



July 27, 2010

Unitarian Universalist Fellowship of Falmouth
508-457-0449 www.uuffm.org

The Rainbow brings you the latest news and highlights upcoming events for the next 1-2 weeks.

==== SUNDAY SERVICES ====

SUNDAY SERVICE: "Between the Mud and the Stars" Loring Prosser is a Unitarian Universalist minister who has spent many summers on Cape Cod. He has recently retired as a minister in Indianapolis but he remains active in community programs. Today, Rev. Prosser will discuss the liberal religious tradition and "the courage to affirm." In addition to a guest minister, we will have a guest musician this Sunday. Tyler Singer-Clark is a recent graduate of FHS and going to MIT in the fall. He plays jazz in a lot of venues in town and has a steady gig at the Nobska Restaurant on Gifford Street during dinner on Friday nights. He has played in restaurants and at art related events all over town for the past few years.

SUNDAY SCHOOL NEWS: Little Red School House will meet today during the morning serviced. This is a supervised activity that meets weekly for ages 4-9. There will be child care available during the evening service.

YOUTH GROUP: The youth group meets from 5 - 7 pm on Sunday. If you have any questions, please contact Lyn Ouimet (508) 563-9188.

==== UUFF ANNOUNCEMENTS ====

FOOD PANTRY NEWS: The MA.Otis Food Pantry is very thankful for your donations. They are located in the former nursery of the Base Chapel. The Servicemen's wives have painted everything a gleaming white and yet managed to give the rooms a cosy and welcoming space. Now they need you to fill up the shelves . Baby foods, juices, and Diapers are in short supply. Canned fruit and Tuna fish, beef stew, ham, peanut butter and jellycold cereal, cookies and crackers, mac and cheese , canned pasta. When you shop this week buy some of those two for the price of one and donate the extra to a family that would appreciate it. There are about 200 families living on Base that need a helping hand. Please help ! I will be happy to deliver any extra Zucchini for you. Please wrap it. Thank you for caring . Marylyn Humphrey

CARING COMMITTEE: There will be no Caring Committee meeting in the month of August. If anything needs to be addressed, please contact Betsy Young, ElizRYoung1@verizon.net or 508 548-2722.

ATTENTION PLEDGING MEMBERS AND FRIENDS: Over the past fourteen years, our

average percentage of pledge fulfillment has been 96%. It is the Finance Committee's policy to commit 95% of our gross pledge income to the budget. We have fulfilled our budgeted pledge commitment at a rate of 100%. Based on what I've learned throughout the years on the UU Money Forum (for those involved in UU finances), our achievement is considered outstanding. This data speaks volumes about our generosity, and our commitment to each other. Since our pledge income accounts for roughly 82% of our total budget, each of us can share a sense of pride as we reflect upon our sound financial standing. Assistant Treasurer, Mike Ouimet

=== UUFF CALENDAR & COMING EVENTS ===

COMMITTEE MEETINGS: All members and friends are welcome to attend and/or join any of the many UUFF committees. You can find the names and contact information for committee chairpersons in the pamphlet, *At a Glance*, available in the lobby of the meetinghouse. Meetings this week: none scheduled

***** KAYAKING: Tuesday, July 27 Squeteague Harbor** - A gentle paddle through Squeteague Harbor to Megansett Harbor, and perhaps beyond, depending on wind. To get there: Take 28A North from 151; Turn left onto County Road, just beyond the Parrot Restaurant. Take the third left onto Scraggy Neck Road, go under the train tracks and continue straight to the intersection of Red Brook Harbor Road on the right and Squeteague Harbor Road on the left (tennis courts on left corner). Turn left onto Squeteague Harbor Road. Take the first road to the right leading to the launch site. Park compactly.

Any questions or if you would like to try kayaking and would like to see if there is an extra kayak, call or email Lynne Dalzell at 508-563-5948 , Julie MacNary at 508-540-3494 or Gail Donkin 508-564-4901. We will cancel if it's raining or if it is too windy. In that case one of us will notify you by email by 8:00am that morning or you can call any of us after 8:00am. Everyone needs a life preserver and a whistle.

***** ADULT RE: Wednesday, July 28, 7:00 pm Play Reading: Shakespeare, Twelfth Night, [Acts 3 through 5].** Tonight we will read acts 3 through 5.

