



## THE UNITARIAN UNIVERSALIST FELLOWSHIP OF FALMOUTH NEWSLETTER

### IMPORTANT REMINDERS IN SEPTEMBER

#### **Book Reading: *Humankind* via Zoom**

Wed., Sept. 7, 14, 21, 28 at 5pm

#### **Mindfulness Walks**

Thursday, Sept. 8 at 10am  
Monday, Sept. 26 at 1pm

#### **Inter-generational Game Night**

Sunday, Sept. 11 at 5pm

#### **Praying with the Body**

Monday, Sept. 12, 19, 26 at 10am

#### **Secular Meditation - via Zoom**

Tuesdays, Sept. 13, 20, 27 at 8:30am

#### **Live Coffee House**

Sunday, Sept. 18 at 4pm

#### **Practice on Connection**

Wednesday, Sept. 21 at 10am

#### **How to Transform Our Community - via Zoom**

Wednesday, Sept. 21 at 7pm

#### **Fall Equinox Celebration**

Thursday, Sept. 22 at 9am

#### **Movie: *Kedi* - via Zoom**

Monday, Sept. 26 at 7:30pm

#### **Into. to *Date with Death Club* via Zoom**

Wednesday, Sept. 28 at 7pm

### September Theme: *Belonging*

#### **September 4th— *Why Belong?* - The Rev. Joe Cherry**

Rev. Joe asks the question, “Why Belong?” What makes Unitarian Universalism, as some joke, the most Protestant of Protestants? How can a people of such varying theologies call themselves a community? Join us this Sunday for some potential answers.

#### **September 11th—Water Communion - The Rev. Joe Cherry**

Across our world, Unitarian Universalists celebrate the beginning of a new congregational year by taking part in our Water Communion. It's a ritual that highlights our returning to each other after a time when many have travelled over the summer months. Bring some water from your tap or your travels to mingle together as we once again begin anew.

#### **September 18th— *All Along the Way* - The Rev. Joe Cherry**

Life lessons tend to come to us not all at once, but little by little, day by day. Join Rev. Joe and the Religious Services Committee as we explore some of these lessons and how we use them as we try to become the best versions of ourselves.

**September 25th—** There will be no service at UU Falmouth this Sunday as all those involved in planning and running our services take a much deserved break. **There *WILL* be Coffee Hour outside the Meeting House at 10:00 AM in place of the service. You are invited to bring snacks to share.**

# Minister's Message



**Unitarian Universalist  
Fellowship of Falmouth**

840 Sandwich Road  
East Falmouth, MA  
02536  
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](mailto:admin@uuffm.org)

Dear Folks of the Meeting House,

The word *Belong* is said to have entered the English language in the mid-14th century, the time of the English poet Geoffrey Chaucer. Here's an example of Chaucer's writing at the time, where he addresses death and the afterlife:

“His spirit chaunged house and wente ther,  
As I cam nevere, I kan nat tellen wher.”  
— Geoffrey Chaucer

My best guess at a modern version of this quote goes like this: “His spirit changed (transitioned/moved on?) and went somewhere else. As I have never been, I cannot tell where.”

The word *Belong* has roots in Old German, so it's clearly not a new concept.

I think there exists a tension in Unitarian Universalism about belonging. Humans are social animals, so on some level, part of us longs to be with other people; but we are also a people of very strong individualism.

One of the podcasts I regularly listen to, *Freakonomics*, in a recent episode discussed cultures that are looser or more strict, and the continuum of collectivism and individualism. The United States is widely seen as the most individualistic national culture, and has been for a couple of centuries.

We have this call to be on our own, to be self-sufficient, to pull ourselves up by our bootstraps. Some have a false narrative that they are “self-made,” as if any of us could survive infancy on our own.

None of us is completely self-created, and none of us can live completely on our own. We belong to many groups: biological families, families of choice, neighborhoods and towns, houses of faiths, and groups completely organized by affinity.

As the quote from Chaucer above teaches us, there is a great mystery before we live, and a great mystery after we die. That is all we know. In this, if nothing else, we all belong, be we philosophers, scientists, dreamers, theologians, kayakers, or bakers.

