

O C T O 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](http://www.UUFalmouth.org)

**RELIGIOUS SERVICES IN SEPTEMBER**

**October's Theme: "Living Love Through the Practice of Deep Listening"**

**October 6 at 10 AM at the Meeting House and via Zoom — *The Depth of Meaning in Deep Listening***, led by Dan Joslyn; service associate Judy Andrade. This will be an interactive presentation, offering a variety of ways people may choose to participate during his talk. Dan Joslyn is a longtime friend of UU Falmouth and a transmitted Zen Priest.

**October 13 at 10 AM at the Meeting House and via Zoom—*High and Low Communication***, led by Rev. Rali Weaver; service associate Rosa Whiting. We will consider how social and political location affect communication and how we can shift our understanding of correctness to be more inclusive.

\* **Share the Plate on October 13** — *Friends of Bourne Food Panty* will receive 50% of the collection. "By funding and overseeing the Friends Food Pantry, we can relieve some stress and provide much-needed stability and security to our neighbors. The Friends Food Pantry believe that everyone should feel confident about where their next meal will come from." Please give generously.

**October 20 at 10 AM at the Meeting House and via Zoom—*Irreconcilable***, led by Steve Treistman; service associate Julie DeSorgher. This subject relates directly to the gray areas in some of our UU principles. In a novel Steve is writing, our country has become embroiled in a vitriolic debate about animal rights and the role of the government in legislating this issue. And yet again, a morally fuzzy issue results in the creation of an "US versus THEM" ecosystem within the country.

**October 27 at 10 AM at the Meeting House and via Zoom—*Curiosity, Compassion, and Caring***, led by Rev. Rali Weaver; service associate John Jackson. How we approach even tricky conversations can change the solutions we can find. This week we will explore the foundations of Internal Family Systems Therapy and how understanding our parts might help us to listen more deeply.

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

Friday 10/11, Saturday 10/12, Sunday 10/13, Monday 10/14  
Friday 10/25, Saturday 10/26, Sunday 10/27 Monday 10/28

# 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 October**

9 AM - 5 PM

Friday, October 11  
Saturday, October 12  
Sunday, October 13  
Monday, October 14  
Friday, October 25  
Saturday, October 26  
Sunday, October 27  
Monday, October 28  
...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

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

Hello my Falmouth friends,

The Soul Matters theme for October is "Deep Listening." I wonder who among us would not want to be more deeply listened to? To be understood?

The great Zen teacher Thich Nhat Hanh once said "Deep listening is the kind of listening that can help relieve the suffering of another person." He points out that deep listening can also be called compassionate listening. It takes practice. It is also easier with people we care about than people we barely know. This month's worship will explore how developing deep listening, in all its many forms, can be a way of interacting in the world.

To aid us in this deep listening, I am offering a book group on four Sundays in October at 4 PM on Zoom. The book we will read is *How to Know a Person* by David Brooks. This book explores the intricacies of human relationships and the art of truly understanding others. Through insightful anecdotes and reflections, Brooks encourages readers to cultivate meaningful relationships, highlighting that the essence of knowing another person lies in the shared experiences and emotional bonds that enrich our lives. Through reading and discussion and practice, I hope this book discussion group will also help us all to deepen our listening skills.

If you would be interested in joining me for this, just reach out to Kit or me and we can send you the Zoom link. I am opening this up to the Dedham congregation as well, so there may be some unfamiliar faces. I hope Zoom study groups will be one way we can collaborate going forward this year.

You can see my schedule and make an appointment at *You Can Book Me*: <https://revraliweaver.youcanbook.me/>. You can also reach me anytime by emailing me at [minister@uuffm.org](mailto:minister@uuffm.org) or calling 617-459-5979.

Feel free to reach out to me if you have any stories you want to tell, questions, thoughts, ideas, and constructive criticism.

