UU Falmouth
Unitarian Universalist Congregation



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

RELIGIOUS SERVICES IN NOVEMBER

Our Soul Matters theme for November is *Healing.*

November 1 at 10 AM at the Meeting House and via Zoom—"Humor As Healing" led by Rev. Rali; service associate Persia Garland Moen. "Make 'em Laugh, Make 'em Laugh. Don't you know the whole world wants to laugh?" We will explore the healing nature of comedy on this All Souls Sunday in November. Kathi Sommers will also be on hand to make you smile.

November 8 at 10 AM at the Meeting House and via Zoom — "Grief As a Deepening Nurturer" led by Rev. Rali; service associate, Carolyn Powers. We will explore some of the lessons learned and deepest healing available to us from the saddest and most difficult times in our lives.

November 15 at 10 AM at the Meeting House and via Zoom—"Our Healing Parts" led by Rev. Rali; service associate, Grace Garland Moen. As we continue to explore modes and methods of healing, we will consider the work of the Father of Internal Family Systems Therapy, Richard Schwartz, in exploring our core self and embracing our own internal healing.

Share the Plate will go to Fairwinds Clubhouse which offers support and opportunities for people with mental illness. Employment placements, housing opportunities, pre-vocational training, education, and recreation programs are available to their members. Fairwinds is a clubhouse with a network of supportive friends who encourage success. https://disabilityinfo.org/records/fairwinds-clubhouse/

November 22 at 10 AM at the Meeting House and via Zoom—"Humanist Sunday / Universal Children's Day" led by Rev. Rali Weaver; service associate, Rosa Whiting. As we near the anniversary of when Darwin first published *On the Origin of Species,* we will explore how learning about human origins questioned the church and helped free thinking to blossom. It is Universal Children's Day as well.

November 29 at 10 AM at the Meeting House and via Zoom—"Learning to Thrive and Change Lives with Deep Compassion" led by Lew Stern; service associate, Rosa Whiting. Compassion is not simply caring. It provides something special for us to feel understood, accepted, and cared for. When times feel unpredictable and stressful, deep compassion from one another connects us in a special way, and provides a sense of stability and love. Science shows that deep compassion with another causes genes to be expressed differently—impacting what and who each of us becomes. Both can thrive and become part of each other, part of all the people we touch, and those we leave behind. In this service we explore how, together, we can survive and thrive with deep compassion.

Minister's Message



Unitarian Universalist Fellowship of Falmouth
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UU Falmouth Staff

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Our website:
https://uufalmouth.org

Dear UU Falmouth Friends,

As Thanksgiving approaches, my heart is overflowing with gratitude. Looking back on my first full-time year with UU Falmouth, I am deeply thankful to have found this warm, vibrant sanctuary, and for the incredible ways you have supported my growth as your minister.

From supporting my time in Minneapolis to holding space for my ongoing learning, to sharing your stories with me and letting me participate as a witness in your lives, your faith in me has been a constant source of strength. This overwhelming support shone through during the installation weekend—a joyful, unforgettable celebration filled with laughter, connection, and community. From the rousing party and the lively children's fair—replete with everything I dreamt of, and even things I hadn't, such as the instrument petting zoo—to the wonderful picnic, reception, and service full of music and dancing, the weekend truly captured the spirit, warmth, and vibrancy of our fellowship.

That same spirit of support accompanied me on my journey to Africa in September. Many of you have asked me to share what I did and learned while I was there. In response to your curious and generous questions, I will share my first reflections and slides on Wednesday, November 11th at 6:30 PM as part of our lifelong learning events. I look forward to coming together to share stories, photographs, and reflections on the deep insights and connections I brought back with me. I also hope we can all revisit vacations as part of a larger collaborative slideshow this winter.

Reflecting on all these experiences, I am reminded that while I may be just one minister serving this active, vital congregation, the true heart of our UU Falmouth Fellowship lives in each of you. It astounds me every day how many people make this church thrive through their dedicated participation, energy, and sheer will. Whether you are teaching Sunday Cool, setting up social hour, participating in sermon discussions, serving on committees, tending the grounds, offering a warm welcome to a newcomer, or just showing up for service, you embody the beauty of our fellowship.

This Thanksgiving, I offer my deepest gratitude to each of you. Thank you for walking alongside me, for nurturing my ministry, and for giving so generously of your time, talents, and hearts to make our fellowship a beacon of love and justice for everyone.