In faith,  
Rev. Joe

# President's Corner



## **UU FALMOUTH BOARD 2022-2023 Officers**

Susan McCourt, President  
Jim Loew, Vice President  
Ellen Todd, Treasurer  
Ellen Germann, Clerk

### **Directors**

Jonathan DiPaolo  
Dorothy Schrupf  
Victor Smith

## **2022-2023 Committee Chairs**

Art Exhibits—Joanie Thompson &  
Nick Vardak  
Building & Grounds—Dave Dimmick  
& Phil Zimmerman  
Caring—Sharon Lowberg  
Communications—Joanie Thompson  
& Nannette Oldenbourg  
Denominational Affairs—Larry Ladd  
Development—Noreen Cavanaugh  
Finance—Gayle Simundza  
Lay Ministry Team—Tom Kirkman  
Membership—Carolyn Powers  
Memorial Woodland—Phil  
Zimmerman  
Music—Susan Brooks  
Nominating—Dave Crichton  
Personnel—Susan McCourt  
Religious Services—Judy Andrade  
Social & Environmental Action—Chris  
Wheeler  
Welcoming Congregation—Judy  
LeBeau (contact person)  
Whole Life Learning—Rev. Saramaria  
Allenby

## **SAVE THE DATE: October 22-23 is Covenant Weekend**

I am excited to announce that Rev. Tandi Rogers will be joining us the weekend of October 22-23<sup>rd</sup> to lead us as we begin the exciting and soulful work of renewing our congregational covenant. Our covenant is our mutual agreement of how we aspire to be together. It is the touchstone at the heart of our work, our celebrations and our spirituality. You can read more about our covenant in the July Sandscript, which can be found on our website in the Communications section, located under News! More detailed information will be provided in the coming weeks.

Rev. Tandi Rogers is a Congregational Life Staff member for the Pacific Western Region of the Unitarian Universalist Association (UUA). Tandi writes, preaches, and speaks widely about growth and religious innovation, and teaches Religious Education for a Changing World at Meadville-Lombard Theological School. She is a regular contributor to the Growing Unitarian Universalism blog. Tandi is especially passionate about congregational polity in the 21st century, covenant, faith formation and multigenerational communities. She is known for her creative reframing and sparky questions and love of collaboration. She is both ordained to the UU ministry and a Credentialed Religious Educator, master level.

Many members have worked through the summer and I am grateful for their dedication. The Staff works all year – bringing us programs, services, and keeping us connected. The Religious Services Team works week after week bringing us engaging and meaningful services. Membership has hosted opportunities to come together in fellowship. The Choir has lifted our spirits. The Communications Committee has been working tirelessly on helping us be known in the community. The Meeting House Task Force, Kitchen Planning Group, and Technology Task Force have worked on our infrastructure. And the Board has had extra meetings to plan for enhancing congregational growth and our tough budget year. There are others who quietly work behind the scenes and for that I am grateful.

I can't fail to mention the folks who are working with the contractor as construction continues. Nearly every day, the workers arrive at 7:30 AM to work in a very hot attic, big boxes arrive and the work continues. Unfortunately, nearly all of the progress is hidden in the attics! Soon we will all be together in our Sanctuary. Until then, I will see you for services on Zoom or outside, for meetings on Zoom, or at a Whole Life Learning program!

Susan

**Please join us for a Congregational Meeting on Zoom on September 11 at 12:30 PM** to discuss the results of the work to gather a Search Committee for a Settled Minister. The Zoom link will be sent via email.

# Whole Life Learning

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

**Wednesdays September 7, 14, 21 & 28 and October 5, 12, 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**

### **Thursday, September 8 at 10 AM - Walking on the Cape Cod Canal**

\* Meet at the Bourne Recreation area at the Cape Cod Canal, 21 Bourne Bridge Road. Join us as we enjoy the breathtaking canal and walk from bridge to bridge if we can!

### **Monday, September 26 at 1 PM - Grace Trail in Plymouth**

\* Meet at the Meeting House at 12:15 PM and we will carpool from there to Nelson Park, 235 Water Street, Plymouth. We will walk the trail together, stopping to note: gratitude, release, acceptance, challenge, and to embrace Grace! See more at <https://gracetrail.com/>.

## **INTER-GENERATIONAL GAME NIGHT**

**Sunday, September 11 at 5:00 PM Outside at the Meeting House**

Come join us for fun and games! Bring your favorite games—we will provide some as well. Scrabble, Heads-Up, Candy Land, Monopoly, Life...

Bring your own drinks. Whole Life Learning will provide pizza!



## **GROUP PRAYING WITH THE BODY CONTINUES**

**Mondays September 12, 19 & 26 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.

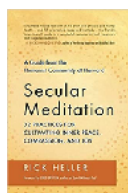
To sign up, contact Saramaria at [Sallenby48@gmail.com](mailto:Sallenby48@gmail.com).