With love,  
Rali

[minister@uuffm.org](mailto:minister@uuffm.org) 617-459-5979 (cell)

**I will be in the Falmouth office from 9-5 on October 11, 12, 13, 14 and 25, 26, 27, 28.**

**Note: My November dates have changed to November 1, 2, 3, 4 and 15, 16, 17, 18 and 29, 30.**



Hello Members and Friends,

I am very pleased to report to you that our Fellowship's finances are in good shape. You know we had a very successful stewardship campaign, but you may not know yet that two long term projects, an audit of FY2022 and a revision of our chart of accounts, have been completed so we can return to expecting complete, accurate financial reports on a monthly basis. Here are the bottom lines on the report given to the Board last Thursday at its regular meeting:

<b>Investment Accounts:</b> Baxter Prince Endowment Fund	\$166,878
Vanguard/Balanced Portfolio	\$269,246
<b>Cash Accounts:</b> Checking Account TD Bank	\$174,621
Money Market TD Bank	\$ 44,993
<u>SAC Food Certificates</u>	<u>\$ 16,000</u>
<b>TOTAL</b>	<b>\$671,738</b>
Operations as of July 31, 2024: Income	\$106,584
Expenses	\$ 16,379

We owe thanks to several people for taking responsibility for our finances: Gail Donkin and Izzie Williams, Treasurer and Assistant Treasurer; Gayle Simundza, Finance Chair; and Barry Blake, Audit Chair. And we thank Members and Friends, our generous and loyal donors.

UUs are famous for committees and coffee hour but we are slipping dangerously in both areas. Some committees have too few people and our coffee hour is sputtering. After two recent services, there was no coffee! How can such a thing happen to us? How can we keep leaning on the willing and not feel moved to give a helping hand? Will you serve on the **Hospitality Committee**? Please sign up on the bulletin board next to the new Communications Room\* and we will get in touch with you. You'll get training, you'll have support, and you'll feel good knowing you're giving useful service.

Two committees need new leaders. **Membership** needs a new chair because Carolyn Powers is moving soon; and **Finance** needs a new chair because Gayle Simundza feels she's done this long enough and who can deny it? They have been very good leaders and we thank them. These are critical committees with long-term members, so a new recruit will have support and a heartfelt welcome for stepping into leadership.

Other vital committees need more members: **Building and Grounds** suffered a big loss this summer, and while Dave Crichton has stepped into Bob Sabin's shoes as chair, new members are needed to help do the work. The **Social and Environmental Action Committee** could also use more volunteers.

Every day and week of our lives we each need to give meaning to our covenant. No one else can do it for us. Giving service can be tiring, it's a lot to ask, but you know yourself from the times you have lived up to it, it's really satisfying.

Charlotte Harris      [Charris20@me.com](mailto:Charris20@me.com)      617-645-8609

\*The Communications Room to the right off the atrium now has bulletin boards, name tags, copies of the latest UU Falmouth reports, and UUA and other brochures.

# Rev. Rali's Schedule

Rev. Rali will be at UU Falmouth every other week in October 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:**

## 2024

**October** 11, 12, 13, 14 and 25, 26, 27, 28

**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



## Upcoming UU Falmouth Events

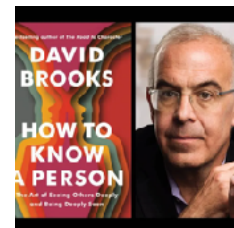
### Book Discussion Led by Rev. Rali Weaver

***How to Know a Person: The Art of Seeing Others and Being Deeply Seen* by David Brooks**

**Sundays, October 6, 13, 20, & 27 at 4 PM via Zoom Only**

Join Rali on Sunday afternoons in October from 4-5:30 PM for an enriching book discussion centered on David Brooks' book *How to Know a Person: The Art of Seeing Others and Being Deeply Seen*. In this compelling exploration, Brooks delves into the intricate layers of human connection, emphasizing the importance of empathy, vulnerability, and the skill of truly understanding others. He combines personal anecdotes with profound insights to illustrate how deep relationships can transform our lives and communities.

