



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 2 at 10 AM at the Meeting House and via Zoom—"From Scarcity to Gratitude" led by Rev. Rali Weaver; service associate, Joanie Thompson. This Sunday, we're diving deep into the powerful shift from scarcity to abundance. So often, we unknowingly limit our ability to fully appreciate the richness of our lives by focusing on what's missing. But what happens when we open our hearts to a mindset of abundance? Together, we'll explore how to break free from this narrow view, discover the transformative power of gratitude, and take steps toward embracing a life of generosity and openness.

November 9 at 10 AM at the Meeting House and via Zoom—"The Faces of Extremism: Confronting Violence and Inciting Peace" led by Rev. Rali Weaver; service associate, Carolyn Powers. Extremism in all its forms—whether political, religious, or ideological—breeds violence and division. From street protests to online hate, we witness the destructive power of rigid beliefs that justify harm. This Sunday, we reflect on how extremists commit violence, not just with fists, but with words and ideologies. What can we do to counter this? Join us as we explore how to confront hatred with compassion and stand against violence in all its forms.

November 16 at 10 AM at the Meeting House and via Zoom—"Good Fences Make Good Neighbors" led by Rev. Rali Weaver; service associate, Tom Kirkman. In this Sunday's service, we explore the complex role that boundaries play in our lives—both in our relationships with others and with ourselves. Boundaries are often seen as essential for self-care, personal growth, and maintaining healthy interactions. But are there times when they can isolate us or create unnecessary divisions? Join us as we reflect on how setting and respecting boundaries can both protect and limit us.

***Share the Plate November 16 will go to Neighborhood Falmouth.**

November 23 at 10 AM at the Meeting House and via Zoom—"Life on the Gender Continuum" led by Rev. Rali Weaver; service associate, Scott Fitzmaurice. We will explore the fluid and diverse nature of gender, embracing it as a spectrum rather than a fixed binary. By reflecting on the teachings of love, acceptance, and justice, we seek to understand how our Unitarian Universalist values call us to honor and celebrate the unique identities of all people.

November 30 at 10 AM at the Meeting House and via Zoom—"The Texture of Our Lives" led by Ellen Todd; service associate, Izzie Williams. A few months ago, another member of our Fellowship noticed that I was knitting before the service. She is also a knitter and challenged me to do a sermon on knitting. After giving it some thought, I realized that knitting makes a good metaphor for life. Sometimes we do everything right and are pleased with what we've easily created. Other times, we make mistakes, figure out how to fix them and end up pleased with our results. And, sometimes we make such a tangled mess that we have to throw things out and start over. Most of us experience more than one of these as we create the texture of our lives.

Minister's Message



Unitarian Universalist Fellowship of Falmouth

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UU Falmouth Staff

Reverend Rali Weaver
Minister

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Our website:
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Dear UU Falmouth Friends,

While ritual practice is not prescribed in our UU context, it remains critical, in part, because it facilitates deeper connections and helps us get to know one another better. During Joys and Concerns, when you pick up one rock or three, whether you choose a small or large one, your community witnesses this, and this public acknowledgment validates your experience. It deepens our sense of belonging and connection to share them each week, even if we never write down what we carry or say the words.

This ritual is also important because it strengthens our sense of compassion and fosters caring for one another. Sharing sorrows is a form of burden-sharing; it allows the community to lend its strength and support, thereby lessening the individual's load. Whether this ritual takes 2, 5, or 15 minutes, we know it is the time that is needed to hold each other in care, sympathy, and celebration.

Bringing your concerns and joys to this place, which many of us call home, can also help build your resilience. By giving voice to a positive experience, the community helps to amplify your joy, reinforcing that good feeling and creating positive emotional resources. Sharing a struggle, on the other hand, provides the cathartic release necessary for emotional healing.

