



THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER

IMPORTANT REMINDERS IN OCTOBER

Language for Good Living

Oct. 2 at 11:45am
at the Meeting House
(see page 4)

Book Reading: *Humankind* via Zoom

Wed., Oct. 19, 26 at 5pm
(see page 4)

Mindfulness Walks

Thursday, Oct. 6, 20, 27 at 10am
(see page 4)

Course on *World's Religions* via Zoom

Wed., Oct. 12 at 7pm
(see page 4)

Learn to "Sit"

Every Monday at 8am
Trunk River, Falmouth
(see page 5)

Praying with the Body

Mon., Oct. 17, 24, 31 at 10am
(see page 5)

Group on Courage

Mon., Oct. 17 at 1pm - Falmouth Lib.
(see page 5)

Covenant Workshop

Sat., Oct. 22 from 9:30am-noon
(see page 6)

Date with Death Club via Zoom

Wednesday, Oct. 26 at 7pm
(see page 5)

October Theme: *Courage*

October 2nd— *The Courage to be Imperfect* - The Rev. Joe Cherry

We place a high value on perfection in our society, in continually working to improve ourselves and our world. We do this so thoroughly that it is often an automatic impulse. How can we empower ourselves to embrace imperfection?

October 9th— *The Path of Courage* - The Rev. Saramaria Allenby

What do we feed ourselves and others? How do we care for ourselves and others with compassion, courage, the superpower of vulnerability, strength and wisdom? As Dr. Brené Brown says: "Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is our greatest measure of courage. Vulnerability is at the core of difficult emotions like fear, grief and disappointment, but it's also the birthplace of love, belonging, innovation and creativity—the experiences that bring purpose and meaning to our lives."

October 16th— *The Courage to Heal* - The Rev. Joe Cherry

Scars are funny things. They tell the story of a life lived, but sometimes we can mistake them for shields. We can use them as a way to keep others at bay. Explore the idea of putting down these shields and working toward healing.

October 23rd— *Choosing Covenant: On Being Counter-Cultural Heretics* -

The Rev. Tandi Rodgers. I'm not talking about the Hallmark Card version of "covenant" with perfect words under dusty glass hung in an echo-chamber of an empty room. I'm preaching about the coffee-stained covenant with tear marks and crinkles and words scribbled in the margins. I will tell the story of ancestral counter-cultural heretics and the covenant that claims us.

Rev. Tandi Rodgers is the founding Director of the Spiritual Direction Formation & Certification program out of Meadville Lombard Theological School's new Leadership Institute for Growth, Healing, and Transformation. She is also an affiliate faculty on MLTS's academic side. Prior to that, Rev. Tandi served the UUA in many roles from 2002-2022. (See the President's Corner on page 3 for more information on Rev. Tandi.)

October 30th— *Footstools & Shadows* - The Rev. Hank Peirce

Plato's description of the cave illustrates the philosophical roots of our theology. And yet our theology and the way we see the world is changing. What will influence the way we understand our future; what will help us have new vision?

The Rev. Hank Peirce comes from old Swamp Yankee stock, with roots in our Bay State churches that reach back centuries. He has served a number of Unitarian Universalist churches both as an interim and as a settled minister. Hank lives in Medford with his wonderful wife Rebecca and their two teenage daughters.

Minister's Message



**Unitarian Universalist
Fellowship of Falmouth**

840 Sandwich Road
East Falmouth, MA
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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 in
the office from 8:30-1:30
Tuesday through Friday

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

Email: admin@uuffm.org

Dear Folks of the Meeting House,

Our theological theme of the month is *Courage*, and for whatever reason, when considering this theme the first thing that popped into my mind was this forty-second clip from *The Wizard of Oz* (1939). The Cowardly Lion, of course, is one of the characters created by L. Frank Baum in his long series of books (14 in total) about The Land of Oz.

The Lion is called cowardly by Dorothy when he tries to bite Toto. Dorothy slaps him. She calls the Lion a coward and the Lion admits that he is. The Cowardly Lion joins her so that he can ask the Wizard for courage, ashamed that he is not brave enough to play his cultural role of the King of the Beasts. Despite outward evidence that he is unreasonably fearful, The Cowardly Lion displays great bravery along the way. You may recall that the Wizard gave The Cowardly Lion a clear liquid potion to increase his courage.