# Whole Life Learning (continued)

## **SECULAR MEDITATION**

**32 Practices For Cultivating Inner Peace, Compassion, and Joy by Rick Heller**  
**Tuesdays, September 13, 20, & 27 at 8:30 AM via Zoom**

Meditation is a form of mental exercise with numerous scientifically verified physical and psychological benefits. As meditation teacher Rick Heller shows, the benefits of the practice extend beyond the personal to enrich relationships with others, with one's community, and with the world. In *Secular Meditation*, step-by-step instructions, personal stories, and provocative questions teach empathy for others, stress reduction, and the kind of in-the-moment living that fosters appreciation for life and resilience in the face of adversity. Heller simplifies what is often found mysterious, describing and providing detailed instructions for 32 different practices, ensuring that anyone can find the right one.



Come join Saramaria via Zoom for a 40-minute meditation and reading from the text.

## **LIVE COFFEE HOUSE!**

**Featuring Frankie O'Rourke and Samantha Bauer**  
**Sunday, September 18 at 4:00 PM at the Meeting House**

*Frankie O'Rourke* was a performing musician from 1973-2017 with the bands Warren Haynes and Govt. Mule, G. E. Smith, NRBQ, Pousette-Dart Band, Aztec Two-Step, Commander Cody, Orleans, and has released several albums. He has also performed and recorded as a solo artist. From 2000-2021 he practiced and recorded with the band The Other Half, with whom he released a new album in 2022.

*Samantha Bauer* has been performing in Falmouth since she was a child, singing in the choir at Church of the Messiah in Woods Hole until 2003. From 2003-2007, she was classically trained as a soprano by John Murelle at the Cape Cod Conservatory in Falmouth. Throughout college and after graduating, she performed at open mic nights and at private events from Pennsylvania to Massachusetts.

Together Samantha and Frankie performed at the Falmouth Band Stand for a fundraiser held by the Rotary Club in 2019, held a regular weekly performance at the Falmouth Bus Station through 2019, performed at many open mic nights, including the FCTV "Poetic License" event and "A Little Night Music," and have been involved in weekly performances hosted by Samantha's nonprofit *Inspiration is Everywhere* since 2020.

Come see them live, in person at the UU Falmouth Meeting House on September 18!

## **PRACTICE ON CONNECTION: A SENSE OF BELONGING IS RIGHT HERE**

**Wednesday, September 21 at 10 AM**  
**Falmouth Public Library, 300 Main Street, Falmouth**

"Our ability to connect with others is innate, wired into our nervous systems, and we need connection as much as we need physical nourishment." — Sharon Salzberg

This presentation and activity includes music, readings, reflection and a small creative activity on connection for you to bring home.

There is a 17-person limit so please email Saramaria at [Sallenby48@gmail.com](mailto:Sallenby48@gmail.com) to reserve your spot.



# Whole Life Learning (continued)

## HOW TO TRANSFORM OUR COMMUNITIES FOR SOCIAL AND CLIMATE JUSTICE

A presentation by **Lew Stern**

**Wednesday, September 21 from 7:00-8:30 PM via Zoom**

We live in turbulent times—environmentally, politically, and socially. Why do so many people deny climate change and social and political truths, and resist doing what is needed to save our planet and support each other in this divided world? New research has answers. Join us via Zoom to learn how we can lead the way individually and as a community.

## FALL EQUINOX CELEBRATION AND RITUAL

**Thursday, September 22 at 9 AM at Bristol Beach, 59 Menauhant Road, Falmouth**

(After Falmouth Heights Beach before Maravista Avenue)

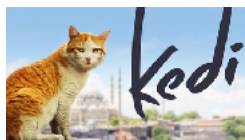
The fall equinox, or Mabon, marks the astronomical beginning of the autumn season. When the autumnal equinox occurs in the Northern Hemisphere, the day and night are the same. Please join us to celebrate balance and the welcoming of fall.



We will walk from Bristol beach to the Falmouth Harbor (weather permitting) after the equinox celebration. See more at <https://earthsky.org/astronomy-essentials/everything-you-need-to-know-september-equinox/>.

## MOVIE - *KEDI*

**Monday, September 26 at 7:30 PM via Zoom**



Hundreds of thousands of cats have roamed the metropolis of Istanbul freely for thousands of years—wandering in and out of people's lives, impacting them in ways only an animal who lives between the worlds of the wild and the tamed can. Cats and their kittens bring joy and purpose to those they choose, giving people an opportunity to reflect on life and their place in it. In Istanbul, cats are the mirrors to ourselves. To see a preview: <https://www.youtube.com/watch?v=IKq7UqplcL8>.

