

O C T O B E R 2 0 2 5

# 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 OCTOBER

### October Theme: Cultivating Compassion

*To cultivate compassion is to recognize the sacred thread that weaves through every soul. As Unitarians, we honor the divine spark in each being, knowing that love is not bound by creed or custom—it is our common language. Compassion calls us to see ourselves in one another, to reach across the distance with gentle hearts and open hands. It is not passive kindness, but a courageous commitment to the well-being of all. In practicing compassion, we do holy work: we build a world where dignity is not a privilege, but a promise.*

**October 5 at 10 AM at the Meeting House and via Zoom—“Coping With Grief”** led by Rev. Rali Weaver; service associate, Andrew Raymond. In a world that often rushes us to “move on,” the ancient voice of the Book of Lamentations invites us to pause—to grieve, to rage, to weep. This Sunday, we will explore how this poetic, anguished text offers us a sacred space for sorrow and a surprising pathway toward healing. What can these laments, born out of devastation, teach us about coping with our own grief today? Together, we will honor the losses we carry and reflect on how hope can be quietly born, even in the midst of heartbreak. **Join us after the service for “A Night on Buddy’s Bench”—a workshop of honesty, compassion, and renewal. (See page 4.)**

**October 12 at 10 AM at the Meeting House and via Zoom—“Holding the Plight of Immigrants In Our Hearts”** led by Rev. Rali Weaver; service associate, Julie DeSorgher. This Sunday we will turn our attention to the stories of immigrants who have journeyed to the United States in search of safety, opportunity, and belonging. Through these stories we will glimpse both the struggles and the resilience of immigrant families, and reflect on what it means to open our hearts to their experiences. Together we will consider how listening deeply to these voices can shape the ways we respond with compassion and care.

**\*Share the Plate October 12 will go to LatinX in Action.** Latinx in Action provides hope and service to immigrant families and individuals, including the newly arrived. It runs a food pantry, English classes, and a referral/resources program.

**October 19 at 10 AM at the Meeting House and via Zoom—“Community Circle”** led by Rev. Rali Weaver; service associate, Joanne Treistman. This Sunday we will explore the foundations of community circles—simple yet powerful practices that help us deepen compassion, build trust, and nurture care within our congregation. Together we will reflect on what it means to be truly heard, and we will have the chance to practice listening and speaking from the heart in small groups. Come prepared for meaningful conversation, gentle reflection, and the joy of connecting more fully with one another.

**October 26 at 10 AM at the Meeting House and via Zoom—“The Invitation”** led by Rev. Tom Schade; service associate, Rosa Whiting. We hold to the hopeful vision of Beloved Community—a social order where all are recognized, valued, empowered, and cared for. Everyone will be included, but some don't feel that they have been invited. Rev. Tom Schade will talk about a hopeful vision of the future and the complications that stand in the way.

# Minister's Message



## **Unitarian Universalist Fellowship of Falmouth**

840 Sandwich Road  
East Falmouth, MA  
02536  
508-457-0449

### **UU Falmouth Staff**

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in the office Monday,  
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**Our website:**  
<https://uufalmouth.org>

Dear UU Falmouth Friends,

At a friend's recommendation, I have been reading The Good Life by Pope Francis. While decidedly Catholic Christian, the book also has some more universal appeal. One quote stood out to me and I keep going back to it:

"Freedom means being able to reflect upon our own actions, assess what is good and what is bad, and determine what kind of conduct leads to growth. Freedom means always choosing goodness. We are free because of goodness. In this, never be afraid to go against the current, even if it is not easy! Being free and always choosing to do good is a commitment, one that will transform you into a strong individual, someone who knows how to face life, a courageous and patient person."

I know that many of us feel stuck in these times. As though our freedoms are being limited and taken from us. The world is definitely becoming more constricted. What this quote by Pope Francis reminds me is that freedom is not an external gift. It is an internal state of mind. Think of Anne Frank or Nelson Mandela—people whose external freedoms were severely limited, yet who cultivated an inner life so rich and grounded in moral clarity that they continued to choose goodness, hope, and love even in the darkest of circumstances. Their stories remind us that even when our outer world is filled with uncertainty or oppression, we still have the freedom to respond with integrity.

Pope Francis's words challenge us to consider freedom not just as a right, but as a responsibility—to reflect, to discern, and to act in alignment with what nurtures growth, both in ourselves and in our communities. This echoes a deep truth within Unitarian Universalism: that we are all called to a free and responsible search for truth and meaning. Freedom, then, is not simply the absence of constraint—it is the presence of conscious choice, of deliberate and compassionate action.