When we think of a lion, we think of the King of the Beasts. What is a lion? Lions are supposed to be courageous, majestic, proud, fearless. But are they? In Baum's anthropomorphized lion, we witness him struggling with what is expected of him by not only external sources, but by expectations that he has internalized as well.

We all go through our lives navigating not only the cultural expectations of our identities, but also the ones we have adopted into our own sense of beliefs about who we are supposed to be.

We also have ideas about who others are supposed to be and how they are supposed to act. This leads to complex human relations because we are not engaging with the person in front of us, but rather we are ever interacting with our idea of them, as well as who we think we are and who the other party thinks we are—all because we project ideas about who we think others should be.

The Cowardly Lion demonstrates in confrontation after confrontation in The *Wizard of Oz* stories that actually he *is* courageous. But because of who others have told him he is, and what others have told him about how he ought to be a certain way, no one acknowledges this truth or challenges the false narrative the Lion is burdened with.

I wonder what false narratives complicate your day as they do mine. And I wonder how we can set down these ideas of how people are supposed to be, so that in the end we learn to accept each other (and ourselves) for who we really are: beautiful, scarred, loving, frightened and hopeful people.

In faith,
Rev. Joe

President's Corner



UU FALMOUTH BOARD 2022-2023 Officers

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Zimmerman
Music—Susan Brooks
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Religious Services—Judy Andrade
Social & Environmental Action—Chris
Wheeler
Welcoming Congregation—Judy
LeBeau (contact person)
Whole Life Learning—Rev. Saramaria
Allenby

Covenant Weekend is October 22-23. We will gather on Saturday as a congregation (in person and via Zoom) to begin the conversations to renew our covenant, and again for a special service on Sunday.

A congregational covenant is an agreement to serve the congregational mission and a challenge to live up to our values when we are together. Rev. Terasa Cooley writes "...covenants seek to be more than a manual for behavior, and are more an expression of faith in one another and how that faith lives out between and among us."

Covenants are also meant to be living documents that are revisited often and revised as membership changes and congregations evolve. They are used when gathering for worship, for committee and other congregational meetings, for times when we gather in joy, and for times when there is disagreement. These are the moments when we meet as a community, and so we are called to remember our promises to each other and to our mission.

All members are encouraged to participate on Saturday in covenant dialogues and Sunday for the service. We will begin this work led by Rev. Tandi Rogers. As a member of the faculty at Meadville Lombard Theological School, she is said to be "known for her creative reframing, sparky questions, and love of collaboration."

Her meditations appear in *Becoming: A Spiritual Guide for Navigating Adulthood*, edited by Rev. Kayla Parker; *Twelve-Step Unitarian Universalists* edited by Ken and Cathlean; and *This Day in Recovery* by Lane Campbell and Katie Kandarian-Morris.

Rev. Tandi served the Unitarian Universalist Association in many roles for twenty years: Pacific Northwest Districts' Program Specialist (2002-2011), Interim Director of the Youth & Young Adult Office (2010-2011), Growth Strategist (2011-2014), Innovation & Network Specialist (2014-2016), the Pacific Western Region Team (2016-2020), Conflict Engagement Learning Strategist (2020-2022).

Prior to the UUA, she served Associated Ministries of Pierce County as their Development Officer and was a teacher and grants officer at the Muckleshoot Tribal School.

Please plan to join us!

Susan

Whole Life Learning

LANGUAGE FOR GOOD LIVING:

Life Changing Lessons on Communicating with Yourself and Others

Sunday, October 2 at 11:45 AM - at the Meeting House

Please join us right after coffee hour, for a lunch-and-learn presentation with Nancy Sawyer. Nancy is a Certified Life and Success Coach who teaches Midlife Mastery, helping women and men to master life changes and transformations. She specializes in helping people to confidently step into their next chapter following divorce or losing a parent. Nancy offers one-on-one coaching, group coaching, and holds regular workshops focused on personal growth.

