if my physical presence is still divided for a short while. In the meantime, let us enjoy the anticipation, the possibility, and the excitement that this time of change brings.

Thank you again for your patience, your enthusiasm, and your unwavering support. The best is yet to come!

With gratitude and excitement for the future,

Rali

revraliweaver@gmail.com

617-459-5979

I will be at UU Falmouth July 18, 19, 20, 21 and 25, 26, 27, 28.

Governing Board Report



Dear Members and Friends,

As I mentioned in the June Sandscript, I will no longer be writing you a president's message each month, but instead will be giving you a brief Board report.

Because the Fellowship's fiscal year ends June 30, the Board's primary activity in June is evaluating UU Falmouth's financial situation. The materials for that meeting are the investment report from Rex Withers and the financial statements taken off Quickbooks by Ann German our bookkeeper, both dated May 31, 2025. Here's what they tell us:

Investments: Balanced Portfolio of Vanguard Funds	\$286,598	Up 8.64%
Vanguard Star Fund (Baxter Prince)	\$175,432	Up 7.11%
Vanguard Account 3 (FY25 Bequest)	\$106,195	Up 0.23%
Total Invested Assets	\$568,225	Up 8.08%
Balance Sheet: Bank Accounts: SAC Food. Certificates	\$ 16,848	
TD Bank Checking	\$ 166,089	
TD Money Market	\$ 44,275	
Minister's Discretionary	\$ 800	
Investments (see above)	\$ 568,225	
	\$ 796,237	
Liabilities (UUA Loan for HVAC)	-	\$ 54,367
Total Assets less liabilities		\$ 741,870
Fixed Assets (Land, meeting house, equipment)		<u>\$ 1,518,770*</u>
<i>*Booked at cost when purchased</i>		

Please watch your email for the minutes of the June 19th meeting for the full report for June. The agenda calls for accepting Gail Donkin's resignation as treasurer and approving Betsy Young as her replacement until the next annual meeting. Treasurer is the hardest Board office to fill. We are grateful to both members for their willingness to accept this responsibility. We are also grateful for the Annual Meeting participants' confidence in us to vote us another term on the Board—but hopeful that in years to come others will come forward to serve. Turnover on the Board is healthy and service on the Board is not onerous!

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

2025 Governing Board Volunteer Awards

Love is the spirit of our fellowship, and service its law. This is our covenant: To dwell together in peace, to seek the truth in love, and to help one another. FY 2025's outstanding volunteers who exemplify living our mission:

Exceptional Workers who were asked to stand and be recognized at the Annual Meeting for their work for the congregation during FY 2025, in alphabetical order:

Dave Crichton for chairing the Building and Grounds Committee, mowing the lawn, inspecting the Meeting House and initiating work as needed. Thanks to Dave's leadership and work, our building and grounds are well maintained.

Larry Ladd for chairing the ministerial search last September that brought us our part-time contract minister and, starting in September this year, our called full-time minister, Rali Weaver. We are so lucky to have your experience and knowledge to guide us.

Pam Morrone for staffing SEAC's food certificate program, bringing us Cape Cod Foster Closet to help foster parents and children on the Upper Cape, and for providing rides and care to our members and friends many days of every week.

David and Jessica Mark Welch for leading the two consecutive successful stewardship campaigns that enabled us to afford a full-time minister again—in addition to Jessica's service in the choir and the pulpit, and David's AV technology service.

Joanne and Steve Treistman for creating and staffing our Fellowship Activities Program of events, including the Wampanoag's year-long program, Steve's *Exploring the Nature of Reality* series, and Joanne's Community Circles. Our Meeting House events calendar demonstrates the high level of activity that they develop and support.

Rex Withers for chairing the Investment Committee and contributing his engineering expertise and capacity to persevere with two complex projects—trouble shooting and monitoring the HVAC system, and researching and recommending insurance to protect the Meeting House. Without him, we would run up big HVAC bills, be adrift on insurance, and less informed about our investments.

Volunteers of the Year for "Service So Long and So Much" who were recognized at the Annual Meeting and will be memorialized on the Grosslein Volunteer of the Year plaques that hang in the name tag room. We are all indebted to these three people.

Gail Donkin for 15 years as UU Falmouth's treasurer, a role that requires almost daily attention. In the early years, Gail was also the bookkeeper who opened the mail; verified the legitimacy of bills; and wrote, signed, and mailed the checks. In recent years, she has been supported by a part-time bookkeeper and office administrator, but still bore the responsibility.