## INTRODUCTION TO: *DATE WITH DEATH CLUB*

**Wednesday, September 28 at 7:00 PM via Zoom**

Join us for an **information session** before we begin the monthly *Date With Death Club* series from October—May featuring Heather Massey MSW, LMT. Heather Massey is a Death Educator, Natural Deathcare Trainer, Family Deathcare Consultant, and Funeral Consumer Rights Advocate. She is a specialist in End of Life, Death, Dying, and Post-Death Care.



*Date with Death Club*, created by Karen G. Johnston, MSW, M.Div, DwDC, explores mortality in community. DwDC is an opportunity to learn, share, and deepen your own understanding of what death means to you and how you want to approach death—particularly your own. Karen is the settled minister at The Unitarian Society in East Brunswick, NJ.

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

# Whole Life Learning (continued)

## HABITAT FOR HUMANITY “BLITZ BUILD”

September 19-23, 2022



Every few years, Habitat For Humanity has a “Blitz Build” where they build a home in ONE WEEK! The next one is happening at Willett Way in Waquoit, September 19-23. We have been supporting and helping Habitat build in Waquoit all year with snacks and devotions. Please stop by and show your support and love!



## Social & Environmental Action

### DEATH

**It is inevitable for all of us. No exceptions. None.**

**Suffering prior to death is another matter entirely.**

For some people in this country there is an option about ending suffering. The choice is typically called Medical Aid In Dying, Death With Dignity, or End Of Life Options.

In certain situations, people in ten states plus Washington DC have end of life options. In these states there are laws that, in summary, permit adults suffering from terminal illness, with a six-month life expectancy (hospice eligible) to have the personal choice of asking their doctors to prescribe medication they can take to end their suffering and die in their sleep. This is different than hospice care, which is designed to ease suffering.

Regionally, people in Vermont and Maine also have this option of selecting medical assistance in dying.

What about Massachusetts? An Act Relative to End of Life Options (SB1384) was reported out of the Committee on Public Health but failed in this legislative session, which ended July 31. The bill will be reintroduced in the next legislative session and the process will start all over again.

Two people from our congregation, Dr. Roger Kligler and his wife Cathy, have been leading the effort in this state to enact Medical Aid in Dying legislation. They also support a national non-profit organization, Compassion & Choices. For more information on this topic, contact [www.compassionandchoices.org](http://www.compassionandchoices.org).

***If you are thinking of making a donation to Compassion and Choices, please contact Roger at [rkligler@comcast.net](mailto:rkligler@comcast.net) to arrange a 3 to 1 match.***

### GROCERY CARDS WILL BE ON SALE

**At the Meeting House After In-person Services in September**

This is a great way to donate 5% of what you spend on groceries to charities...at NO cost to you! Here is how it works...You buy grocery cards for any of the following stores: Windfall, Jack in the Beanstalk, Shaw's, Stop & Shop and Roche Brothers. The cards are sold at face value in many denominations. The stores then donate 5% of the sales to us, which the Social & Environmental Action Committee then donates to local charities.

If you're not able to purchase cards in person, they can be delivered to you. Please contact Pam Morrone or Chris Wheeler via [admin@uffm.org](mailto:admin@uffm.org) for additional information or questions.

# 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](mailto:admin@uuffm.org).

**Fellowship Tea meets every Tuesday at 4 PM.** To get the login, email [admin@uuffm.org](mailto: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](mailto:admin@uuffm.org).

**Fellowship Lunch meets every Thursday at noon.** To get the login, email [admin@uuffm.org](mailto:admin@uuffm.org).

**Brown Bag Book Bunch is meeting again on September 21 at noon.** If you have any questions, please contact Chris Jacobi via [admin@uuffm.org](mailto:admin@uuffm.org).

## Congregation-Wide Meeting

Please join us for a Congregational Meeting on Zoom on **September 11 at 12:30 PM** to discuss the results of the work to gather a Search Committee for a Settled Minister. The Zoom link will be sent via email.

## Caring Committee

### From "Unlocking the Power of Covenant"- June 2021

Every day provides us with an opportunity to love again,

To hurt again, to embrace joy,

To experience unease,

To discover tragic.

Each day provides us with the opportunity to live.