This is an interactive conversation that includes a presentation and Q&A at the end.

You are welcome to bring your own lunch. Drinks will be provided.

BOOK READING: *Humankind: A Hopeful History* by Rutger Bregman

Wednesdays October 19, 26 at 5:00 PM - via Zoom



This book takes the reader on a journey that dismantles the assumptions of classic research on human nature that positions humans as self-interested. Instead, it explores how humans can use our inherently good nature to build a better society.

See the TED Talk with Bregman: *Poverty isn't a lack of character; it's a lack of cash* .
<https://www.youtube.com/watch?v=ydKcalE6O1k>

Bregman is also the author of *Utopia for Realists*, a revolutionary argument that the innate goodness and cooperation of human beings has been the greatest factor in our success.

MINDFULNESS WALKS

Thursdays in October—all at 10 AM:

- * October 6 - Spohr Gardens — 45 Fells Road, Falmouth <https://spohrgardens.org/>
- * October 20 - Webster Woods, in Woods Hole. Directions are at <https://300committee.org/wp-content/uploads/2017/06/websterswoods.pdf>
- * October 27 - Sandy Neck Beach in West Barnstable. Directions are at <https://www.town.barnstable.ma.us/SandyNeckPark/directions.aspx>

WORLD RELIGIONS COURSE with Rev. Joe

Second Wednesday of the month beginning October 12 at 7 PM

Hybrid—at the Meeting House and on Zoom

Join Rev. Joe in a hybrid Zoom/in-person class as we explore some of the world's great religions. The class will meet on the second Wednesday of each month. Our first subject: Zoroastrianism, one of the oldest organized religious movements dating back to the 6th Century B.C.E. At our first meeting we will collectively figure out future World Religions to cover.

Whole Life Learning

WOULD YOU LIKE TO LEARN TO “SIT”? Every Monday at 8 AM

The Shining Sea Bike Path at Trunk River

I mean really *sit*—to be totally present in the arising moment without the interference of *self*? Some call this “meditation,” some call this “peace,” some call it “mindfulness,” and some call it “no-self” or “empty mind.” If you are curious, join Saramaria as we go over the principles of sitting, **every Monday at 8 AM**. We will Zen sit at the Shining Sea bike path at Trunk River (off Oyster Pond Road)—a 20-minute silent sit followed by a walk down the bike path (weather permitting) to Coffee O in Woods Hole for coffee and a chat.

GROUP PRAYING WITH THE BODY CONTINUES

Mondays October 17, 24 & 31 at 10 AM

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

Based on a book by Roy DeLeon, 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. 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.

To sign up, contact Saramaria at Sallenby48@gmail.com.

GROUP ON COURAGE with Saramaria Allenby Monday, October 17 at 1 PM at the Falmouth Public Library

Courage is not the absence of fear; courage is fear walking. (Dr. Susan David from *Emotional Agility*) As Dr. Brené Brown says, "You can't get to courage without rumbling with vulnerability." Walk directly into your fears, with your values as your guide, toward what matters to you. This group includes readings, music, and a small activity tied to the theme of courage.

FIRST SESSION OF THE *DATE WITH DEATH CLUB*

Wednesday, October 26 at 6:30 PM via Zoom

Join us on Zoom for the 1st session of the new Date with Death Club curriculum! The DwDC will be facilitated by your host death educator, Heather Massey, and Zoom host, Saramaria Allenby.



We will kick off the actual Date with Death Club series with a session on "**Getting Comfortable with Death Talk.**" Our cultural norms and milieu have not prepared us for conversations related to dying and death, our common denominator and consequence of living. This session aims to address our discomfort and fears, and to ease us into both the topic and the flow of the DwDC curriculum.

To learn more about the Date with Death Club: <https://datewithdeathclub.com/>.

Covenant Workshop October 22

Celebration of Coming Together: Practicing and Centering Ourselves in Covenant

Saturday, October 22 from 9:30 AM - 12 PM at the Meeting House

It's been too long since we've been physically together. Let's get together to celebrate! Everyone is welcome to come gather around stories – both small group style and some from our facilitator/speaker. In the “before times” we had a committee create a Covenant. Rev. Tandi Rogers will help us move to the next level with that work.