After my mother died, I felt as if my grief was amorphous and untenable, affecting all parts of my life. When I finally started attending a grief group at my local UU church, I started to have a place for my grief to go, and I began to feel as if I could breathe again, and my anger dissipated. Having a dedicated, safe place to express sorrow helps us contain the pain and live more fully, and having a place to share joy helps us feel less alone, because shared joy is multiplied joy. This is what I think a spiritual community is good for, if we let it: witnessing our lives. This requires us to play our part, though. We need to be willing to be vulnerable and share our lives with a community if we want it to witness our lives.

There are so many opportunities to share your lives here at UU Falmouth: Community Circles, Grief Group, Sermon Discussions, Soul Matters, Men's Breakfast, Walking Groups, Spirituality Discussion, just to name a few. Even our committee work, social action, or any place we gather together can be a space where we witness each other's lives with care and compassion. I hope that we continue to practice expanding our sense of care and compassion for everyone, so that as we grow and invite more people to join us, our sense of community will also continue to grow. The more we share our emotional reality and ritualize our caring, the stronger and more connected our entire community becomes.

With love, Rali

A note about Important Sunday Announcements: Please submit all your announcements to Rev. Rali Weaver at minister@uuffm.org by 10:00 AM on Friday mornings. This deadline is important for helping her stay organized and ensuring she doesn't get flustered or forget anything important that needs to be said on Sunday morning.

Governing Board Report



(Phil kindly agreed to write this report while Charlotte was away.)

Dear Members and Friends,

Before I report and expand on the agenda items that were before the Governing Board meeting on Thursday, 16 October, I would like to take a personal moment to reflect on the progress that we have made as a fellowship over these last months. We all should be proud! It feels like a new place; a new hope. It's just great to see the Fellowship so vibrant again...and, after all, vice presidents don't get to do this too often.

We have made wonderful advancements in ministerial fellowship, growth, and Meeting House improvements. We have a new settled minister, very healthy membership and financial growth—and everything from a 21st century environmentally friendly new and improved interior environmental control system with excellent indoor air quality (now completely paid for, I might add); a new audio/visual system in the sanctuary; a refurbished parking lot; recently cleaned sanctuary and atrium carpets; and now a new high temperature state-of-the-art sterilizing dishwasher! We are firing on all cylinders!

It's been a busy month at the Meeting House with seminars, workshops, and new upcoming events being planned, so be on the lookout for these when reading your *Sandscript*.

Of course, the work of the Governing Board is never finished! The board was asked by Building and Grounds to continue to support our Green Sanctuary sustainable design philosophy used in making energy, material, and indoor air quality decisions. Rev. Rali is going to be researching the latest ideas from UUA on this and will be reporting to the board. The board was also asked to consider whether to support several proposals for consideration at General Assembly. These will require the support of 15 UU congregations. Rev. Rali will be providing more information to the board before any final decision is made. One proposal requests that the UUA create a task force to review the Ministerial Fellowship Committee (MFC) policies as they relate to Interim and Developmental Ministries. Another proposes to amend the UUA bylaws by providing compensation during a minister's suspension from fellowship, and the policies defining permissible compensation will also be under consideration.

The Governing Board, in executive session, selected John Jackson to fill the open director's seat and John has graciously accepted! We wholeheartedly thank John for being willing to step up and serve in this important position.

Balance Sheet as of September 30, 2025

Investments: Baxter Prince Endowment	\$182,545
Vanguard Star Fund	\$297,599
Vanguard Account 3 – Recent Unrestricted Assets	\$106,311
Balance Sheet Accounts:	
SAC Food Certificates	\$ 15,951
TD Bank Checking	\$119,689
TD Money Market	\$ 44,423
Minister's Discretionary	0
Total Assets	\$767,450
Liability - Employee Pretax Health Insurance	\$ 1,130
Total Assets Less Liabilities	\$766,320

Sincerely, Philip Zimmerman
Governing Board Vice-President
Zimmerpen1@verizon.net * 508-524-7640

Upcoming UU Falmouth Events & Notices

THE END ZONE READING GROUP: Exploring Life, Death, and Grief

Every Tuesday, starting November 4 from 6-7:30 PM on Zoom only

Hosted by Rev. Rali

You are invited to join *The End Zone* Reading Group, a space for deep reflection and meaningful conversation on life's profound final chapters.

