



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

RELIGIOUS SERVICES IN MARCH

The Soul Matters theme for March is **“Paying Attention”** which Robin Wall Kimmerer captures in her quote: *“The land is the real teacher. All we need as students is mindfulness. Paying attention is a form of reciprocity with the living world, receiving the gifts with open eyes and open heart.”*

March 1 at 10 AM at the Meeting House and via Zoom—“Awakening” led by Rev. Rali Weaver; service associate, Izzie Williams. We will begin our *Stewardship Month* with testimonials about what our fellowship means to us. Rev. Rali Weaver will introduce this month’s theme, “Paying Attention” by reflecting on what it will require of all of us to stay awake in these times. To do this, we will reflect on what history has told us about the importance of waking up to what is going on around us.

March 8 at 10 AM at the Meeting House and via Zoom—“Paying Attention” led by Dan Joslyn; service associate, Judy Andrade. Sensei Dan Joslyn will discuss an economic, mindfulness, and meaningful perspective for paying attention. Dan Joslyn is a longtime friend of UU Falmouth and a transmitted Zen Priest.

March 15 at 10 AM at the Meeting House and via Zoom—“The Power of the Underdog” led by Rev. Rali Weaver; service associate, Tedi Bell. Ruth is the ultimate biblical underdog. Yet her power didn’t come from systemic authority or physical might. It came from radical loyalty and the courage to claim a future where none seemed to exist. By refusing to abandon her mother-in-law, Naomi, and venturing into a strange land, Ruth reminds us that the “marginalized” are often the very people who redefine what is possible for the rest of us. Margaret Cooper will read her essay *Humor in the Bible: The Book of Esther*.

***Share the Plate on March 15 will go to the Mashpee Wampanoag “Honor the Earth” Fair.** This is a public event that celebrates the Earth and brings together exhibits, artists, educators, and community members who share a commitment to protecting and preserving the ancestral homelands of the Wampanoag people. The Wampanoag tribe is in partnership with the Native Land Conservancy. All are welcome.

March 22 at 10 AM at the Meeting House and via Zoom—“Breath” led by Rev. Rali Weaver; service associate, TBD. In our own lives, we often face “dry seasons” where hope feels brittle and our connections feel severed. How do we invite the Spirit of Life back into our weary frames? Join us this Sunday as we explore the theology of respiration, the sacred act of breathing, and how we might “inspire” one another to rise up and live fully once again.

March 29 at 10 AM at the Meeting House and via Zoom—“The Secret Life of Anger” led by Rev. Julia Hull from the Brewster UU church; service associate, Julie DeSorgher.

Minister's Message



Unitarian Universalist Fellowship of Falmouth

840 Sandwich Road
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02536
508-457-0449

UU Falmouth Staff

Reverend Rali Weaver

Minister

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9 AM - 5 PM

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

Dear UU Falmouth Friends,

While March may be coming in like a lion, I am certain spring will come again so we might as well enjoy the snow!

I am writing this on my phone after three days without power at our new house and at UU Falmouth. This lack of heat has made it difficult for me to check on all of you, to write a sermon, or to write this missive. Today (Wednesday) was the first time I have felt warm because we went to a coffee shop to charge dead devices and then a friend's house to get warm. I am sure many of you experienced something similar.

What is marvelous about snow days is the opportunity to stop doing the regular to-do's and to recognize all the other marvelous pastimes you rarely have time for; the friends, new and old, who help out; and the amenities we often take for granted. What also is astonishing to realize is the innumerable helpers we never see who plow our streets, take trash and trees away, and keep our electricity running.

What I never want to forget is that my life is made easier by countless unseen, unnamed people who make sure I have heat and clean water and Wi-Fi. I also don't want to forget the editors of my sentences, the friends who shared their heart and heat, and my wife and dog Lula who shared it all without complaining.

I hope we all were as lucky as I was this February and that we all return to the Meeting House with electricity and watch snow melt quickly.

With Love, Rali

By the way, I will be out of my office March 6-13 on vacation in Naples Florida. Luck me! Do not hesitate to contact me by email or cell phone if you need me.

Rev. Rali Weaver is in her office Tuesday-Friday 9 AM - 5 PM 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,

The Governing Board met on February 19th accompanied by one member of the congregation, Jack Mulkeen, attending by Zoom. Looks like low interest in what we do, but I learned during my teachers' union days that low turnout meant no crisis, no looming troubles, all's well—and that's true of where UU Falmouth is now.