Pete Grinnell for many years as our AV provider for Sunday services and meetings. Pete set up the AV room, worked with the growing technology, chose and ran the equipment, patiently worked with speakers and singers and people struggling to hear, locating, relocating and adjusting microphones and wiring.

Jack Mulkeen for initiating and leading the sermon discussion after Sunday service, washing the windows, cleaning the kitchen, making the coffee, teaching people how to use the cranky kitchen equipment, clearing brush, identifying opportunities to better meet our mission through the use of the Meeting House, for making our business his business and helping us with it.

Our grateful thanks.

Sincerely, The Governing Board

Upcoming UU Falmouth Events & Notices

ACCESSIBLE WALKING GROUP continues

Wednesdays in July at 9:00 AM (Note new day and time!)

Members and friends of UU Falmouth are invited to join us for this weekly tradition: an accessible walk on the beautiful, level Shining Sea Bike Path or Cape Cod Canal Service Road.

These walks are designed to be fully inclusive—welcoming people of all abilities. Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along. Bring a friend, bring your curiosity, and come walk (or roll!) with us, one step at a time. Walks will be approximately one hour.



Questions? Contact Cynthia Domack or Wendy Bone directly or at admin@uuffm.org.

July 9 - Tidal Flats Recreational Area, Bourne, Cape Cod Canal Service Road

July 16 - Bus Depot, Falmouth, at the bike path

July 23 - Trunk River Beach Parking Lot, Woods Hole, at the bike path

July 30 - Tidal Flats Recreational Area, Bourne, Cape Cod Canal Service Road

SUFI DANCE MEDITATION CLASS with Dunya **Saturday, July 12 at 10 AM at the Meeting House**

No experience is necessary to attend this Dancemeditation session—everyone is welcome!



There will be no need to learn steps or follow exact movements. The class will be gently led by Dunya Dianne McPherson beginning with gentle stretches on the floor or on a chair. Dancemeditation allows individuals to leave the performance aspect of dance behind, and provides the opportunity to relax, be creative and playful, and explore spiritual realms within us. Participants, please bring a mat and/or a blanket or towel. For more information go to dancemeditation.org.

Dunya Dianne McPherson is a *NY Times* critically acclaimed dancer/choreographer, pioneer in embodied mysticism, academic educator, and internationally recognized Sufi meditation authority.

DINNERS FOR SIX

Mark your calendars for a Dinner with UU Friends on Saturday, July 26 at 6 PM

These monthly potluck *Dinners for Six* occur on the **4th Saturday of each month** and are a great way to meet new people and/or reconnect with old friends.

Let Betsy Wilder know by July 19 if you'd like to participate this month.

If you'd like to host, please let her know that, too. Her email address is

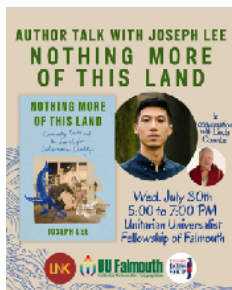
betsymail2012@gmail.com



Upcoming UU Falmouth Events & Notices

L.I.N.K. BOOK TALK: *Nothing More of This Land* **Wednesday, July 30 at 5 PM at the Meeting House**

UU Falmouth collaborated with L.I.N.K. (Linking Indigenous and Non-Indigenous Knowledge) in a year-long educational series in 2024. As we continue this partnership, all are invited to hear award-winning Wampanoag journalist Joseph Lee talk about the complexity and ever-changing nature of Indigenous identity.



As an Aquinnah Wampanoag, Lee grew up spending summers on Martha's Vineyard and watching tourists flock to the island, gradually displacing more and more of his people. Today, nearly three-quarters of tribal members live off-island. Lee's quest to unpack his own assumptions about what it means to be Native in America in the 21st century, brings him to icy Alaskan tundra, fire-threatened Northern California forests, and the halls of the UN as he searches to understand the connections between Wampanoags and other Indigenous peoples.

In *Nothing More Of This Land*, Lee deftly addresses the many threats facing U.S. tribes today, from their complex relationship with local, state, federal, and even their own tribal governments, to the fight between white-driven conservation efforts and Indigenous land management. In doing so, he argues that while Indigenous identity is often tied to ancestors, land, and the past. It is also ever-changing and reliant on how Indigenous people choose to engage with their own communities today.

PLEASE JOIN THE UU FALMOUTH TEAM **TO HELP WITH THE FALMOUTH ROAD RACE CLEANUP** **Sunday, August 17 from 9:30-11:30 AM**



Helping with the cleanup at the start of the Falmouth Road Race is lots of fun, not a lot of work, and earns UU Falmouth \$1,800 for under two hour's work! **We need twenty volunteers—currently we have just 7!**

We meet at UU Falmouth and carpool so parking will not be a problem. You get to cheer all the runners as they take off, then pick up coffee cups, and other trash so we leave Woods Hole in pristine condition.