Happy Thanksgiving!

With Love,

Rali

Governing Board Report



UU FALMOUTH BOARD

2026-2027 Officers

Charlotte Harris, President
Phil Zimmerman, Vice President
Betsy Wilder, Treasurer
Joanie Thompson, Clerk

Directors

Cynthia Dyer
John Jackson
David Mark Welch

2026-2027 Committee Chairs

Art Exhibits—Joanie Thompson
Building & Grounds—Dave Crichton, Phil Zimmerman, Dave Dimmick, emeritus chair
Caring Community—Betsy Young
Committee on Ministry—Alice Liljestrand
Communications—Joanie Thompson & Nannette Oldenbourg
Denominational Affairs—Larry Ladd
Fellowship Activities—Steve & Joanne Treistman
Finance—Gayle Simundza
Flowers—Ellen Todd
Lay Ministry Team—Tom Kirkman
Leadership Council—Steve Treistman
Membership—Jane Jackson
Memorial Woodland—Celia Gayer
Music—Susan Brooks
Nominating—Jane Jackson
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
Zoom Squad—John Jackson

Hello Members and Friends,

The October Board meeting was something of a ho-hum except for one lively discussion about landscaping, but really about how decisions are made within UU Falmouth.

Before we got to the lively part, we did regular business: agreed to up the fees for visiting musicians; agreed to have active shooter drills every year; heard regular reports that you can read all about in the minutes of the meeting Kit emails to you. Not to worry, all's in good shape.

So, what was the lively discussion about? Landscaping Decision Making was the hot button agenda item, prompted by the addition and then removal of a new element to the Meeting House's front yard. How did that happen and who said it could happen? For three, going on four, years this board has supported decision making by the committees responsible. Committees get an annual budget through a three-step plan and approval process and they can spend that budget as they planned without seeking further approval. But what about issues that pop up during the year and items individuals pay for outside the budget process? That's a grey area. It took ¾ of an hour of airing who said what to whom to agree, finally, that the UU Falmouth way is to talk with people before taking action, and use your people sense about who to include. Certainly fellow committee members, but also others who have shown interest in the the type of action being contemplated. Quakers have a covenant to use consensus, UU's have a practice to talk things through to avoid surprise outcomes. By the day after the meeting, I think we were proud of ourselves for talking this through and not letting a conflict fester.

The Caring Committee update was the expected highlight of the meeting. After we calmed down from our lively discussion, Betsy Young, chair of the Caring Committee, named their membership, activities and concerns. Committee members are Pam Morrone, Jane Jackson, Linda Carpeno, Gail Donkin, Judy Andrade, Ellen Todd, and Nancy Wendlandt. They write cards, arrange for rides and visits, and maintain a confidential spreadsheet of members' needs. While names of members in need cannot be shared outside the congregation, names are posted on the bulletin board in the Meeting House foyer beside the door to the name tag room. Betsy emphasized that the committee needs more members – new volunteers will be warmly received.

It's November, thanks giving time. The Unitarian Universalist Association has again thanked UU Falmouth for giving the full requested amount to support the denomination. Congratulations to all of us for this loyal support and thanks to all who contributed. We enter November with some trepidation about the imminent election, but knowing that whatever the outcome, we will have much to be thankful for.

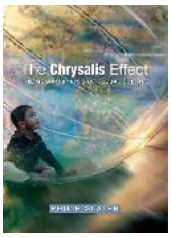
Charlotte Harris, Board President
charris20@me.com * 617-645-8609

Upcoming UU Falmouth Events & Notices

JUSTICE BOOK GROUP Is Returning: *The Chrysalis Effect*

Come to a short meeting November 1 at 11:15 PM to choose a date and time for this group.

Ever wonder what lies on the other side of today's cultural unrest? Philip Slater's *The Chrysalis Effect* reframes our era's turbulent political and social dynamics, not as a breakdown, but as a transition—a cultural metamorphosis from outdated dominance structures toward collaboration and connection. It's an inspiring, eye-opening read for anyone curious about the future of society.



If you are interested in joining this conversation, meet briefly after church on November 1 to choose a date and time for our ongoing discussion.

JUSTICE DOCUMENTARY FILM SERIES: *Groundswell (2026)*

Sunday, November 1 at 3 PM at the Meeting House

Join us for our **next monthly gathering** where we 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.



