

N O V E M B E R 2 0 2 4

SANDSCRIPT

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

RELIGIOUS SERVICES IN NOVEMBER

November's Theme is *Living Love Through the Practice of Repair ... repair of ourselves, each other, or our broken world.* Let us reflect on this with a quote from bell hooks, who was a Distinguished Professor in Residence at Berea College in Kentucky: "Rarely, if ever, are any of us healed in isolation. Healing is an act of communion."

November 3 at 10 AM at the Meeting House and via Zoom — "Preserving Democracy In Our Hearts" led by Rev. Rali Weaver; service associate Judy Andrade. On this Sunday before the election, we will explore the ups and downs of our democracy and consider ways to preserve our hope for democracy in our hearts.

November 10 at 10 AM at the Meeting House and via Zoom— "Thank You For Your Service" led by Tom Kirkman; service associate Julie DeSorger. Tom is a longtime member of UU Falmouth, the UU Society for Community Ministries, and a U.S. Air Force veteran. This service will honor all those who have served in the military, but will additionally recognize all who serve their country, community, neighborhoods, faith communities, friends and family. "Thank you for your service" to so many in our congregation who find joy in promoting safety, healing, and hope based on our connection to one another.

November 17 at 10 AM at the Meeting House and via Zoom— "Healing the Fractures: The Journey of Repair" led by Rev. Rali Weaver; service associate Izzie Williams. Healing is a slow and often untethered journey. This week in worship, we will consider what it takes to repair our hearts and build bridges between our divisions.

November 24 at 10 AM at the Meeting House and via Zoom— "Celebrating Grassroots Partnerships for Human Rights" led by Carly Cronon and Carol Ann Cronon; service associate Rosa Whiting. UU Falmouth member Carol Ann Cronon and her daughter Carly, who works at Unitarian Universalist Service Committee (UUSC), are delighted to co-lead a worship about human rights, UUSC's grassroots partnerships, and some of the lesser-known ways UUSC works for justice.

*** Share the Plate on November 24** — On this Sunday, 50% of the collection will be donated to the UUSC Emergency Response Fund. This fund provides vital assistance to people impacted by natural or human-made disasters yet whose access to aid is most limited. Currently, UUSC is using resources from the Emergency Response Fund to support people facing the challenges from Hurricane Helene. Please give generously.

In November, Rev. Rali will be at the UU Falmouth Meeting House from 9 AM - 5 PM:

Friday 11/1, Saturday 11/2, Sunday 11/3, Monday 11/4
Friday 11/15, Saturday 11/16, Sunday 11/17 Monday 11/18
Friday 11/29, Saturday 11/30

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
November**

9 AM - 5 PM

Friday, November 1
Saturday, November 2
Sunday, November 3
Monday, November 4
Friday, November 15
Saturday, November 16
Sunday, November 17
Monday, November 18
Friday, November 29
Saturday, November 30
...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

Hello, My Falmouth Friends,

I am often asked what it means to be a member of a UU congregation, and since we are a creed-less and dogma-less collective, it can sometimes be challenging to answer. We do not need to ascribe to an absolute belief or have any litmus test for joining. We are not a club where membership has its privileges, although being a member of a UU congregation is a privilege.

Being a member of a UU congregation means embracing a diverse and inclusive community focused on spiritual growth, social justice, and personal exploration. Members come from various backgrounds, cultures, and belief systems, united by shared values such as compassion, equity, and respect for one another. The UU Church emphasizes the importance of individual experience in developing one's personal beliefs, encouraging members to seek truth and meaning through study, dialogue, and reflection.

Participation in a UU congregation often involves engaging in social action initiatives to foster positive societal change. Members are encouraged to actively engage through volunteering, advocacy, or collaboration with other community organizations. Additionally, UU services provide a space for worship that celebrates every person's inherent worth and dignity, allowing for varied expressions of spirituality. Ultimately, being a member of a UU congregation means committing to a journey of growth and service rooted in love and community.

UU Falmouth's relationship with the wider UU denomination has changed significantly in the past ten years. To begin with, the local districts have all but dissolved and merged with larger districts that fall under the direction of the Unitarian Universalist Association (UUA). Individual fellowships no longer have to pay dues per member to the broader UUA, but only pay a percentage of their budget for operations for the larger denomination.

If you have questions about membership vs. friendship at UU Falmouth or our relationship to the wider UUA, I am happy to discuss them with you or anything else you have on your mind. If you want to join the Membership Committee, they need a few new people interested in growing our fellowship.

In the meantime, I would love to talk to you about anything anytime.

With much love and appreciation,
Rali

minister@uffm.org 617-459-5979 (cell)

President's Corner



Dear Members and Friends,

Despite the nation's pre-election mood of fearful uncertainty, UU Falmouth seems to have stabilized and started moving forward. Membership is up from 153 to 156, attendance on Sunday and participation during the week are steady and growing a little. Participation in SEAC's *Get Out the Vote* effort was especially strong: 45 members and friends wrote 2,700 letters and postcards.