But not true of our country. There is a clear and present danger that our democracy is being replaced with a militaristic, authoritarian, unaccountable, and weirdly erratic form of government. During my lifetime, there have been several loud calls to the conscience of Unitarian Universalists: in the 60's civil rights for Blacks; in the 70's anti-Vietnam war; in the 80's and 90's and into the 2000's rising inequity and growing class warfare in the wake of the Reagan Revolution and neo-lib NAFTA and irresponsible foreign wars. But this now is something more frightening. Our very foundations are threatened by the loss of the rule of law.

At last night's board meeting, we learned that Reverend Rali and the Social and Environmental Action Committee have planned several events to channel our fears and frustration in productive directions. We all know that collective action is more effective if we can motivate ourselves to stand up, join in, and speak up to protect our democratic institutions. Do you hear the call?

The board discussed other Fellowship business at its February meeting. The desirability of two big TV screens in the sanctuary for use in Sunday service and other meetings; board support for the March 9th blood drive; better planning for hospitality including hiring another coffee helper as a substitute or replacement and providing a hospitality budget for FY27; preliminary thinking for the FY27 stewardship campaign; a discretionary budget for next year for the board; and dealing with the ice dams' harms and costs. For a deeper dive, please read the board minutes we send to all members and friends.

To committee chairs and members, to activity participants and event volunteers, to pastoral care givers of all kinds, thank you for being the life of the Fellowship.

Be well,

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

Upcoming UU Falmouth Events & Notices

JUSTICE DOCUMENTARY FILM SERIES

Sunday March 1 at 3 PM at the Meeting House

Join us for the **first of a new monthly gathering** to explore the most pressing issues of our time through film. We'll kick off each session with a screening, followed by warm soup and an open-floor conversation to process what we've seen.

Our first feature film will be "POWER" (2024) which takes an unflinching look at the history and rapid expansion of American policing. This documentary probes the question: "Who is protected, and who is policed?"

Justice isn't just something we watch; it's something we build together. Whether you're an activist, a student, or just a curious neighbor, your voice is welcome at the table.



REALITY: THROUGH THE LENS OF ART

Wednesdays March 4 & 18, April 1 at 7 PM at the Meeting House and via Zoom

Last year we introduced a new series called "Exploring the Nature of Reality." In Part Two of this series presenters from UU Falmouth and the wider community with focus on "Reality Through the Lens of Art."

March 4: "Picturing Reality" – Charlotte Harris and Joanie Thompson trained and worked as artists and both continue to make art in retirement. They will talk about their experiences and work as visual artists, and describe their take on the connections between their work and reality.



Artists from the congregation are asked to bring one piece of work to show at the presentation.

March 18: "Building Reality on Stage" – Lew Stern is a set designer and foreman at the Falmouth Theatre Guild. Jean Stern is costuming co-chair and creates costumes for the theatre's shows. They will bring you back stage and to the costume house to see the many ways theatrical realities are built multi-dimensionally.

April 1: "Reality Through the Lens: Photos of My Trek on Mount Kilimanjaro" – Robin Melavalin
"When the 'Truth' Is Shown to be Lies, We Hold These Truths to be Self-Evident: Photos from Local Protests." – Laura Puopolo

Come explore how the lens informs our ideas of local protest activists, Cape Cod nature, and hiking in high altitudes.

BLOOD DRIVE at UU Falmouth

Monday, March 9 from 9:40 AM - 4 PM at the Meeting House

The Governing Board is sponsoring a Cape Cod Healthcare Blood Drive to be held in the sanctuary on March 9. Donors can call 508-862-5663 or go to this website:

<https://www.capecodhealth.org/give-blood> to make an appointment.

We are also looking for bakers to help make treats for those giving blood, and **volunteers to help out at the refreshments table.** A sign-up sheet is in the foyer.



Upcoming UU Falmouth Events & Notices

SUFI DANCE MEDITATION CLASS with Dunya **Saturday, March 21 at 10 AM at the Meeting House**

No experience is necessary to attend this dance meditation session—everyone is welcome! The class will be gently led by Dunya Dianne McPherson, internationally recognized Sufi meditation authority, beginning with gentle stretches on the floor or on a chair. Dance meditation 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.