Groundswell (1 hour 33 minutes) is the final chapter of a groundbreaking documentary trilogy following *Kiss the Ground* (2020) and *Common Ground* (2022). *Groundswell* is a cinematic journey across five continents showcasing regenerative agriculture solutions taking hold, ultimately benefiting human health and a hope for global renewal. Directed by Josh Tickell and Rebecca Harrell Tickell, narrated by Woody Harrelson and Demi Moore.

ELECTION DAY BRUNCH—Come Celebrate Democracy Together

Election Day November 3, from 10:30 AM – 12:30 PM at the Meeting House

Please join us and invite your friends to a brunch on Election Day. We will serve coffee, juice, and a variety of brunch dishes from 10:30 AM -12:30 PM. Your potluck contributions of food are also welcome. Contact Ellen Todd for more information at ellen@jackson-todd.com.



WINTER COATS, HATS, MITTENS, AND SCARVES NEEDED!

During the month of November, the Social and Environmental Action Committee will be collecting GENTLY USED ADULT winter coats, hats, mittens and scarves. Please put them on the rack in the foyer. They will be donated to the four local food pantries and the Duffy van parked at St. Barnabas Church. (*Please empty the pockets before donating!)*





SEAC is also collecting **NEW *CHILDREN'S* coats** for the Falmouth Service Center's holiday giveaway. There will be a separate box under the coat rack for this collection. **The deadline is December 1st.**

Upcoming UU Falmouth Events & Notices

ALTERNATIVE GIFT MARKET - St. Barnabas Church, Falmouth

Saturday, November 7th (10 AM - 3 PM) & Sunday, November 8th (11 AM - 3 PM)
Shop online at www.alternativegiftmarketcapecod.org November 8-15

This year marks the **20th Anniversary of the Alternative Gift Market.** Initiated by UU Falmouth in 2006, the AGM is now sponsored by 11 congregations and held every year at St. Barnabas in early November. 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.



Help is still needed. Look for the signup sheet in the foyer and volunteer for your favorite AGM job. Contact Beth Whelan or Bobye Anderson via admin@uuffm.org for additional information.

REV. RALI'S AFRICA TRIP REFLECTIONS

Wednesday, November 11 at 6:30 PM at the Meeting House and via Zoom



Last September, Rev. Rali and Diana Manchester-Barrett spent three weeks on a journey to southern Africa to study the impacts of climate change and how local communities are responding. Now they are back and ready to share their adventures and insights with us. Come join them on November 11 as they reflect upon their travels.





Talk on NOURISHING BOTH YOUR BODY & THE PLANET

Sunday, November 15 at 12:30 PM at the Meeting House

Get a fresh take on how to live in harmony with your body and your planet! Dr. Kumara Sidhartha, "Dr. Sid," MD MPH, will share insights from his book, *All My Secrets: Messages of Health From Your Body, Decoded*, and more. Soup and other goodies made from book recipes will be available afterwards, as well as signed copies of the book. Each chapter, a conversation between a person and their body, is based on clinical experience and noted research on eating and wellbeing. Dr. Sidhartha is involved in the education of doctors, other health care professionals and the public. Hear more on https://www.capeandislands.org/show/the-point/2024-02-27/the-health-benefits-of-a-plant-based-



4th Annual POTLUCK CELEBRATION OF HARVEST & GRATITUDE

Thursday, November 26 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 or bring food on the sheet in the foyer starting November 9.** Questions? Contact ellen@jackson-todd.com

UU Falmouth Announcements

November Birthdays

11/01 Avis Grosslein
11/05 Ana Maria Velez
11/06 Marc Shulman
11/08 David Caseau
11/12 Amy Bower
11/16 Scott Fitzmaurice
11/17 Linda Whitehead
11/21 Marcy Carsey
11/23 Elizabeth Saito
11/25 Micaela Champagne
11/26 Bill Donkin
11/28 Jack Mulkeen
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**.)**