***** MEN'S BREAKFAST: Thursday, July 29** All are welcome. No reservations are needed. The cost of bagels, lox, fruit, etc is split, about \$3-4 each. Questions? Call Marv Grosslein 508-540-0882

***** ADULT RE: Wednesday, August 4, at 6:00 pm, Film and Potluck, Shakespeare's "Twelfth Night." [1996, PG, 134 minutes, director Trevor Nunn, starring Imogen Stubbs, Helena Bonham Carter, Toby Stephens, Mel Smith, Richard E. Grant, Ben Kingsley, Imelda Staunton and Nigel Hawthorne.]** Alan Dessen, Cynthia Dessen's husband and a Shakespearean scholar, calls this production of *Twelfth Night* one of the best films ever made of a Shakespearean comedy. The cast is illustrious and all of its members are intimately familiar with the play – so that the spoken words and action come alive for us. Readers of the play will notice omissions and transpositions introduced by the director, Trevor Nunn; but his version, set in the nineteenth century, is still very close to the original, while being very modern in its sensibility. Some critics find Nunn's direction has stifled the madcap fun of the play by taking the characters and the story too seriously. You will have to judge the results for yourself.

==== COMMUNITY ANNOUNCEMENTS ====

LIFE LINE SCREENING: Life Line Screening will take place at Unitarian Universalist Fellowship of Falmouth on Wednesday, July 28. Included in the screening is a bone density measurement. Life Line Screening uses a quantitative ultrasound bone densitometer, using the heel as a measurement site, to assess one's risk of osteoporosis. This screening compares your bone density to that of the average 20-year-old adult female, according to World Health Organization guidelines. The osteoporosis screening is not only for women. Of the 10 million Americans who have been diagnosed with osteoporosis, 2 million are men. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139. All four ultrasound screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441 to pre-register.

==== MEMBER & FRIEND CONNECTIONS ====

From UUFF Friend: Leona Bombaci: CIRCLE By the SEA, a summer monthly campfire, musical gathering at SANDY NECK BEACH, on Rt. 6A Sandwich/Barnstable, presents a musical, engaging song circle on Friday, August 6, at 7pm. Open talent welcome with toasting marshmallows around a bonfire. SPECIAL GUESTS: JACKSON GILLMAN, songs and Storytelling and PAUL, JERRY, & BEN with Maritime songs and stories. CIRCLE By the Sea is a family event for all ages. \$5 donation is requested. Bring beach chairs, a piece of firewood, non-alcoholic beverage. Canceled if rain. Call 563-6647 or 508-566-0171 for more information. Lbabdm@aol.com

From UUFF Member: Judy Singer: The Falmouth Public Library will be hosting an exhibit "Wisdom of the Sages" in the Teen Room for the month of August. This exhibit, organized by Judy Singer and colleagues, portrays through photograph and interview responses, the wisdom of older folks who have participated in the project. The exhibit has previously been shown in Lexington and Boston comprised of elders from those areas as well as abroad. Interviewing in the Falmouth area began a year ago, and the Falmouth Library, with the support of Falmouth Historical Society's Carolyn Powers, enthusiastically agreed to host the exhibit, which highlights twenty two area residents, including ten related to UUFF. The twenty two participants will be invited as guests of honor to the exhibit Opening at the main branch of Falmouth Public Library on Friday, August 6, 3-5 pm. The exhibit will remain hung in the Teen Room of the main branch of the library throughout August.

===== REACH US BY EMAIL =====

Co-editors of Rainbow: Susan Forsyth, Jane Jackson

Do not send information for Rainbow directly to the editors. It is important to send all notices and announcements to announce@uuffm.org

Email announce@uuffm.org to request an announcement in any/all UUFF publications. Your announcement request will be reviewed by all 4 editors. Please indicate in your email SUBJECT line what you are announcing. For example: "Holiday Fair" or "Choir Rehearsals" or "Misc. Religious Education events."

Deadlines: Rainbow email newsletter - Monday, 6 PM; Sand Script newsletter - 20th of

month; Order of Service - Monday

If you wish to unsubscribe to THE RAINBOW, please email your request to announce@uuffm.org

For UUFF information, visit our web site: <http://www.uuffm.org>

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