Please visit the registration site:

<https://volunteer.bloomerang.co/web-admin/app/#/join-party?k=jfs2gt175o1tjt> and sign up to be on the Unitarian Universalist team. Julia Withers is the captain of the team from UU Falmouth this year. If you have any questions, please contact her directly or via admin@uuffm.org.

Looking Back...



Calling Rev. Rali after the Annual Meeting on June 8 to tell her the vote was unanimous to call her as our settled minister!



Another wonderful "Dinner for Six" which takes place on the 4th Saturday of the month.



Hymn Sing Sunday, June 1 was enjoyed by all.



Surrounding the Meeting House with Pride for the month of June.



Betsy Wilder taught a class of eight to make collage cards and bookmarks. All of the proceeds will go directly to our food card proceeds funds, which are distributed annually to local food pantries and other organizations.



Cape Cod Foster Closet is up and running at the Meeting House every Thursday from 9:30-12.

UU Falmouth Announcements



July Birthdays



7/1 Donna Mattison-Earls	7/12 Michael Dias	7/23 Gwyneth Blackwell
7/1 Zack Uljua	7/14 Betsy Reece	7/26 Ken Foreman
7/6 Katelyn Dooley	7/14 Janet Kluever	7/27 Alan Goodwin
7/6 Jessica Mark Welch	7/16 Kindra Muntz	7/29 Ken Weber
7/9 Meghan Dooley	7/17 John McWilliam	7/30 Gail Donkin
7/11 Donna Jewett	7/19 Richard Kapit	

Fellowship Weekly/Monthly Gatherings Open to All

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

- **Breakfast Bunch** - Tuesdays at 8 AM. This month it will be at Cape Cod Coffee, 53 Market Street, Mashpee Commons. For more information, contact Reed Walsh.
- **Mah Jongg** - Tuesdays from 1-3 PM at the Meeting House. For more information, contact Peggy Sabin.
- **Accessible Walking Group** - Wednesdays at 9 AM. For more information and the starting location of the walks, contact Cynthia Domack or Wendy Bone.
- **Brown Bag Book Bunch** - BBBB will be taking a break for the summer. We'll see you in September. For more information, contact Chris Jacobi.
- **Men's Breakfast** - Thursdays from 8-9:30 AM. It will take place at Dave Dimmick's barn July 3 then at the Meeting House for the rest of July. 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, July 3 and 17 at 2:45 PM (and the 1st and 3rd Thursdays of the month) at the Meeting House. For more information, contact Laura Wing.
- **Community Circle** - Friday, July 11 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** - Friday, July 18 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- **Grief Group** - Friday, July 25 at 1 PM (and 4th Friday of the month) at the Meeting House. For more information, Reed Walsh or Rev. Rali.

For the most up to date version of this calendar, 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
		July 2025		Red = All are welcome to attend.		
		1 8am Breakfast Bunch 1pm Mah Jongg	2 9:30am Writing Time 1pm Committee on Ministry	3 8am Men's Breakfast-Dave's Barn 1pm Chimes Ensemble 2:45pm Chimes Workshop	4 4th of July!	5
6 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	7 6:30pm Choir Rehearsal	8 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Cong. Committee	9 9am Accessible Walking Group 9:30am Writing Time	10 8am Men's Breakfast 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	11 10am Writer's Path Group 2pm Community Circle	12 10am Sufi Dance Meditation
13 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	14 1pm Caring Community Meeting 6:30pm Choir Rehearsal 8pm Music Committee	15 8am Breakfast Bunch 1pm Mah Jongg	16 9am Accessible Walking Group 9:30am Writing Time	17 8am Men's Breakfast 1pm Chimes Ensemble 2:45pm Chimes Workshop 7pm Governing Board	18 6:30pm Percussion Discussion	19
20 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	21 6:30pm Choir Rehearsal	22 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1	23 9am Accessible Walking Group 9:30am Writing Time	24 8am Men's Breakfast 10:15am B&G 1pm Chimes Ensemble 3:30pm Fellowship Group #3	25 10am Writer's Path Group 1pm Grief Group	26 6pm Dinners for Six
27 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	28 6:30pm Choir Rehearsal	29 8am Breakfast Bunch 1pm Mah Jongg	30 9am Accessible Walking Group 9:30am Writing Time 5pm LINK Book Talk	31 8am Men's Breakfast 1pm Chimes Ensemble		