This type of freedom reminds me of the Redemption Song by Bob Marley. "Emancipate yourselves from mental slavery / None but ourselves can free our minds." This lyric reminds us, as Pope Francis does, that freedom is not simply granted or taken—it is cultivated from within.

As we move through these difficult times, may we remember that as UU's we carry a wellspring of freedom within us. We can choose to be kind in the face of cruelty, to be brave in the face of fear, and to be thoughtful in a world that too often demands reactivity. Let us continue to be people of courage and conscience, even when—especially when—it means going against the current.

Won't you help me sing these redemption songs?

With love, Rali

# Governing Board Report



Dear Members and Friends,

By now you have Betsy Wilder's minutes from the governing board's September meeting, so let me just expand a little about two agenda items. Both concern the growth of our congregation.

Under old business, we talked about the caps and T-shirts we bought for members to wear to events so our church could be a visible presence in the community. The idea is you would put a T-shirt on *over* your own shirt – we ordered big sizes so they would fit – and attend a standout for a good purpose like supporting immigrants' rights or opposing fascism, and then return the shirts to the box in the name tag room for use next time. Or buy a cap to carry your UU identity wherever you choose. If people know better who we are and what we get involved with, they might take a step in our direction. So please, next time you're planning to go to a resistance event, grab a shirt to bring our faith into the community. Or buy a hat to have it with you as opportunity strikes.

Under new business, we talked at length in executive session about filling the empty seat on the board. The bylaws require only that a person be a member in order to service on the board, but the nominating committee also considers signs of deep interest in the work of the church. Then they seek those willing to serve. This is the hard part—willingness. Many could bring strength to the board, but not everybody wants to do it. Sometimes a member comes forward to volunteer, more often members recommend others to serve. Every Sunday we say service is our law and trust individuals will abide by this law—and many do serve in myriad ways. Our leadership council of committee chairs fills the East Wing meeting room, committees and task forces are active, and UUs volunteer all over the upper Cape. While we are not able to tell you now who will fill the seventh seat on the board, we will soon.

## Balance Sheet as of August 31, 2025

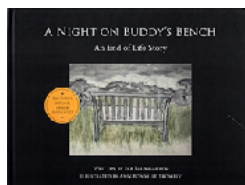
Investments: Baxter Prince Endowment	\$182,545
Vanguard Star Fund	\$297,599
Vanguard Account 3	\$106,311
Balance Sheet Accounts:	
Sac Food Certificates	0
TD Bank Checking	\$135,806
TD Money Market	\$ 44,386
Minister's Discretionary	0
<b>Total Assets</b>	<b>\$766,657</b>
Liability - UUA Loan	0
<b>Total Assets Less Liabilities</b>	<b>\$766,647</b>

Sincerely, Charlotte Harris  
Governing Board President  
[Charris20@me.com](mailto:Charris20@me.com) \* 617-645-8609

# Upcoming UU Falmouth Events & Notices

## You are invited to “A NIGHT ON BUDDY’S BENCH” Sunday, October 5 from 1-3 PM at the Meeting House

*Join us for an afternoon of healing and reflection with author Ira Baumgarten.*



In a world that often feels isolated, grief and loss are universal experiences. Ira Baumgarten, author of “A Night on Buddy’s Bench,” invites you to explore these themes through his powerful storytelling. We’ll listen to excerpts from his book and hear Ira’s personal journey of navigating grief, where he shares that “in this time of social isolation, our ability to hold our feelings of loss and the preciousness of life is a spiritual calling we’re all facing.”

Afterward, we’ll come together in small groups to reflect on these ideas and share our own experiences, using the book’s concepts and practices to guide us.

**(A light lunch will be provided after the worship service and before the workshop.)**

## ACCESSIBLE WALKING GROUP Continues Mondays in October at 11 AM (**Note time change.**)

Members and friends of UU Falmouth are invited to join us for this weekly tradition: an accessible walk on the beautiful, level Shining Sea Bike Path or Cape Cod Canal Service Road.

These walks are designed to be fully inclusive—welcoming people of all abilities. Whether you use a cane, a walker, or simply prefer a gentle pace, you are warmly encouraged to come along. Bring a friend, bring your curiosity, and come walk (or roll!) with us, one step at a time. Walks will be approximately one hour.



Questions? Contact Cynthia Domack or Wendy Bone directly or via [admin@uuffm.org](mailto:admin@uuffm.org).