Here's an odd but sure measure of stability—October's Governing Board meeting was humdrum. Last week we spent an hour on the FY22 and FY23 financial audits. Lead auditor Barry Blake stated that in each year we had a solid ending balance to start the succeeding year, which is the essential function of an audit. UU Falmouth is financially sound, and the dollars add up correctly. However, there is room for improvement with respect to financial practices and we are working on that in FY25. Thank you Barry Blake, Gail Donkin, Dayle Carrol-Teal, and Gayle Simundza.

Phil Zimmerman reported that Building and Grounds developed a plan for realizing the Three-Year Plan's "visibility and neighborliness" goal. Jack Mulkeen cleared underbrush in the front yard between the driveway and the firehouse, a good beginning. A professional arborist will do the limbing up and volunteers will continue the underbrush clearance.

Membership is the key metric for measuring congregational health. Carolyn Powers led this work for many years and through tough times—thank you so much Carolyn. Board member Betsy Wilder, who has agreed to take on chairing the Membership Committee, sees work ahead. Our committee structure lends itself to silos, but the individual committees need to work together regularly toward mutual goals. For example, Outreach, Communications and Membership need to work hand in hand. Welcoming needs to work with SEAC. What provision has been made to assure a fresh level of collaboration? And our committees have tended to favor one gender or another, all men or more often, all women, but might be more effective if they were more balanced. Could the committee you serve on be more diverse? Are you recruiting in that direction? Are you on a committee yet? If not, please hop in.

At my house we're changing seasons. Houseplants in, porch furniture back to the cellar, screens off, windows washed, recipes found for what's promised to bring to our family pot-luck Thanksgiving. November is the official season of gratitude, but it's never untimely. Thank you universe.

Charlotte Harris
Governing Board President

charris20@me.com 617-645-8609

Rev. Rali's Schedule

Rev. Rali will be at UU Falmouth every other week in November 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 the rest of 2024-2025:

November 1, 2, 3, 4 and 15, 16, 17, 18 and 29, 30...

(Note change from originally posted November dates.)

December 1, 2 and 13, 14, 15, 16

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 or calling 617-459-5979.

Upcoming UU Falmouth Events

“Get Out the Vote” Effort

The congregation-wide “Get Out the Vote” effort was launched by the Social and Environmental Action Committee in March in response to the Three-Year Plan. The goal of the project was two fold: it was intended to support the UU’s 5th principle that calls for us to embrace and support democracy, and it was intended to build community within UU Falmouth as we worked together. Our aim was to write postcards or letters to registered voters in swing states, encouraging them to get to the polls in November.



Through our core effort with registered voters, **45 members and friends in our congregation wrote 2,700 letters and postcards**. While some people mailed their letters and cards themselves, a large number went out from the Meeting House in early October.

Thanks to everyone who participated in this project. Let’s hope for a robust turnout on November 5!

Thanksgiving Potluck?

November 28 at the Meeting House

We hope to have another Thanksgiving Potluck this year. If you're able to help organize or want to attend, contact Ellen Todd at ellen@jackson-todd.com or John Jackson at john@jackson-todd.com. Watch the Sandwich Road Menu for more information.



Upcoming UU Falmouth Events (continued)

Community Circles Open to All

November 8 and the second Friday of the month at 2 PM at the Meeting House



The Community Circle's structure creates an opportunity for all of us, in community together, to speak our truth and be heard by each other. We come together as equals, seek a deeper understanding of ourselves and each other, and learn how to move forward in a way that values everyone's needs.

The topic for November is "Holidays." Feel free to bring a friend!

Expressive Movement Program

November 8 and alternating Fridays at 6:30 PM at the Meeting House

Join Shamballa Healing Center and Certified Journey Dance instructor Abby Polk for an evening of guided and free-form movement, expression, rejuvenation, and expression.

We will begin with brief introductions and intentions if people would like to share, then move into gently guided movement designed to help us get in touch with our body's natural energy. Abby will guide us through different free flowing movements, inviting us to relax, explore and move to the beautiful music.

With gentle lighting and a variety of music, we explore how energizing and restorative movement can be. Everyone is invited to move at their own pace and comfort level.

Session time: 6:30-8:00 PM. Suggestion donation: \$20. Donations go toward compensating our guest instructor and supporting our non-profit healing center in West Falmouth.



Gifts for Good—Alternative Gift Market

November 9 and 10 at St. Barnabas Church, Main Street, Falmouth

On November 9 & 10, the Alternative Gift Market will be back for its 18th year with an addition to its name: **Gifts for Good – Alternative Gift Market**. The market will be **open to the public Saturday 10 AM-3 PM and Sunday 11 AM-3 PM**. This interfaith event, started by UU Falmouth in 2007, is now co-sponsored by seven Falmouth congregations and supported by five others. This year we will be raising funds for 10 local and 10 global charitable organizations working to better the lives of people and of our planet.



You can read more on their website <https://alternativegiftmarketcapecod.org/>. Contact Julia Withers or Jane Jackson via admin@uuffm.org for additional information.