Together, we'll discuss key concepts like the role of presence, the power of listening, and the beauty of authentic interactions. Whether you're a longtime fan of Brooks or new to his work, this group will foster meaningful dialogue and personal reflection. Join us to deepen your understanding of the art of seeing and being seen—your insights will make our discussions all the richer!



This conversation will be open to both the Falmouth and Dedham congregations, so look forward to meeting some of the other people to whom Rali ministers.

For the Zoom login, contact Kit at [admin@uuffm.org](mailto:admin@uuffm.org) or Rev. Rali at [minister@uuffm.org](mailto:minister@uuffm.org).



# Upcoming UU Falmouth Events (continued)

## **Starting Point Program**

**Saturdays, October 19, November 2 & 16, and December 7  
from 9:30-11:30 AM at the Meeting House and via Zoom**

The Membership Committee is once again offering a unique program designed for Members, Friends and newcomers. UU Falmouth is at an inflection point and the committee believes that **Starting Point** could be useful to us all as we seek to heal disconnections and grow a welcoming UU community for the Upper Cape.

At the March 24, 2024 service, we introduced this program, inspired by the UU slogan “deeds not creeds.” **Starting Point** does not present a set of beliefs, but rather many opportunities to experience the deep listening and sharing practices inherent in UU small groups. Participants are invited to look within themselves for direction in their spiritual journey and are asked to prepare for each of four session topics:

**Session 1 – Your Journey**

**Session 2 – The UU Journey and the Journey of UU Falmouth**

**Session 3 – Our Journey Together – The 3 Paths of Unitarian Universalism**

**Session 4 – Finding Your Journey Group**

The program promises several takeaways: an understanding of UU history and the history of this congregation, a new connection to your fellow participants, an experience of UU small group practices, and a sense of the next step in your spiritual journey. **It is important to commit to all 4 sessions, either in person or by Zoom.**

Sessions 1 and 2 will be offered October 19 and November 2 from 9:30–11:30 AM; sessions 3 and 4 will be November 16 and December 7 from 9:30–11:30 AM. If you have questions, please talk to any member of the Membership Committee listed below. Sign-up sheets will be posted in the Meeting House atrium.

Judy Andrade, Gail Donkin, Marion Flurkey, Jane Jackson, Maggie Jones, Carolyn Powers, Betsy Wilder, and Karen Zimmerman.

## **Let's Feed Each Other - Potlucks and Circle Dinners**

**Potluck dinners** at the Meeting House are one way we can gather to develop friendships and community within our Fellowship. **Circle Dinners** in each other's homes are another way to do this in smaller groups. We're interested in restarting both types of gatherings!



**Potluck Dinners** at the Meeting House would be open to everyone and would take place every few months.

**Circle Dinners** would take place once a month with different people volunteering to host in their homes. Participants would bring a dish to share, and the mix of people in the groups would be different each time. We would like to shoot for multiple dinner gatherings of 6-8 people per group.

If you would like to participate in monthly Circle Dinners, please contact Betsy Wilder at [betsymail2012@gmail.com](mailto:betsymail2012@gmail.com).

If you can help organize occasional Potlucks at the Meeting House, including the Thanksgiving potluck, please contact Ellen Todd at [ellen@jackson-todd.com](mailto:ellen@jackson-todd.com) or John Jackson at [john@jackson-todd.com](mailto:john@jackson-todd.com).

## Upcoming UU Falmouth Events (continued)

### **L.I.N.K. (Linking Indigenous & Non-Indigenous Knowledge) Program**

#### **Wampanoag Language**

**Saturday, October 26 from 1-3 PM at the Meeting House**

Although not fluently spoken for over 150 years, the return of the Wampanoag language to its people has marked a renewal of cultural knowledge and connection. Dr. Nitana Hicks Greendeer, member of the Mashpee Wampanoag Tribe, who has worked for over 20 years in tribal language, will discuss the story of loss and reclamation. She will also talk about the Wampanoag Nation's efforts to bring it back as a principal means of communication for its people.

