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SANDSCRIPT

THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER

IMPORTANT REMINDERS IN MAY

Recovery the Sacred Art **Book Discussion**

Sundays, May 1, 8, 15, 22, June 5
4pm via Zoom
(See page 4 for more info.)

Twilight Zone and Theology

Tuesday, May 3
7pm via Zoom
(See page 4 for more info.)

Wednesday Coffee House

Wednesday, May 4, 11, 18, 25
7pm via Zoom
(See page 4 for more info.)

Mindfulness Walks

Thurs., May 5, 12, 26 at 10:30am;
Sun., May 15 and 29 at 12:30pm
(See page 5 for more info.)

Trust and Distrust in Society

Friday, May 6 at 7pm via Zoom
(See page 4 for more info.)

Praying with the Body

Mondays, May 9, 16, 23
at 2pm via Zoom
(See page 5 for more info.)

Movie *Baraka*

Thursday, May 26 at 7pm via Zoom
(See page 5 for more info.)

Penikese Island Retreat

Tuesday, May 31
(See page 6 for more info.)

May Theme: *Nurturing Beauty*

May 1st—*Compromise for Justice* – The Rev. Joe Cherry

We all love the feeling we get when we show up for a cause. We feel empowered, we feel like we're doing something to make a difference. We feel like we're living our values! What do we do then, when our Social Justice work puts us in action with people we don't always agree with?

May 8th—Mother's Day – The Rev. Joe Cherry

Join us as we celebrate those who nurture us, no matter their gender identity. Celebrate the ways that we, as a community, nurture ourselves.

May 15th—Celebrating UU Founding Day – The Rev. Joe Cherry

On May 15, 1961, two historic American religions merged to become something larger. The Universalist Church of America and the American Unitarian Association officially became the Unitarian Universalist Association of Congregations 61 years ago. This Sunday we mark the anniversary of the formation of our living tradition.

May 22nd—*Good in Our Midst* – The Rev. Denis Letourneau Paul

Good is all around us, and if we keep our eyes open, we find it everywhere, even in the most unexpected places. But what about evil? You have to admit it's everywhere also. You know it when you see it, even if you can't define it theologically. As Unitarian Universalists, most of us don't believe in hell, so what happens to evil people in the end? And if everyone has inherent worth and dignity, can individuals actually be evil? Rev. Denis and UUSCS Worship Associate Joan Youngken will offer some unexpectedly sophisticated answers from an unexpected source.

Rev. Denis Paul and Rev. Joe are exchanging pulpits this week. Rev. Joe is serving our sibling congregation in Peace Dale, Rhode Island.

May 29th—*Nurturing Beauty* – The Rev. Joe Cherry

Rev. Joe will host a Seed Communion this Sunday. We will invite people to pick up some wildflower seeds to place in our Meadow. The seeds will have been carefully chosen with the help of some very knowledgeable gardeners to be local, non-invasive, and friendly to our surrounding grounds.

All services will be a hybrid—limited in-person worship at the East End Meeting House and via Zoom. Details will be sent out by email.

Minister's Message



**Unitarian Universalist
Fellowship of Falmouth**

840 Sandwich Road
East Falmouth, MA
02536
508-457-0449

The Rev. Joseph Cherry,
Interim Minister

**The Rev. Saramaria
Allenby**
Director of Whole Life
Learning

Ann German
Bookkeeper

Frederick Johnson
Director of Music

Kit O'Connor
Office Administrator

Shannon Sylvia
Sunday Service Tech

Nancy Wendlandt
Pianist

Office Hours: Kit will be
working from home 9-2,
Tuesday through Friday

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

Email: admin@uuffm.org

Dear Folks of the Meeting House,

We come to May, the air crisp with the late spring, and the Cape gearing up for the summer—a summer sure to be full of visiting families and our own kin, chosen and biological. The magic of summer is coming, and we are all very excited.