- ***PFLAG Cape Cod*** **- Monday, November 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 Moonakis Cafe, in Waquoit.** For more information, contact Judy Andrade.
- ***Mah Jongg*** **- Tuesdays from 1-3 PM at the Meeting House. Beginners welcome!** For more information, contact Cynthia Dyer or Rosa Whiting.
- ***Facing Mortality Reading Group*** **- Tuesdays from 6-7:30 PM on ZOOM ONLY.** For more information, contact Rev. Rali.
- ***Brown Bag Book Bunch*** **- Wednesday, November 18 (and the third Wednesday of the month) at 12 PM at the Meeting House.** For more information, contact Chris Jacobi.
- **Sit and Stitch - Wednesdays 1-3 PM at the Meeting House. Beginners welcome.** For more information, contact Ellen Todd.
- ***Men's Breakfast*** **- Thursdays from 8-9:30 AM at the Meeting House and via Zoom.** If you would like more information, or for a Zoom login, please contact Stu Graham.
- ***Chimes Ensemble*** **- Thursdays at 2:00 PM at the Meeting House**. For more information, contact Laura Wing.
- ***Essential Somatic Movement*** **- Thursdays at 4 PM at the Meeting House**. For more information, contact Nannette Oldenbourg.
- ***Grief Group*** **- Fridays at 12 PM (and every Friday at the Meeting House).** For more information, contact Rev. Rali.
- ***Community Circle*** **- Friday, November 13 at 2 PM (and the 2nd Friday of the month) at the Meeting House - open to the public.** For more information, contact Joanne Treistman.
- ***Community Drumming (aka Percussion Discussion)*** **- Friday, November 20 at 6:30 PM (and the 3rd Friday of the month) at the Meeting House.** For more information, contact Nannette Oldenbourg.
- ***Dancemeditation*** **- Saturday, November 21 at 10 AM at the Meeting House** (and the 3rd Saturday of most months). For more information, contact Nannette Oldenbourg.

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.

November 2026

Red = All are welcome to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **10am Sunday Service** **11:15am Coffee Hour/ Grocery Cards** **11:30 Sermon Discussion** **3pm Justice Documentary**	**2** 6:30pm Choir Rehearsal **7pm SEAC**	**3** **8am Breakfast Bunch** 10:30am Religious Services Committee **10:30am Election Day Brunch** **1pm Mah Jongg** **6pm *Facing Mortality* Reading Group**	**4** 9:30am Writing Time **1pm Sit and Stitch Group**	**5** **8am Men's Breakfast** 2pm Chimes Ensemble **4 pm Essential Somatic Movement**	**6** **12pm Grief Group**	**7** **10am Alternative Gift Market (AGM)**
8 **10am Sunday Service** **11am AGM** **11:15am Coffee Hour/ Grocery Cards** **11:30 Sermon Discussion**	**9** 6:30pm Choir Rehearsal 8pm Music Committee	**10** **8am Breakfast Bunch** 11am Caring Committee **1pm Mah Jongg** 1:30pm Fellowship Group #1 **6pm *Facing Mortality* Reading Group**	**11** 9:30am Writing Time **1pm Sit and Stitch Group** **6:30pm Rali's Africa Trip Reflections**	**12** **8am Men's Breakfast** 10:15am B&G 2pm Chimes Ensemble 3:30pm Fellowship Group #3 **4 pm Essential Somatic Movement** 7pm Finance Cmte.	**13** 10am Writer's Path Group **12pm Grief Group** **2pm Community Circle**	**14** **10am Pete Grinnell's Memorial**
15 **10am Sunday Service** **11:15am Coffee Hour/ Grocery Cards** **11:30 Sermon Discussion** **12:30 pm "Dr. Sid" Talk**	**16** 6:30pm Choir Rehearsal	**17** **8am Breakfast Bunch** **1pm Mah Jongg** **6pm *Facing Mortality* Reading Group**	**18** 9:30am Writing Time **12pm Brown Bag Book Bunch** **1pm Sit and Stitch Group**	**19** **8am Men's Breakfast** 2pm Chimes Ensemble **4 pm Essential Somatic Movement** **7pm Governing Board**	**20** **12pm Grief Group** **6:30pm Drumming Circle**	**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 *Facing Mortality* Reading Group**	**25** 9:30am Writing Time **1pm Sit and Stitch Group**	**26** **Thanksgiving** **2pm Pot Luck Celebration of Harvest and Gratitude**	**27** 10am Writer's Path Group **12pm Grief Group**	**28**
29 **10am Sunday Service** **11:15am Coffee Hour/ Grocery Cards** **11:30 Sermon Discussion**	**30** 6:30pm Choir Rehearsal					