L.I.N.K. is a local non-profit Cape Cod organization seeking pathways to understanding and reciprocity between the non-Native community and the Wampanoag Nation. They also teach non-Natives about the true history and culture of the Wampanoag people. This program is a collaboration between L.I.N.K. and UU Falmouth in an effort to change the current environment of societal injustice and to heal relations. It is open to the public. Information can be found at their website:

[linkcapecod.org](http://linkcapecod.org).

### **Get Out The Vote Letter Project—Deadline for finished letters is October 27!**

Our congregation-wide effort to get out the vote in November is in full swing. We're continuing to write letters through [Vote Forward](#) to registered voters in swing states who don't vote. The recipients of these letters are members of groups who have historically been marginalized in our democracy and include many young voters and people of color.

This project provides a great opportunity to DO SOMETHING in support of democracy rather than simply worrying about it. To participate in this campaign, see Betsy Wilder after the service on Sundays or send her an email at [betsymail2012@gmail.com](mailto:betsymail2012@gmail.com).

**GET OUT  
THE VOTE!**

**The deadline for submitting your finished letters to Betsy is October 27, so contact her today!**

### **SAVE THE DATE! November 9 & 10: the Alternative Gift Market**



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**. This interfaith event, started by UU Falmouth in 2007, is now co-sponsored by 7 Falmouth congregations and supported by 5 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.

**Volunteer sign-up will start in mid-October.** You can read all about this community-wide event on our UU Falmouth website [uufamouth.org](http://uufamouth.org). Contact Julia Withers or Jane Jackson via [admin@uuffm.org](mailto:admin@uuffm.org) for additional information.

# Looking Back...



On Friday, September 13, Rev. Rali, Cynthia Dyer, Jack Mulkeen and Charlotte Harris helped clean out several rooms in the Meeting House that were filled with junk—leaving some nice rooms open for use. **Another cleanup is scheduled for October 11 at 9 AM—Come join the fun!**



Thanks to Dave Crichton for the beautiful stonework base he created under our sign on Sandwich Road.



On Sunday, September 22, Artemis Joukowsky gave a sermon about his grandparents' experience saving children during WWII. It was followed by two showings of his film "Defying the Nazis."



On September 25, Julie Cumes gave a talk about her work and the incredible photography exhibit currently in the atrium.



On September 28, LINK presented "Wampum Belt; Stories from the Shells of Native America." This is the 9th in the education series collaboration between LINK and UU Falmouth.



The Get Out the Vote Tea Party on September 29 helped to continue our congregation-wide effort to send letters encouraging people to vote in November. **The deadline for submitting finished letters is October 27.**



# UU Falmouth Announcements

## October Birthdays

10/03 Cathy Kligler	10/17 Sandy Williams	10/23 Pamela Morrone
10/07 Christine Michelson	10/18 Noreen Cavanaugh	10/24 Marvin Grosslein
10/13 Milly White	10/21 Hildegard Jones	10/26 John Howell
10/16 Lew Stern	10/21 Jonathan DiPaolo	10/26 Jack Larrey

## Fellowship Weekly/Monthly Gatherings

For information on any of these gatherings, contact the person listed or email [admin@uuffm.org](mailto: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](mailto:admin@uuffm.org).
- **Brown Bag Book Bunch** - Wednesday, October 16 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. At the Meeting House on October 3, 17, 24 and 31; at Dave Dimmick's barn on October 10. 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, October 3 and 17 from 3-4 PM (and the 1st and 3rd Thursdays of the month) at the Meeting House. For more information, contact Laura Wing.
- **Lunch Bunch (aka Ladies Luncheon)** - Thursday, October 10 at noon (and the 2nd Thursday of each month). This month it will be at La Cucina Sul Mare, 237 Main Street, Falmouth. Please contact Reed Walsh to let her know you are coming.
- **Community Circle** - Friday, October 4 at 2 PM at the Meeting House for Members and Friends only; the topic is "The 5th Principle." The Friday, October 11 session is open to the public; the topic is "Dealing With Fear." For more information, contact Joanne Treistman at [treistmanjoanne@gmail.com](mailto:treistmanjoanne@gmail.com).
- **Percussion Discussion** - Friday, October 11 and 25 (and every other Friday) at 6:30 PM at the Meeting House.