Last August when I arrived on Cape Cod, I was stunned by both its beauty and its ordinary vignettes, beautiful in their own way. Of course there is the water, the beautiful beaches, the stunning parades of people here on weekends. But to me, more impressively, were the simpler, out-of-the-way places of beauty, and the way it was clear to me that Cape Codders took care of each other.

One of the first, and for me yet most enduring, examples of this is the Hand in Hand Thrift Shop. I love a good thrift shop and this one did not disappoint! Lest you think this is a commercial for this place, let me tell you why I liked it so much.

The shop is evidence of caring and nurturing. Not only is it a place where one can find things one needs at a very reasonable price, but the shop is a place where people can share their abundance with those who may not have as much. It's part of a foundation of helping hands where neighbors help neighbors. It's a part, the most visible part, but not the only part.

I could see this from the moment I first walked into the store down the street from our Meeting House, and it really humanized the Cape for me.

Not being a native of New England, I had this idea that only very wealthy people lived on Cape Cod. I had visions of sailboats and big houses. I thought I'd see lots of boat shoes, you know those Sperry Boat Topsiders, everywhere. The Hand in Hand Thrift Shop showed me that there would be a whole spectrum of people here on the Cape, and that the people who lived here tried to care for one another.

This, to me, was a beautiful relief. Caring people, nurturing beauty. I knew I was going to love my time here.

Your minister,

Rev. Joe

President's Corner



UU FALMOUTH BOARD 2021-2022 Officers

Susan McCourt, President
Ellen Germann, Vice President
Gail Donkin, Treasurer
Gayle Simundza, Clerk

Directors

Jonathan DiPaolo
Jim Loew
Victor Smith

2021-2022 Committee Chairs

Art Exhibits—Joanie Thompson &
Nick Vardak
Building & Grounds—Dave Dimmick
& Phil Zimmerman
Caring—Sharon Lowberg & Marcia
Smith
Communications—Joanie Thompson
Denominational Affairs—Larry Ladd
Development—Noreen Cavanaugh
Finance—Ellen Todd
Lay Ministry Team—Tom Kirkman
Membership—Carolyn Powers
Memorial Woodland—Phil
Zimmerman
Music—Susan Brooks
Nominating—Carolyn Powers
Outreach Task Force—Carol Ann
Cronon, Nannette Oldenbourg
Personnel—Susan McCourt
Religious Services—Julie DeSorgher
Social & Environmental Action—Chris
Wheeler
Welcoming Congregation—Judy
LeBeau (contact person)
Whole Life Learning—Rev. Saramaria
Allenby

As reported last month, the town approved our permit for Heating, Ventilation and Air Conditioning (HVAC) system replacement at the Meeting House and the work has begun! The first parts of the project are demolition and preparation. The team has created enhanced safety in the attic for the construction process by installing improved ceiling access and catwalks. They have removed unusable ductwork and rerouted electrical and plumbing as needed. More to come!

Our kitchen team, headed by Ellen Todd, is talking with those who use the kitchen so the space can better meet our needs. It is being reworked to be a “warming kitchen.” The old stove and hood are gone so the roof access vent, previously used by the stove, can be used for the HVAC system. Rest assured, we can still cook in a warming kitchen – we just cannot have a commercial operation.

Judy Andrade, Dave Dimmick and Phil Zimmerman head the Reopening Team, which will plan and prioritize maintenance, repairs and improvements to our Meeting House so that it will be ready for our return.

I am often asked when the project will be completed. I honestly wish I could tell you the exact day or even the exact week. As many of you know with your own home construction projects, there are too many variables for there to be an answer. In these times, supply chain issues and other shortages of equipment and workers cause increased variability. We are doing our best to return to our building as quickly as possible.