"NO KINGS" FALMOUTH RALLY

Saturday, March 28 12-1:30 PM Falmouth Village Green

UU Falmouth has a beautiful new banner that can be held by multiple people along the fence on the Village Green during the "No Kings" rally on March 28. Be part of our effort for civic responsibility, resistance, and hope in action. Let Rev. Rali or Pam Morrone know if you plan to attend so we can arrange carpooling to the Green, or email admin@uuffm.org.



WHAT DOES THE LAY MINISTRY TEAM DO?

The Lay Ministry Team works together with Rev. Rali Weaver to provide witness, presence, and active listening to those who desire it. The lay ministers' roles are secured by confidentiality and clear boundaries regarding the service provided.

The team meets monthly to review our service to those who wish to have emotional and spiritual support. We are especially grateful for the support Rev. Rali has provided our team in meeting and supporting us in her own pastoral service to members and friends.

Please contact us if you know someone who may:

- * Need to talk confidentially with a compassionate listener, even if they are not sure what is bothering them
- * Be facing a major life decision
- * Be grieving or hurting and need emotional and spiritual support

If you or someone you know is in the hospital or other care facility and would like a visit from Rev. Rali please email her at minister@uuffm.org or call/text her at 617-459-5979. If you know someone who would like a visit by a member of the Lay Ministry Team, contact the team's leader, Tom Kirkman, or any of the team members: Jewel Blake, Jim Liljestrand, Maureen McIver, Mary Sellers, and Reed Walsh.

You may also leave a message with Kit O'Connor by email at admin@uuffm.org.

"IF YOU DON'T SHARE, WE CAN'T CARE"



If you know of someone who is sick or hurt or would simply like a card, please let the Caring Committee know by contacting Reed Walsh or Betsy Young directly or via admin@uuffm.org.

UU Falmouth Announcements



March Birthdays



3/2 Celia Gayer
3/2 Maggie Jones
3/5 Carmody Palmer

3/10 Judy Andrade
3/11 Susan Shelton
3/13 Liam Ward

3/19 Carolyn Ryczek
3/20 David Dow
3/27 Stuart Graham

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, March 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, March 18 at noon (and the 3rd Wednesday of the month) at the Meeting House. For more information, contact Chris Jacobi.
- ***Spirituality Discussion Group*** - Wednesday, March 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, March 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, March 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, March 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.

• SUNDAY	• MONDAY	• TUESDAY	• WEDNESDAY	• THURSDAY	• FRIDAY	• SATURDAY
March 2026 Red = All are welcome to attend.						
1 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion 3pm Justice Documentary Series	2 6:30pm Choir Rehearsal 7pm SEAC Committee	3 8am Breakfast Bunch 10:30am Religious Services Committee 1pm Mah Jongg 6pm End Zone Reading Group	4 9:30am Writing Time 4pm Spiritual Discussion Group 7pm Reality: Through the Lens of Art series	5 8am Men's Breakfast 10:15am B&G Meeting 1pm Chimes Ensemble	6 1:30pm "Melt the Ice" hat gathering	7
8 CLOCKS AHEAD ONE HOUR 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	9 9:40am Blood Drive 9:30am Staff Meeting 1pm Caring Committee Meeting 6:30pm Choir Rehearsal 8pm Music Committee	10 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation Committee 6pm End Zone Reading Group	11 9:30am Writing Time	12 8am Men's Breakfast 10am "Melt the Ice" hat gathering 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance Committee	13 10am Writer's Path Group 1pm Membership Committee 2pm Community Circle	14 1pm Starting Point Group
15 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	16 6:30pm Choir Rehearsal	17 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group	18 9:30am Writing Time 12pm Brown Bag Book Bunch 4pm Spiritual Discussion Group 7pm Reality: Through the Lens of Art series	19 8am Men's Breakfast 1pm Chimes Ensemble 7pm Governing Board	20 6:30pm Community Drumming and Sound Healing	21 10am Dance Meditation
22 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	23 6:30pm Choir Rehearsal 7pm PFLAG Cape Cod	24 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 6pm End Zone Reading Group	25 9:30am Writing Time	26 8am Men's Breakfast 10am Soul Matters Small Group 1pm Chimes Ensemble 3:30pm Fellowship Group #3	27 10am Writer's Path Group 1pm Grief Group	28 12pm "No Kings" rally 1pm Starting Point Group
29 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	30 6:30pm Choir Rehearsal	31 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group				