Rev. Tandi Rogers is known to be animated, curious and relational. She was asked to come work with us on covenant because it is one of her passions. And if Unitarian Universalism has a cheerleader, it's her. Come fill up on her contagious and authentic energy.

October is Domestic Violence Awareness Month

October is Domestic Violence Awareness Month and a great opportunity to learn more about domestic violence. For example, 1 in 3 women and 1 in 7 men experience domestic violence in their lifetimes. In Massachusetts, since September 2019, there have been twenty-two deaths as a result of domestic violence.

Some communities are more affected by abuse and experience more barriers to safety because of race, age, faith, class, immigration status, language, physical ability, gender, or sexual orientation. Domestic violence is abuse that can be verbal, emotional, physical, financial, sexual, or spiritual. We'd like to think it doesn't happen in our congregation, but the truth is that domestic violence happens in every congregation. Experiences of abuse can be difficult to talk about, and that explains why we often haven't heard about it. We all have a critical role to play in supporting survivors of abuse, so we all need to learn more about how to help.

* Please, talk to your friends and others in our congregation about your ideas, and contact our local domestic violence services agency, Independence House, to learn more. <https://independencehouse.org/>.

* For resources about faith and domestic violence, visit <http://www.interfaithpartners.org/dvfaith>.

* For information about Massachusetts court services, go to <https://www.mass.gov/lists/restraining-orderabuse-prevention-order-court-forms>.

More importantly, please be aware that if you, or anyone you know, are in need of support, resources, and a safe place for yourself and your children, domestic violence, sexual assault, child abuse, and elder abuse services are open. Please contact: the Massachusetts hotline (**SafeLink: 877-785-2020 877-521-2601 TTY**), or locally, Independence House's 24 hour hotline (800-439-6507). And for those seeking safety, we should remember that ours is a relational religion, none of us is alone.

~UU Falmouth Tom Kirkman is part of the Governor's Council to Address Sexual Assault and Domestic Violence as a faith communities representative. He is also on the advisory board for Safe Havens, an interfaith partnership that works with faith communities to engage a response to domestic violence, sexual assault, child abuse and elder abuse.

Social & Environmental Action

SUPPORT THE WÔPANÂAK LANGUAGE RECLAMATION PROJECT!!

The Social and Environmental Action Committee is continuing to support the Wampanoag community as one of our priorities. We are doing this is by donating to the Wôpanâak Language Reclamation Project.

The 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 WLRP has 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.

All of this is privately funded. 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, developing a language-learning app and developing more children's books.

We encourage you to reach out with any support you can offer to ensure the project's ongoing success. Donations can be made online at www.wlrp.org or mailed to the Wôpanâak Language Reclamation Project, PO Box 2241, Mashpee, MA 02549.

THE ALTERNATIVE GIFT MARKET IS BACK!

Saturday and Sunday November 12 & 13



The Alternative Gift Market (AGM) is back this year, in person and online. Volunteer sign-ups will start next week—watch the Sandwich Road Menu to find out how to sign up for your favorite volunteer job at the market. This will be the 16th AGM in Falmouth.

The first AGM, organized by UU Falmouth, is now an interfaith effort sponsored by seven congregations. Each year the AGM Steering Committee identifies nonprofit organizations that are doing exemplary work to improve the lives of people and the health of our planet.

Visitors have an opportunity to talk with representatives of these organizations and are encouraged to make donations as gifts in honor of friends or family members, or as gifts to the world. For questions, please contact Jane Jackson directly or via admin@uuffm.org.

Looking Back...



Congregational Photo taken July 3, 2022



Falmouth Road Race volunteers August 21, 2022



Canal walk September 8, 2022



Inter-generational Game Night September 11, 2022



Coffee House Live!
September 18, 2022



Fall Equinox
Celebration
September 28,
2022

UU Falmouth Announcements

Fellowship Gatherings

The Mah Jongg group is 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 Zoom 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 via admin@uuffm.org.