In this group, we will explore topics of mortality, peace, grief, and the sacred work of preparing for the end of life through three thoughtful and transformative books.

Our Reading List: (Some extra copies of these books are available in the church library)

November: *No Death, No Fear: Comforting Wisdom for Life* by Thich Nhat Hanh: A gentle yet profound look at understanding the continuous nature of life and how to transform our fear of death.



December: *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief* by Francis Weller: An exploration of grief as a necessary and essential practice, providing a context for understanding its relationship to personal and collective healing.



January: *The Art of Dying Well: A Practical Guide to a Good End of Life* by Katy Butler: A comprehensive, compassionate guide that offers practical wisdom and advice for navigating the medical, emotional, and spiritual challenges of the end-of-life process.



Whether you are seeking personal solace, preparing for future eventualities, or simply curious about these vital topics, all are welcome to join this supportive and reflective circle.

To sign up and receive the Zoom login, please contact Rev. Rali at revraliweaver@gmail.com or email admin@uuffm.org.

20th ALTERNATIVE GIFT MARKET

Saturday, November 8th (10 AM - 3 PM) & Sunday, November 9th (11 AM - 3 PM)
St. Barnabas Church, Falmouth

This year marks the **20th Anniversary of the Alternative Gift Market (AGM)**. Initiated by UU Falmouth in 2006, the AGM is now sponsored by seven congregations and held every year at St. Barnabas in early November. **Mark your calendars** - this popular fundraiser for worthy nonprofits is a not-to-be-missed annual event. The AGM includes fair trade vendors in addition to the opportunity to learn about and donate to worthy nonprofits that are doing much needed work in our community, country and around the world.



Thank you to all the UUs who have signed up to work at the market!
Thank you to all who are planning to attend this year's market!

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 & Notices

SUFI DANCE MEDITATION CLASS with Dunya

Saturday, November 8 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.



***BUILDING BRIDGES, NOT WALLS* Workshop**

Wednesday, November 12 from 10 AM - 1 PM at the Meeting House

Conflict is all around us and often pushes us apart, especially in today's highly polarized society. With the right tools to engage in difficult conversations, conflict can become an opportunity for growth, building stronger relationships and creating positive change.

This workshop will introduce practical ways to reframe how we express ourselves and hear others that build trust and help people to feel heard, respected, and valued.

A light lunch will be served. Registration is limited so sign up early!

For more information or to register, please contact:

Rev. Rali Weaver at revraliweaver@gmail.com or 617-459-5979

Andy Raymond at araymond43@gmail.com or 518-944-5485.

"Navigating Challenges and Building Support for the Trans Community on Cape Cod"

Transgender Day of Remembrance: A Night of Reflection and Action

Wednesday, November 12 at 7 PM at the Meeting House

You are warmly invited to join us for a special gathering to honor the *Transgender Day of Remembrance*. This is a time to recognize the lives lost to anti-transgender violence and recommit ourselves to building a world of safety and equity. We will gather at the Meeting House for a vital discussion to help us recognize and consider ways to support the trans community on Cape Cod.

We are honored to host Ann Burke, a dedicated advocate whose work has profoundly impacted the region. Ann is the Cape Cod advocate for Fenway Health Violence Recovery Program and the founder and chairperson of the Cape and Islands Transgender Resource Fund. She will share her insights on current challenges and explore meaningful ways we can strengthen support for our local transgender community. Ann will stay following the presentation to answer questions.



This event is a significant opportunity to learn, listen, and stand in solidarity.

Upcoming UU Falmouth Events & Notices

SAFETY DAY—Be Prepared! Be Safe! Be UU!