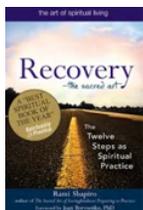
The challenges for our congregation in the past few years have been unpredictable and unprecedented. Yet, when we continue to face them together and continue to care for each other, we have remained strong and, perhaps, even grown stronger together. In John Guare’s classic play, “Landscape of the Body,” the grieving character Betty says, “It’s amazing how a little tomorrow can make up for a whole lot of yesterday.” So have hope, my friends. Tomorrow is nearly here and this will all be a distant yesterday.

Susan

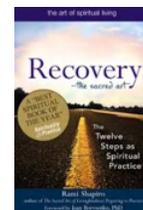
Whole Life Learning

BOOK READING: *RECOVERY THE SACRED ART* by Rami Shapiro

Sundays , May 1, 8, 15, 22, June 5 at 4:00 PM via Zoom



Deepen your capacity to live free from addiction—and from self and selfishness. Learn not only about addiction to substances but to anger, greed and selfishness. We will draw insight and hope from many world practices and traditions, and from working with the 12 steps.



Join via Zoom or in-person at Wellstrong, 180 Teaticket Highway, Falmouth (but to protect privacy, in-person only if you are in active addiction).

TWILIGHT ZONE & THEOLOGY

Tuesday, May 3 at 7:00 PM via Zoom



Have you felt a certain pull toward Rod Serling's creation: *The Twilight Zone*? Have you ever wondered why? It might be, in part, because Rod Serling was a Unitarian Universalist. Join Rev. Joe on **May 3rd and the first Tuesday of each month at 7 PM for *Twilight Zone & Theology***. We'll watch a randomly selected episode, then together we'll discuss what deeper meanings we find in Serling's social commentary. Although it was over 60 years ago, the shows still have relevance today.

WEDNESDAY NIGHT COFFEE HOUSE

Wednesdays, May 4, 11, 18, 25 from 7 to 8:30 PM via Zoom

Our virtual Wednesday Night Coffee House continues through May:

- * May 4 - Scott Fitzmaurice and reflections on Byron Katie
- * May 11 - Bring your favorite YouTube video of your favorite song and we'll try to play them *all*.
- * May 18 - Listening to parts of a podcast with Mary Oliver "I got saved by the beauty of the world" from *On Being*, we will reflect on beauty and Mary Oliver's poetry. <https://onbeing.org/programs/mary-oliver-i-got-saved-by-the-beauty-of-the-world/>
- * May 25 - Punning—bring your joke, your fun, your silly (clean) puns and we'll have some fun!



All are welcome! You don't need to sign up and can stay as long as you want.

TRUST AND DISTRUST IN SOCIETY

A Presentation by Lew Stern

Friday, May 6 at 7 PM via Zoom

Who do you trust or distrust? In this divided and lonely time, as we start to come out of our pandemic hibernation and face political threats to our democracy, how can we start to trust others, especially those with different values or political leanings? We look at the research and share our experiences to build trust, the foundation of communication and peace.

Whole Life Learning Continued

MINDFULNESS WALKS

Thursdays, May 5, 12, & 26 at 10:30 AM

Sundays, May 15 & 29 at 12:30 PM

Let's get outdoors and take a walk together! (Weather permitting)

Three Thursday walks at 10:30 AM.

- * May 5 at Margaret Doutt Preserve, 54 Moonakis Road, East Falmouth.
- * May 12 at Frances Crane Wildlife Management Area, off Route 151 in East Falmouth.
- * May 26 at Mock Moraine Trail, West Falmouth. From Stagecoach Way off West Falmouth Hwy, just north of West Falmouth Market, follow the conservation sign to a small parking area.

Two Sunday strolls at 12:30 PM.

- * May 15 at Monks Park in Little Bay Conservation Area, Valley Bars Circle, Pocasset.
- * May 29 at Santuit Pond loop, 117 Main Street, Mashpee.



If you haven't already, you can sign up for reminder emails or texts for all Whole Life Learning events at <https://uufalmouth.breezechms.com/form/5ea8d36227>. You will be contacted if an event is canceled.