**October 6** - Trunk River Beach parking lot, Woods Hole, at the bike path

**October 13** - No Walk

**October 20** - Bourne Bridge Road parking area, Cape Cod Service Road

**October 27** - Bus Depot, Falmouth, at the bike path

## “GOOD NEWS” HAPPY HOUR Saturday, October 18 from 5-6:30 PM at the Meeting House

Do you need some good news and some time with UU friends? Then plan to join the Membership Committee for a **Good News Happy Hour** on Saturday, October 18. This is an opportunity to focus on good things happening in the world and around us – so **bring a good news item to share!**



We’ll provide snacks and beverages but contributions are welcome!

**To provide a good news video in advance** that we can play at the gathering, or if you have questions, email Betsy Wilder at [betsymail2012@gmail.com](mailto:betsymail2012@gmail.com).



# Upcoming UU Falmouth Events & Notices

## HELP NEEDED FOR A FEW SPECIFIC JOBS AT UU FALMOUTH

Are you hesitant to join or run a committee but would you like to support the important work, fun events, and behind-the-scenes jobs that make UU Falmouth such a vibrant community? From time to time we will be posting a list of jobs that are simple to do, don't involve a huge commitment, but could make a big difference. (Email [admin@uuffm.org](mailto:admin@uuffm.org) if you have a job you'd like added to the list or want to know more about one of the jobs below.)



- \* **The Religious Service Committee would like a few more readers/service associates** to help on Sundays. This involves assisting Rev. Rali in a Sunday service by doing 2-3 readings, all of which will be sent to you several days in advance.
- \* **We need help rotating the positive, encouraging signs on Sandwich Road** that help us let people know that UU Falmouth is a welcoming, accepting community. We need someone to change the signs a few times a month.
- \* **The Communications Committee could use help once in a while putting up flyers** to let the public know about UU Falmouth events.
- \* **A few people are needed to sell grocery cards after the service on Sundays.** (See article page 6.) It could be as little as 30 minutes once a month. Contact Pam Morrone.

## CAPE COD FOSTER CLOSET NEWS...

In September, we welcomed CCFC Program Director Ali Geroche who will give much appreciated support to Sharon Palmer, the founder of the Closet. Jane Jackson and Pam Morrone have been volunteering on alternative Thursday mornings. Please contact one of them if you would like to volunteer. **On most Sundays and every Thursday morning the Closet is open for donations.**



### The Closet Needs:

**Pull Ups Size 2T, 3T, 5-6, 6-7**

**Baby Wash**

**Kids Bubble Bath**

**Boys Fall/Winter clothing size 10 and size 14**

**Girls: Fall/Winter clothing size 10**



## SUNDAY SCHOOL IS IN FULL SWING!

### Newcomers and Volunteers Welcome

Cynthia Dyer has put a lot of effort into creating an inviting, interesting classroom in the West Wing for the children now attending on Sundays. She has also developed lesson plans and is **looking for volunteers who would like to help out with the children once a month.** Here is an update from Cynthia:

In September, we took a close up look at the first UU principle. We looked at what *respect* looks like and feels like. We made puppets. We role played scenarios so that we could practice our *kind* words and *helpful actions* at school, home, and in the neighborhood.

In October, we will continue to practice *respect* and look at what *being treated fairly* looks like. We all make mistakes and our puppets will practice the six essential parts of an apology.

All children are welcome to come to Sunday School. All classes stand on their own. Come every week or just once in a while. We welcome you.

# 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 church 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](mailto:revraliweaver@gmail.com) or 617-459-5979, or Ellen Todd at [ellen@jackson-todd.com](mailto:ellen@jackson-todd.com).

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

## GROCERY GIFT CARDS

**No Cost to You...\$6,000 to Local Non-Profits!**

The Social and Environmental Action Committee would like to suggest that you **begin each month with the purchase of at least one \$25 grocery gift card**. These cards, for Jack in the Beanstalk, Roche Bros, Shaws, Stop & Shop, and Windfall make **great ‘Thank You’ gifts** and come in handy in your wallet.

**Last year, the profits from these sales were used to donate over \$6,000 to regional non-profit agencies.**



## LIBRARY NEWS: Greetings from your librarian

It is so good to be back. Thanks to everyone for the welcome I received when I returned. I have tried to make the library warm and inviting, with a book choice of the month and carefully labeled shelves. If you haven’t had a chance to stop by, you’ll be surprised at the number of books and the variety of topics covered.

One request: You are welcome to use this lovely space for meetings or as a quiet refuge, but **PLEASE PUT EVERYTHING BACK WHERE YOU FOUND IT** on the table and the shelves. This will show respect to others who come after you.