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

Brown Bag Book Bunch is meeting on Wednesday, October 19 at noon. If you have any questions, please contact Chris Jacobi via admin@uuffm.org.

Lay Ministry

As announced at the September 18 Sunday service, the Lay Ministry team is here to serve you. Please seek us out if you need to talk confidentially with a compassionate listener, even if you are not sure what is bothering you, if are facing a major life decision, or if you are grieving or hurting and need emotional and spiritual support.

Currently available are:

Tom Kirkman – 508-364-3620

Jewel Blake – 774-270-0837

Katherine Crew – 508-524-0986

Jim Liljestrand – 617-365-2538

Maureen McIver – 508-566-3188

Mary Sellers – 416-931-1763 (International call, simply leave a message and she will return the call to reduce the cost)

Reed Walsh – 781-354-0352

Caring

If you or someone you know needs caring, please contact Reed Walsh at 774-255-1774 or Judy Alden at 774-361-6070.

OCTOBER BIRTHDAYS!

10/01 Maureen Rounds

10/03 Cathy Kligler

10/06 Susan McCourt

10/07 Christine Michelson

10/13 Milly White

10/15 Bill Geise

10/17 Sandy Williams

10/18 Noreen Cavanaugh

10/21 Hildegard Jones

10/21 Jonathan DiPaolo

10/23 Pamela Morrone

10/24 Marvin Grosslein

10/26 John Howell

10/26 Jack Larrey

10/28 Carolyn Powers

10/29 Thomas Palmer

10/30 Betsy Young

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2022						
Red = All are welcome to attend.						
						1
2 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales 11:45 Language for Living	3 8am Learn to "Sit" 6:30pm Choir Rehearsal	4 8am Breakfast Grp. 1pm Mah Jongg 4pm Fellowship Tea 7:15pm Fellowship Grp #2	5 8am Religious Services Committee 9:30pm Writing Time 3pm Partners Grief Support Group	6 8am Men's Breakfast 10am Walk 12pm Fellowship Lunch	7	8 9:30am Board Retreat
9 10am Sunday Service 11am Fundraising Brainstorm session 11:15am Coffee Hour and Grocery Card Sales 4pm Fellowship Group #5	10 8am Learn to "Sit" 6:30pm Choir Rehearsal	11 8am Breakfast Grp. 1pm Mah Jongg 1:30pm Fellowship Group #1 3:30pm Welcoming Congregation 4pm Lay Ministry 4pm Fellowship Tea 4pm Social Action	12 9:30pm Writing Time 1pm Caring Committee 7pm World Religions Study	13 8am Men's Breakfast 10am Membership Committee 12pm Fellowship Lunch 3:30pm Fellowship Group #3 7pm Fin. Committee	14	15
16 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales 11:30am Social Action Potluck	17 8am Learn to "Sit" 10am Praying with the Body 1pm Group on Courage 6:30pm Choir Rehearsal	18 8am Breakfast Grp. 1pm Mah Jongg 4pm Fellowship Tea 7:15pm Fellowship Grp #2	19 9:30am Writing Time 11am Staff Meeting 12pm Brown Bag Book Bunch 3pm Partners Grief Support Group 5pm Humankind book read	20 8am Men's Breakfast 10am Walk 12pm Fellowship Lunch 7pm Governing Board	21	22 9:30am to 12pm Covenant Workshop at the Meeting House
23 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales 4pm Fellowship Group #5 <hr/> 30 10am Sunday Service 11:15am Coffee Hour and Grocery Card Sales	24 8am Learn to "Sit" 10am Praying with the Body 6:30pm Choir Rehearsal <hr/> 31 8am Learn to "Sit" 10am Praying with the Body 6:30pm Choir Rehearsal	25 8am Breakfast Grp. 11am Music Committee 1pm Mah Jongg 1:30pm Fellowship Group #1 4pm Lay Ministry Team 4pm Fellowship Tea	26 9:30am Writing Time 5pm Humankind book read 7pm Date with Death Club	27 8am Men's Breakfast 10am Walk 12pm Fellowship Lunch 3:30pm Fellowship Group #3 5:30pm Whole Life Learning Cmte.	28	29