You can also email or call Saramaria directly at [774-392-3447](tel:774-392-3447), Sallenby48@gmail.com.

GROUP PRAYING WITH THE BODY

Mondays May 9, 16, 23 at 2 PM

In-Person at *A Place to Breathe*, 62 Bonnie Lane, Falmouth

Rev. Saramaria will guide us as we read a Psalm, then practice with gentle yoga poses (or you can just sit) and a brief meditation ending with a self-compassion practice. Pray with more than just your mind—learn how to use your whole self. Move in prayer by expressing the Psalms with motion. This way of praying helps deepen and broaden a practice. The four basic ways of praying—oral, mental, affective, and contemplative are involved. These meditations and reflections connect us to our deepest needs to be with the Beloved, to be reassured of the divine presence in our midst. Prayer With the Body addresses a hunger and longing for true happiness, freedom from fear, and provides deep peace. This is based on a book and practice by Roy DeLeon. There is a limit of 6 people per session. To sign up, contact Rev. Saramaria at Sallenby48@gmail.com.

DOCUMENTARY FILM *BARAKA*

Thursday, May 26 at 7 PM via Zoom

Baraka is a documentary film shot in 24 countries on six continents over a 14-month period. It brings together a series of stunningly photographed scenes to capture “a guided meditation on humanity.” One of the most acclaimed international releases of its time, the goal of the film was to “reach past language, nationality, religion, and politics, and speak to the inner viewer.” The film is named after the Sufi concept of baraka, meaning blessing, essence or breath. To read and see more go to: <https://www.youtube.com/watch?v=CZGDIh-rNPI>

Whole Life Learning Continued

PENIKESE ISLAND RETREAT

Tuesday, May 31 – (Rain Date: Friday, June 3)

Rev. Saramaria will be leading us on another wonderful retreat to Penikese Island. Come enjoy the beauty of this historic island and bird sanctuary. The trip will include a reflection and practice on beauty. Minimum of 10 people, maximum of 18. Cost is \$75 per person. To reserve your spot, please email Saramaria at sallenby48@gmail.com.



Photos from the Nov. 2021 trip.



UUA General Assembly 2022



UUA GENERAL ASSEMBLY MULTIPLATFORM / PORTLAND • 2022

The annual General Assembly of the Unitarian Universalist Association will be held June 22-26 this year. [General Assembly](#) is an exciting opportunity to gather with thousands of UUs from around the country to participate in workshops, hear inspiring talks, and conduct the business of our association of congregations.

GA will be held in person in Portland, OR and virtually wherever you happen to be. You can register for either version [here](#).

You can attend the General Assembly whether you are a delegate or not. **If you wish to be a delegate, and thus vote in plenary sessions, please contact Larry Ladd (ladd.larry@gmail.com), chair of the Denominational Affairs Committee, by May 14.** UU Falmouth has four lay delegates. You can be a delegate whether you are attending in person or virtually. The Denominational Affairs Committee will be recommending delegates to the governing board, who appoints those delegates.

Social & Environmental Action Committee

The Wôpanâak Language Reclamation Project Needs Your Support

As part of the sad history of our Mashpee Wampanoag neighbors, their Wôpanâak language was outlawed by Christian missionaries in the 1800's. In 1993, the Wôpanâak Language Reclamation Project (WLRP) was formed to reintroduce this language to the Wampanoag Tribal Nation.

Today, more than 125 years after the language went dormant, students of the WLRP are the first Native Americans to reclaim a language and revitalize its use. This unprecedented language revitalization has been made possible by the existence of hundreds of documents written by the Wampanoag people. The Wampanoag people were the first Native Americans in North America to develop and use an alphabetic writing system. This was used as a principal means of communication with the colonists.

