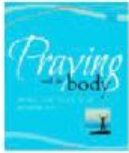


GROUP PRAYING WITH THE BODY

Tuesdays March 1, 8, 15, 22, 29 from 12-12:45 PM

at Wellstrong, 180 Teaticket Highway, Falmouth

We will read a Psalm, with gentle yoga poses (or you can just sit) and a brief meditation ending with self-compassion practice. Pray with more than just your mind—learn how to use your whole self. Move in prayer by expressing the Psalms with motion. This way of praying helps deepen and broaden a practice. The four basic ways of praying—oral, mental, affective, and contemplative are involved. 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. Prayer With the Body addresses hunger and longing for true happiness, freedom from fear, and provides deep peace. This is based on a book and practice by Roy DeLeon.



WEDNESDAY NIGHT COMPASSIONATE COFFEE HOUSE CONTINUES

Wednesdays, March 2, 9, 16, 23, 30 from 7 to 8:30 PM via Zoom

Our virtual Wednesday Night Coffee House continues through March:

- * March 2 - Sharing each other's photos and stories of favorite walks and hikes - led by Lew Stern.
- * March 9 - Career histories: Sharing what we do or did in our careers.
- * March 16 - Exploring faith in story and song by Lea Morris - led by Saramaria Allenby.
- * March 23 - Mentoring: Opportunities and stories of mentoring adults and youth.
- * March 30 - Let's lighten up! Punning.

You can come once or as often as you'd like. Come alone or bring a friend, neighbor, or someone in your family. You don't need to sign up and can stay as long as you want. All are welcome.



We invite you to join in the planning and running of the coffee house. ***We will need volunteers, leaders, and ideas!*** Please contact Saramaria via admin@uffm.org if you can help in any way.

WALKING THE LABYRINTH

Thursdays, March 3, 10, 17, 24, 31 at 4 PM

Waquoit Congregational Church Hall, 15 Parsons Lane, East Falmouth



A labyrinth is a pattern of pathways that weave in a circle around a central point. You walk through the pathways to get to the center. Labyrinths are about the journey, at least as much as the destination. They can be calming, as they slow you down while you wind your way through the path. A labyrinth is not a maze. This event is co-sponsored by UU Falmouth and the Waquoit Congregational Church.



CREATE YOUR OWN PRAYER BEADS

Monday, March 7 at 10 AM at the Falmouth Public Library, 300 Main Street



The word *bēde* means "prayer, request, supplication, order, command, rosary, bead." Come join our group as we create beautiful prayer beads—all materials will be provided. There is 12-person limit so please email Saramaria at Sallenby48@gmail.com to sign up.

BOOK DISCUSSION: *HELP, THANKS, WOW* by Ann Lamott via Zoom

Mondays, March 7, 21, 28 at 5:00 PM via Zoom

In *HELP, THANKS, WOW* Anne Lamott wittily writes about the three simple prayers essential to coming through tough times, difficult days, and the hardships of daily life. It is these three prayers – asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. In this book she recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas.



Insightful and honest *HELP, THANKS, WOW* is the everyday faith book. If you need a copy of the book, contact Saramaria at Sallenby@gmail.com.

GROUP PRAYING IN COLOR

Wednesday, March 9 at 4 PM

Waquoit Congregational Church Hall, 15 Parsons Lane, East Falmouth



Praying in Color is the intersection of prayer and doodling. It is a visual, active, meditative, and playful way to pray. The doodle is visual prayer; each stroke, each swath of color is a way to release—no elegant words or practical artistic skills necessary. This is based on a book and practice by Sybil MacBeith.



MINDFULNESS WALKS

Thursdays, March 10, 24, & 31 at 10:30 AM

Sundays, February 6 & 20 at 12:30 PM

Let's get outdoors and take a walk together! (Weather permitting)

Three Thursday walks at 10:30 AM.

* March 10 at Shawme Crowell State Park, 42 Main Street, Sandwich, off route 130

* March 24 at Scorton Creek, 479 MA-6A, East Sandwich

* March 31 at Goodwill Park, Falmouth, 416 Gifford Street Falmouth

Two Sunday strolls at 12:30 PM.

* March 6 at Bartolomei Conservation Area, 667 Sandwich Road, East Falmouth

* March 20 at Four Ponds Conservation Area in Bourne, 140 Barlows Landing Road, Pocasset

Please sign up for the reminder app at <https://www.remind.com/join/uufalm>. This way you can receive a text if it is canceled or you can call or email Saramaria to check: 774-392-3447, Sallenby48@gmail.com.



SPIRITUAL PRACTICE GROUP ON PRAYER

Monday, March 21 at 7:00 PM via Zoom

The Spiritual Practice of Prayer involves unity and surrender--lifting the heart and mind to the mystery of creation. Part of this practice is celebrating the Divine Presence and grace in our lives. It will include explorations from all faith traditions and practices, as well as exploring neuroscience and prayer as well.

MAKING PRAYER FLAGS

Wednesday, March 23 at 4:00 PM

Waquoit Congregational Church Hall, 15 Parsons Lane, East Falmouth

Prayer flags are used to promote and wisdom. We will be making fabric to take home and hang so wind to spread good will and space.



peace, compassion, strength, our own prayer flags out of the prayers can be sent on the compassion into all-pervading