## Unitarian Universalist Fellowship of Falmouth Staff

Rev. Rali Weaver, Minister - [minister@uuffm.org](mailto:minister@uuffm.org)

Ann German, Bookkeeper

Frederick Johnson, Director of Music - [johnsonfrederick953@gmail.com](mailto:johnsonfrederick953@gmail.com)

Kit O'Connor, Office Administrator - [admin@uuffm.org](mailto:admin@uuffm.org)

Nancy Wendlandt, Pianist - [welcome3434@yahoo.com](mailto:welcome3434@yahoo.com)

Office Hours: Kit will be in the office from 9 AM - 1 PM Monday, Wednesday, Thursday and Friday

Website: [uufalmouth.org](http://uufalmouth.org)



For the most up to date version of this calendar, go to [uufalmouth.org](http://uufalmouth.org) and click on "News." Email [admin@uuffm.org](mailto:admin@uuffm.org) if you'd like to have an event or meeting added to the calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>October 2024</b>			<b>Red = All are welcome to attend.</b>			
		<b>1</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b>	<b>2</b> 9:30am Writing Time 1pm Committee on Ministry 3pm Partners Grief Support Group	<b>3</b> <b>8am Men's Breakfast</b> 10:15am B&G Meeting <b>1pm Chimes Ensemble</b> <b>3pm Chimes Workshop</b>	<b>4</b> <b>2pm Community Circle</b>	<b>5</b>
<b>6</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b> <b>4pm Book Discussion</b>	<b>7</b> 6:30pm Choir Rehearsal <b>7pm SEAC Committee Meeting</b>	<b>8</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>3:30pm Welcoming Congregation Cmte</b> <b>4pm Fellowship Tea</b>	<b>9</b> 9:30am Writing Time 3:30pm Lay Ministry Team	<b>10</b> <b>8am Men's Breakfast</b> 10am Membership Committee <b>12pm Lunch Bunch</b> <b>1pm Chimes Ensemble</b> 3:30pm Fellowship Group #3 7pm Finance	<b>11</b> <b>2pm Community Circle</b> <b>6:30pm Percussion Discussion</b>	<b>12</b>
<b>13</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b> <b>4pm Book Discussion</b>	<b>14</b> 10:15am Religious Services 1pm Caring Community Meeting 6:30pm Choir Rehearsal 8pm Music Committee	<b>15</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b>	<b>16</b> 9:30am Writing Time 11:45am Soul Matters Small Group <b>12pm Brown Bag Book Bunch</b> 3pm Partners Grief Support Group	<b>17</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b> <b>3pm Chimes Workshop</b> <b>7pm Governing Board</b>	<b>18</b>	<b>19</b> <b>9:30am Starting Point Group</b> <b>10am Prostate Cancer Survivors Group</b>
<b>20</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b> <b>4pm Book Discussion</b>	<b>21</b> 6:30pm Choir Rehearsal	<b>22</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>4pm Fellowship Tea</b>	<b>23</b> 9:30am Writing Time 11:45am Soul Matters Small Group	<b>24</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b> 3:30pm Fellowship Group #3	<b>25</b> <b>6:30pm Percussion Discussion</b>	<b>26</b> <b>1pm LINK Program</b> <i>Wampanoag Language</i>
<b>27</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b> <b>4pm Book Discussion</b>	<b>28</b> 6:30pm Choir Rehearsal	<b>29</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b>	<b>30</b> 9:30am Writing Time	<b>31</b> <b>8am Men's Breakfast</b> <b>1pm Chimes Ensemble</b>		