Upcoming UU Falmouth Events (continued)

Pernambuco Concert

Sunday, November 17 at 4 PM at the West Falmouth Library



The Pernambuco Chamber Ensemble returns to Falmouth for its fall concert on November 17 at 4 PM at the West Falmouth Library. The program includes works by Louis Ferdinand, Prince of Prussia; J. S. Bach; songs of R. Schumann; and Schumann's Piano Quartet, op. 47.

Register to attend on the West Falmouth Library website: westfalmouthlibrary.org.

NEW Coats, Hats, Mittens and Scarves Drive During November

The Social and Environmental Action Committee (SEAC) will be collecting NEW children's coats, hats, mittens (especially waterproof) and scarves during November. Dollar donations will also be collected each Sunday.

The Falmouth Service Center hopes to help keep all the children of Falmouth warm and dry this winter. Help us make this effort a success any way you can. There will be a rack in the atrium to collect the coats, which will be delivered to the Falmouth Service Center on November 30th. Contact Pam Morrone via admin@uuffm.org for more information.



"Feathers to Fedoras"

November 1-27 at the Falmouth Arts Center

During the month of November, as part of the LINK (Linking Indigenous & Non-Indigenous Knowledge) Educational Series, there will be an exhibit at the Falmouth Arts Center. Come get an inside look at traditional to contemporary native wear, plus two special artist demos:

- * **Beadwork by Tia Pocknett on Saturday, November 2 from 1-2 PM**
- * **Wampum Jewelry by Hartman Deetz on Saturday, November 9 from 1-2 PM**



"Gathering"

Saturday, November 30 from 1-3 PM at the Meeting House



Come join us for the final program in our 2024 Educational Series and share your thoughts and reactions to what you have learned. Our speakers have opened our hearts and minds to seeing and understanding the Wampanoag people, their history and their culture in a different light. How have these programs changed you and what you believe about the people and the natural world of Cape Cod? All series participants are welcome to attend.

This program has been a year-long collaboration between L.I.N.K. and UU Falmouth, supported by The Fund for Science and The Falmouth Fund of the Cape Cod Foundation.

Information can be found at their website: linkcapecod.org.

UU Falmouth Announcements



November Birthdays



11/01 Avis Grosslein	11/16 Scott Fitzmaurice	11/28 Jack Mulkeen
11/06 Darby Rioux	11/17 Marion Flurkey	11/28 Pia Munro
11/08 David Caseau	11/23 Elizabeth Saito	
11/12 Amy Bower	11/25 Micaela Champagne	
11/13 Joan Vaughn	11/26 Bill Donkin	

Fellowship Weekly/Monthly Gatherings

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

- **Breakfast Bunch (aka The Breakfast Group)** - Tuesdays at 8 AM. This month it will be at Moonakis Cafe, 460 Waquoit Hwy, East 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.
- **Brown Bag Book Bunch** - Wednesday, November 20 at noon (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 on November 7, 14, and 21; NO meeting on November 28 (Thanksgiving). 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, November 7 and 21 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, November 8 at 2 PM at the Meeting House - open to the public; the topic is "Holidays." For more information, contact Joanne Treistman at treistmanjoanne@gmail.com.
- **NEW! Expressive Movement** - Friday, November 8 at 6:30 PM at the Meeting House. (See article on page 5.)
- **Percussion Discussion** - Friday, November 22 at 6:30 PM at the Meeting House.

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
November 2024						
				Red = All are welcome to attend.		
					1	2 9:30am Starting Point Group
3 DAYLIGHT SAVINGS ENDS - CLOCKS BACK ONE HOUR! 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	4 10:15am Religious Services 6:30pm Choir Rehearsal	5 8am Breakfast Bunch 1pm Mah Jongg 4pm Fellowship Tea	6 9:30am Writing Time 1pm Committee on Ministry 3pm Partners Grief Support Group	7 8am Men's Breakfast 1pm Chimes Ensemble 3pm Chimes Workshop	8 2pm Community Circle 6:30pm Expressive Movement	9
10 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	11 1pm Caring Community Meeting 6:30pm Choir Rehearsal 8pm Music Committee	12 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Cong. Committee 4pm Fellowship Tea	13 9:30am Writing Time 3:30pm Lay Ministry Team	14 8am Men's Breakfast 10am Membership Committee 10:15am B&G Meeting 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	15	16 9:30am Starting Point Group
17 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	18 6:30pm Choir Rehearsal 7 pm SEAC Meeting	19 8am Breakfast Bunch 1pm Mah Jongg 4pm Fellowship Tea	20 9:30am Writing Time 11:45am Soul Matters Small Group 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group	21 8am Men's Breakfast 1pm Chimes Ensemble 3pm Chimes Workshop 7pm Governing Board	22 6:30pm Percussion Discussion	23
24 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	25 6:30pm Choir Rehearsal	26 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Fellowship Tea	27 9:30am Writing Time 11:45am Soul Matters Small Group	28 HAPPY THANKSGIVING!	29	30 1pm LINK Program Gathering