Sunday, November 23 after the service at the Meeting House

After our worship service on Sunday, November 23, stick around! We're all about fellowship, but we also need to be prepared. The fabulous Cynthia Dyer will review the safety protocols to ensure everyone's safety and well-being in the event of a health emergency. Let's do our part to keep our Fellowship the safest and most responsible spot in town. Don't miss out on this vital meeting of our fellowship! **Lunch will be provided.**



SPIRITUALITY DISCUSSION GROUP Returns

With Lisa Jo Rudy and Rev. Rali Weaver

Wednesday November 26 (and every other week) at 4 PM at the Meeting House

Are you curious about the deeper questions of life? Do you seek a sense of connection to something larger than yourself? Join us every other Wednesday for an enriching discussion group where we explore spirituality through diverse lenses—inviting both new ideas and ancient wisdom.



November 26: Is synchronicity more than coincidence? We're thinking about an old friend and they call us out of the blue. You see the number 16 over and over again all day long. Is it just coincidence, or is there something more to this type of synchronicity?

Whether you come with deep spiritual convictions or simply a sense of wonder, all perspectives are welcome. Bring your questions and your experiences as we navigate these timeless mysteries together.

3rd Annual POTLUCK CELEBRATION OF HARVEST & GRATITUDE

November 27 at 2 PM at the Meeting House

Members and friends are welcome to join us at the Meeting House—and to bring friends or family—for a festive celebration of harvest and gratitude.



Helpers are needed to plan this annual feast. Sign up to volunteer on the sheet in the lobby starting November 9. Contact Ellen Todd at ellen@jackson-todd.com with any questions.

WINTER COATS, HATS, MITTENS NEEDED!

In November please bring in gently used adult winter coats, jackets, hats, gloves and scarfs and put them on the rack in the foyer. They will be donated to those in need through the Falmouth Service Center, Duffy Health Care Services, and at the Tuesday/Thursday lunch events at St. Barnabas.

In December please bring in NEW children's jackets—boys and girls toddler to size 12/14. They will be donated to the Cape Cod Foster Closet and the Falmouth Service Center. Last year we donated over 20 brand new beautiful jackets and received the nicest thank you letters. Watch for sales!



Upcoming UU Falmouth Events & Notices

JOIN OUR *COLLATION* COMMITTEE

Did you know that “collation” can mean both organizing information *and* enjoying a light, informal meal? I was excited to learn this while reading over the summer, and now I want to invite you to be part of something special that connects both meanings.

As a minister, I often encounter people during some of the most challenging moments in their lives, when they need care, comfort, and a little nourishment. That’s where you come in!

We’re looking to form a Collation Committee—a warm-hearted group of volunteers who can provide light refreshments (think cookies, finger sandwiches, or fruit) during church events, especially memorial services.



Here’s how it works: If you’re interested, you may be asked to provide a simple offering for an upcoming event, typically a week in advance. But don’t worry! You can always choose to say “yes” or “no” depending on your availability, and there’s no pressure to commit every time.

In addition to providing refreshments, we occasionally need volunteers to assist with catering—greeting caterers, showing them where to go, or helping to set up. We also need a few more hands to help with opening and closing the Meeting House when outside groups use our space.

If you’d like to be part of this meaningful service, or if you have any questions, please reach out to me directly at revraliweaver@gmail.com or 617-459-5979, or Ellen Todd at ellen@jackson-todd.com.

Thank you for considering this opportunity to nurture others through small acts of kindness!
Warmly, Rev. Rali Weaver

~~SUNDAY SCHOOL~~ “COOL” NEWS

We have changed the name of Sunday School to Sunday “Cool” because it’s just too cool to be called school! We have been having so much fun celebrating autumn. We have contemplated the changes that the plants and animals make as they prepare for winter. We also celebrated an October birthday!

A big thanks to teachers: Tedi Bell, Nannette Oldenbourg, Jean Stern, Joanne and Steve Treistman for providing such a welcoming space.