This day is no different, this hour no more unique than the last,

Except...Maybe today, maybe now,

Among friends and fellow journeyers,

Maybe for the first time, maybe silently,

We can share ourselves.

~Rev. Kristen Harper

## SEPTEMBER BIRTHDAYS!

09/01 Charlotte Harris

09/03 Nancy Wendlandt

09/03 Ruth Agnew

09/05 Dorothy Schrupf

09/11 Jewel Blake

09/13 Louise Vardack

09/16 Joanna McWilliam

09/16 Stephen Jumper

09/19 Virginia Richardson

09/24 Erika Fox

09/24 Liz Prete

09/29 Annalisa Fox

09/30 Susan Brooks



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>September 2022</b>				<b>Red = All are welcome to attend.</b>		
				<b>1</b> <b>8am Men's Breakfast</b> <b>12pm Fellowship Lunch</b> <b>5:30pm Whole Life Learning Cmte.</b>	<b>2</b>	<b>3</b>
<b>4</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour and Grocery Card Sales</b>	<b>5</b> 6:30pm Choir Rehearsal	<b>6</b> <b>8am Breakfast Grp.</b> <b>9:15am Kayaking</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b> 7:15pm Fellowship Grp #2	<b>7</b> 8am Religious Services Committee 9:30pm Writing Time 3pm Partners Grief Support Group <b>5pm Humankind book read</b>	<b>8</b> <b>8am Men's Breakfast</b> <b>10am Walk-Canal</b> 10am Membership Committee <b>12pm Fellowship Lunch</b> 3:30pm Fellowship Group #3 7pm Fin. Committee	<b>9</b>	<b>10</b>
<b>11</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour and Grocery Card Sales</b> <b>12:30 PM Cong. Mtg on Search Cmte.</b> 4pm Fellowship Group #5 <b>5pm Inter-generational Game Night</b>	<b>12</b> <b>10am Praying with the Body</b> 6:30pm Choir Rehearsal	<b>13</b> <b>8am Breakfast Grp.</b> <b>8:30am Meditation</b> <b>9:15am Kayaking</b> 11am Lay Ministry <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>3:30pm Welcoming Congregation</b> <b>4pm Fellowship Tea</b> 4pm Social Action	<b>14</b> 9:30pm Writing Time 1pm Caring Committee <b>5pm Humankind book read</b>	<b>15</b> <b>8am Men's Breakfast</b> <b>12pm Fellowship Lunch</b> 7pm Governing Board	<b>16</b>	<b>17</b>
<b>18</b> <b>10am Sunday Service</b> <b>11:15am Coffee Hour and Grocery Card Sales</b> <b>4pm Coffee House LIVE!</b>	<b>19</b> <b>10am Praying with the Body</b> 6:30pm Choir Rehearsal	<b>20</b> <b>8am Breakfast Grp.</b> <b>8:30am Meditation</b> <b>9:15am Kayaking</b> <b>1pm Mah Jongg</b> <b>4pm Fellowship Tea</b> 7:15pm Fellowship Grp #2	<b>21</b> 9:30am Writing Time <b>10am Practice on Connection</b> 11am Staff Meeting <b>12pm Brown Bag Book Bunch</b> 3pm Partners Grief Support Group <b>5pm Humankind book read</b> <b>7pm Transform Communities</b>	<b>22</b> <b>8am Men's Breakfast</b> <b>9am Fall Equinox Celebration</b> <b>12pm Fellowship Lunch</b> 3:30pm Fellowship Group #3 <b>5:30pm Whole Life Learning Cmte.</b>	<b>23</b>	<b>24</b>
<b>25</b> <b>NO Sunday Service</b> <b>10am Coffee Hour instead of service</b> 4pm Fellowship Group #5	<b>26</b> <b>10am Praying with the Body</b> <b>1pm Walk-Grace Trail</b> 6:30pm Choir Rehearsal <b>7:30 Movie Kedi</b>	<b>27</b> <b>8am Breakfast Grp.</b> <b>8:30am Meditation</b> <b>9:15am Kayaking</b> 11am Music Committee 11am Lay Ministry Team <b>1pm Mah Jongg</b> 1:30pm Fellowship Group #1 <b>4pm Fellowship Tea</b>	<b>28</b> 9:30am Writing Time <b>5pm Humankind book read</b> <b>7pm Intro. to Date with Death</b>	<b>29</b> <b>8am Men's Breakfast</b> <b>12pm Fellowship Lunch</b>	<b>30</b>	