There have been many accomplishments since its inception, including:

- 24 kindergarten and first grade children are learning the language of their ancestors
- Mashpee High School offers credit-bearing Wôpanâak language classes
- An English-Wôpanâak: Wôpanâak-English dictionary has been created with 11,000 entries
- Language classes are provided to the Wampanoag community free-of-charge in Mashpee, Aquinnah, Boston, Plymouth and New Bedford
- Several Wôpanâak language children's books have been published. Also, Wôpanâak-version games have also been developed, including Go Fish, Scrabble and Uno

The WLRP needs your financial help to grow the project and ensure the long-term sustainability of the language. The long-term plans include growing the language school through grade 4, increasing classes offered to public schools, development of a language-learning app and development of more children's books.

One of the three priorities for the Social Action Committee in 2022 is to "Stand in Solidarity with the Wampanoag Tribe" by supporting the Wôpanâak Language Reclamation Project. We encourage you to reach out with any support you can offer to ensure the project's ongoing success.

Donations can be online at www.wlrp.org or mailed to the *Wôpanâak Language Reclamation Project*, PO Box 2241, Mashpee, MA 02549.

GROCERY CARD SALES

Pick Up On Saturday, May 14 from 10 AM -12 PM at the Meeting House

Our April card sales turnout was terrific—we sold \$6,000 worth of grocery cards for our local markets! That means we raised \$300 to help people in our neighborhood get shelter, food, or mental health services.

We also supported conservation and climate initiatives. These are great reasons to drive over to the Meeting House and buy your grocery cards from us in May and every month!



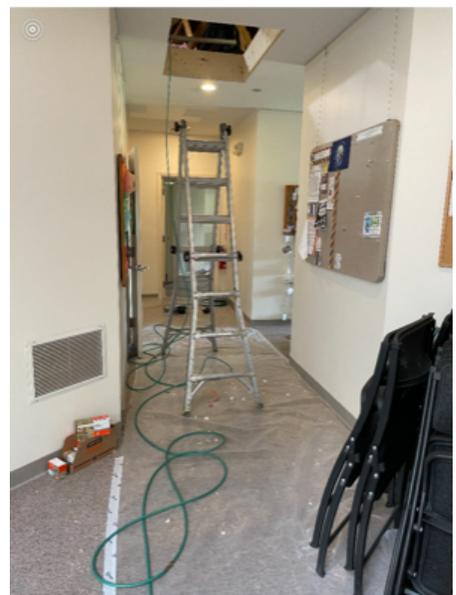
Looking Back...

On April 27-28, volunteers helped package and deliver 1,500 white oak tree saplings to be planted around the Cape. This was a collaboration with the Association to Preserve Cape Cod, the Faith Communities Environmental Network, schools on the Upper Cape, in addition to other faith communities and environmental groups.

A huge thank-you to Lew Stern and all the volunteers who made this important project a reality.



The construction on the Meeting House HVAC system has started!



UU Falmouth Announcements

Fellowship Gatherings

The Mah Jongg group is now playing in person at the Manor House in Lockstead on Tuesdays from 1:00-3:00 PM. For more information about Mah Jongg and directions, contact Peggy Sabin via admin@uuffm.org.

Fellowship Tea meets every Tuesday at 4 PM. To get the login, email admin@uuffm.org.

Men's Breakfast meets every **Thursday, from 8:00-10:00 AM.** If you would like more information, or for the Zoom login, please contact Bob Sabin.

Fellowship Lunch meets every **Thursday at noon.** To get the login, email admin@uuffm.org.

Brown Bag Book Bunch will meet **May 18 at noon.** If you have any questions, or need the Zoom login, please contact Chris Jacobi via admin@uuffm.org.

Caring Committee



***Thursday, May 12 is Olive Beverly's 104th birthday. Olive became a member of UU Falmouth in April 1979. She has been a loyal and responsible member, taking part in business meetings, volunteering in office; and was an early member of the Mah Jongg group. Olive brought her passion for social justice to the Social Action Committee, where she and Ted Clements represented UU Falmouth at the World Affairs Council meetings. Each August, Olive was at the vigil on the Falmouth Green reminding us of the dropping of the atom bombs and the danger of nuclear warfare. She participated in three weekly protest vigils during the Iraq War at the Falmouth Post Office.