Thank you. ~Joan Vaughan, Librarian



# Looking Back...



On August 31, a wonderful end-of-summer breakfast was put on by Men's Breakfast.



On September 7, Rev. Rali led her first UU Falmouth service as our full time minister. Welcome Rali and Jenny!



On September 17, Rev. Rali welcomed Sandy Faiman-Silva, C.R. Florence, and Mauricio Cordero (via Zoom) for a talk about the powerful BORDERx art exhibit at the Meeting House.



On September 20, people gathered to celebrate International Day of Peace and Understanding by dancing with Bobbi Bailin.

# UU Falmouth Announcements



## October Birthdays



10/03 Cathy Kligler	10/18 Noreen Cavanaugh	10/26 Jack Larrey
10/07 Christine Michelson	10/21 Hildegard Jones	10/28 Carolyn Powers
10/13 Milly White	10/21 Jonathan DiPaolo	10/29 Thomas Palmer
10/14 Keith Monjak	10/23 Pam Morrone	10/30 Betsy Young
10/16 Lew Stern	10/24 Marvin Grosslein	
10/17 Sandy Williams	10/26 John Howell	

### Fellowship Weekly/Monthly Gatherings Open to All

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

- **Accessible Walking Group** - Mondays at 11 AM. For more information and the starting location of the walks, contact Cynthia Domack or Wendy Bone.
- **Breakfast Bunch** - Tuesdays at 8 AM. This month it will be at Moonakis Cafe, 460 Waquoit Highway, East Falmouth. 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, October 15 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. On October 2 it will take place at Dave Dimmick's Barn; all other gatherings will be at the Meeting House. 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.
- **Chimes Workshop** - Thursday October 2 and 16 at 2:45 PM (and the 1st and 3rd Thursdays of the month) at the Meeting House. For more information, contact Laura Wing.
- **Community Circle** - Friday, October 10 at 2 PM at the Meeting House - open to the public. 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** - Friday, October 17 at 6:30 PM at the Meeting House. For more information, contact Nannette Oldenbourg.
- **Grief Group** - Friday, October 24 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](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 2025</b>		<b>Red = All are welcome to attend.</b>		
			<b>1</b> 9:30am Writing Time	<b>2</b> <b>8am Men's Breakfast</b> 1pm Chimes Ensemble <b>2:45pm Chimes Workshop</b>	<b>3</b>	<b>4</b>
<b>5</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b> <b>1pm "A Night on Buddies Bench" workshop</b>	<b>6</b> 10:30am Religious Services Committee <b>11am Accessible Walking Group</b> 6:30pm Choir Rehearsal	<b>7</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b>	<b>8</b> 9:30am Writing Time	<b>9</b> <b>8am Men's Breakfast</b> 1pm Chimes Ensemble 3:30pm Fellowship Group #3 7pm Finance	<b>10</b> 10am Writer's Path Group 12pm SEAC Potluck 1pm Membership Committee <b>2pm Community Circle</b>	<b>11</b>
<b>12</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>13</b> 9:30am Staff Meeting <b>11am Accessible Walking Group</b> 1pm Caring Committee Meeting 6:30pm Choir Rehearsal 8pm Music Committee	<b>14</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>3:30pm Welcoming Congregation Committee</b>	<b>15</b> 9:30am Writing Time <b>12pm Brown Bag Book Bunch</b>	<b>16</b> <b>8am Men's Breakfast</b> 10:15am B&G Meeting 1pm Chimes Ensemble <b>2:45pm Chimes Workshop</b> <b>7pm Governing Board</b>	<b>17</b> <b>6:30pm Percussion Discussion</b>	<b>18</b> <b>5pm "Good News" Happy Hour</b>
<b>19</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>20</b> <b>11am Accessible Walking Group</b> 6:30pm Choir Rehearsal	<b>21</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b>	<b>22</b> 9:30am Writing Time	<b>23</b> <b>8am Men's Breakfast</b> 10am Soul Matters Small Group 1pm Chimes Ensemble 3:30pm Fellowship Group #3	<b>24</b> 10am Writer's Path Group <b>1pm Grief Group</b>	<b>25</b>
<b>26</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour/ Grocery Cards</b> <b>11:30 Sermon Discussion</b>	<b>27</b> <b>11am Accessible Walking Group</b> 6:30pm Choir Rehearsal	<b>28</b> <b>8am Breakfast Bunch</b> <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1	<b>29</b> 9:30am Writing Time	<b>30</b> <b>8am Men's Breakfast</b> 1pm Chimes Ensemble	<b>31</b>	