In November we will be exploring how people around the world celebrate and give thanks to the harvest. All sessions are free standing and are welcome to all children. ~Cynthia Dyer

ASSISTED LISTENING OPTIONS DURING SUNDAY SERVICE

In addition to the much-improved sound quality of our new speakers in the sanctuary and foyer **we have several options to help you hear better during Sunday services and other events.**

- (1) We have 6 wireless receivers with headsets (or you can use your own headset or earbuds) that are very easy to use.
- (2) You can install the ListenWiFi app on your phone and use it as a wireless receiver with your own earbuds. Instructions are available in the Meeting House.
- (3) You can use your phone to connect to the Zoom broadcast over our new improved Wifi (password available at the Meeting House).



Ask a shepherd for assistance or talk to a member of the Zoom Squad (Jenny Carlson-Pietraszek, John Jackson, David Mark Welch, and Rudolf Oldenbourg).

UU Falmouth Announcements



November Birthdays



11/1 Avis Grosslein	11/13 Joan Vaughn	11/25 Micaela Champagne
11/5 Ana Maria Velez	11/16 Scott Fitzmaurice	11/26 Bill Donkin
11/8 David Caseau	11/17 Linda Whitehead	11/28 Jack Mulkeen
11/12 Amy Bower	11/23 Elizabeth Saito	11/28 Pia Munro

Fellowship Weekly/Monthly Gatherings Open to All

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

- **Accessible Walking Group** - We will be taking a break for the winter. See you again in the spring. For more information, contact Cynthia Domack or Wendy Bone.
- **Breakfast Bunch** - Tuesdays at 8 AM. This month it will be at Daily Brew, 412 N. Falmouth Highway, North Falmouth (old Silver Lounge). 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 Mah Jongg game.* For more information, contact Peggy Sabin.
- **Brown Bag Book Bunch** - BBBB will meet on Wednesday, November 19 at noon (and the third Wednesday of the month) at the Meeting House. For more information, contact Chris Jacobi.
- **Men's Breakfast** - Thursdays from 8-9:30 AM at the Meeting House—but not on Thanksgiving. (Gatherings will resume periodically at Dave's barn in June.) 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.
- **Community Circle** - Friday, November 14 at 2 PM at the Meeting House - open to the public. The theme for November will be "Thankfulness." 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** (drum circle and sound healing) - Friday, November 21 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- **Grief Group** - Friday, November 28 at 1 PM (and every 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
November 2025 Red = All are welcome to attend.						
						1
2 DAY LIGHT SAVNGS-Clocks Back 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	3 9:30am Staff Meeting 10:30am Religious Services Committee 6:30pm Choir Rehearsal SEAC Committee	4 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group	5 9:30am Writing Time	6 8am Men's Breakfast 1pm Chimes Ensemble	7	8 10am Prostate Cancer Group 10am Alternative Gift Market 10am Dance Meditation
9 10am Sunday Service 11am AGM 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	10 1pm Caring Committee Meeting 6:30pm Choir Rehearsal 8pm Music Committee	11 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation Committee 6pm End Zone Reading Group	12 9:30am Writing Time 10am Building Bridges, Not Walls 7pm Navigating Challenges and Building Support for the Trans Community on Cape Cod	13 8am Men's Breakfast 10:15am B&G Meeting 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	14 10am Writer's Path Group 1pm Membership Committee 2pm Community Circle	15
16 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion	17 6:30pm Choir Rehearsal	18 8am Breakfast Bunch 1pm Mah Jongg 6pm End Zone Reading Group	19 9:30am Writing Time 12pm Brown Bag Book Bunch	20 8am Men's Breakfast 1pm Chimes Ensemble 7pm Governing Board	21 6:30pm Percussion Discussion	22
23 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30am Safety Day 11:30 Sermon Discussion	24 6:30pm Choir Rehearsal	25 8am Breakfast Bunch 1pm Mah Jongg 1:30pm Fellowship Group #1 6pm End Zone Reading Group	26 9:30am Writing Time 4pm Spiritual Discussion Group	27 THANKSGIVING 2pm Pot Luck Celebration of Harvest and Gratitude at the Meeting House	28 10am Writer's Path Group 1pm Grief Group	29
30 10am Sunday Service 11:15am Coffee Hour/ Grocery Cards 11:30 Sermon Discussion						