Olive is and has been a vital part of our congregation. She looks forward each week to attending Sunday services and coffee hour on Zoom. Please join us in sending her 104 birthday wishes on May 12 and for the coming year. Her address is JML Care Center, Room 228, 184 Ter Heun Drive, Falmouth, MA 02540.

***The Caring Committee would like to recognize all the participants who helped to raise funds for Ukrainians by preparing take-out dinners. Special recognition to Dorothy Schrupf, Celia Gayer, Judy Titus, Carolyn Powers, Elga O'Dell, and Marite Burns for getting this off the ground. Kudos to Saramaria for connecting us to North Falmouth Congregational Church where we used their kitchen and made new friends.

***We are also sending good wishes to Judy Alden.

~Sharon Lowberg and Marcia Smith, Co-Chairs

MAY BIRTHDAYS!

05/01 Michael Singer
05/03 Steve Treistman
05/04 Henry Gartner
05/05 Victor Smith
05/08 James Liljestrand
05/08 Judy Alden
05/12 Margaret Cooper

05/12 Olive Beverly
05/12 Seth Stoffregan
05/13 Barry Blake
05/15 Gayle Simundza
05/16 Jacqueline Webster
05/16 Odin Tidemand
05/20 Alan Alai

05/20 Jenifer Alai
05/21 Jean Stern
05/28 Marilyn Pageau
05/29 Al Tomek
05/30 Callidora Ward

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2022			Red = All are welcome to attend.			
1 10am Sunday Service 4pm Book Discussion 4pm Fellowship Group #5	2	3 1pm - Mah Jong 4pm Fellowship Tea 7pm Twilight Zone & Theology 7:15pm Fellowship Group #2	4 9:30pm Writing Time 12pm Religious Services 3pm Partners Grief Support Group 7pm Coffee House	5 8am Men's Breakfast 10:30am Walk 12pm Fellowship Lunch	6 11am Dev. Committee 7pm Trust and Distrust in Society Presentation	7
8 Mothers Day 10am Sunday Service 4pm Book Discussion	9 2pm Praying with the Body 6:30pm Choir Rehearsal	10 11am Lay Ministry 1pm Mah Jongg 1:30pm F'ship Group #1 3:30pm Welcoming Congregation 4pm Fellowship Tea 4pm Social Action	11 9:30am Writing Time 1pm Caring Committee 7pm Coffee House	12 8am Men's Breakfast 10am Membership 10:30am Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 7pm Finance Committee	13 11am Dev. Committee	14
15 10am Sunday Service 12:30pm Walk 4pm Fellowship Group #5 4pm Book Discussion 7pm Youth Group	16 2pm Praying with the Body 6:30pm Choir Rehearsal	17 1pm Mah Jongg 4pm Fellowship Tea 7:15pm Fellowship Grp #2	18 9:30am Writing Time 11am Staff Mtg. 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group 7pm Coffee House	19 8am Men's Breakfast 12pm Fellowship Lunch 7pm Governing Board	20 11am Dev. Committee	21
22 10am Sunday Service 4pm Book Discussion	23 2pm Praying with the Body 6:30pm Choir Rehearsal	24 11am Music Committee 11am Lay Ministry Team 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Fellowship Tea	25 9:30am Writing Time 7pm Coffee House	26 8am Men's Breakfast 10:30am Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 5:30pm Whole Life Cmte 7pm Movie Baraka	27 11am Dev. Committee	28
29 10am Sunday Service 12:30pm Walk 4pm Fellowship Group #5	30 6:30pm Choir Rehearsal	31 Penikese Island Retreat 1pm Mah Jongg 4pm Fellowship Tea				