

"UUFalmouth Announces February 2022 Events"

UU Falmouth, the Unitarian Universalist congregation that serves the Upper Cape, has announced several series of Whole Life Learning events open to the public. Several of the programs offer lessons in compassion for oneself and others. Saramaria Allenby, the director of Whole Life Learning, will facilitate.

All sessions will be offered free of charge. A series of walks on Sundays and Thursdays will be in person in Mashpee and Falmouth. Other programs will be presented on Zoom and phone while the Meeting House on Sandwich Road in Falmouth is renovated. To obtain the Zoom code or event phone line for access, please contact the UU Falmouth administrator, at admin@uuffm.org during office hours before the event. Office hours are 9 AM to 2PM Tuesday through Friday. More information is available at UUFalmouth.org

Mrs. Allenby will lead discussion of *The Book of Forgiving*, written by the late Archbishop Desmond Tutu, and his daughter Mpho, at 4:30 PM on four Mondays, February 7, 14, 21 and 28. Although Allenby recommends the book, one need not have read it to listen or participate, and one may attend one or any number of the sessions, each one dealing with another part of the book. Each time, Ms. Allenby will explain the main points of one section, lead discussion, share videos of Desmond Tutu, and read aloud.

The Compassionate Coffee House is a new, ongoing series running from 7 to 8:30 PM on all Wednesdays for the foreseeable future. It offers a casual atmosphere and an eclectic mix including stories, sharing of positive experiences and inspiration, and music. People may come and go as they please, as at an actual coffee house. Anyone may share a brief story or song pertaining to the theme. Upcoming themes include peace, liberty and justice in the world on February 9; respect for the interdependent web of all existence on February 16, and building a

diverse, beloved community, and dismantling oppressions in ourselves and in our institutions on February 23.

Saramaria Allenby will lead intergenerational gatherings online for adults and teenagers at 7 PM on two Mondays. On Valentine's Day, February 14, she will explain and lead discussion of love as a spiritual practice, beginning with those aspects of love described by major religions, such as love of self, of neighbors, and of the Divine, followed by the love one has for one's family, partner, friends, animals, nature, country, and hobbies and work build on essential love. On February 24 they will discuss the practice of acceptance, and how one can grow in one's capacity for active engagement with life just as it is.

At 7 p.m. on two Sundays, February 27 and March 6, Gertrude "Kitty" Hendrix-Miller will speak about "Wampanoag Cultural Traditions and Connections." The UU Falmouth Social and Environmental Action and Whole Life Learning Committees are co-sponsoring the event.

Upcoming walks on Thursdays at 10:30 AM will be at Highfield/Beebe Woods, 56 Highfield Drive, Falmouth, on February 10, and at Ashumet Holly Wildlife Sanctuary, Ashumet Rd. (off Rte 151 and Currier Road), on February 17.

Sunday walks at 12:30 PM include South Cape Beach State Park, 668 Great Oak Road, Mashpee, on February 13, and the Shining Sea Bike Path starting at Old Dock Road in West Falmouth on February 27, at 12:30 PM. Walks are cancelled in the event of bad weather or bad parking conditions.

UU Falmouth holds Sunday services at 10 AM. Currently, they are on Zoom while the Meeting House is being renovated.

UU Falmouth, officially named the Unitarian Universalist Fellowship of Falmouth, is a caring community of people, diverse in faith and

background, and joined together through shared values and a commitment to social, racial, and environmental justice, and to helping improve our world.

UU Falmouth's members, visitors and friends live throughout the Upper Cape: Falmouth, Mashpee, Bourne, Sandwich, and beyond. Its online services make it possible for people to participate while in Florida or elsewhere. The congregation began as a lay-led fellowship group in the late 1950s, and built and moved into its Meeting House on Sandwich Road in 1995.

More about UU Falmouth can be found at UUFalmouth.org More about the Unitarian Universalist faith can be found at the Unitarian Universalist Association web site: UUA.org.

#

#

#