



SEPTEMBER 7, 2010

Susan Forsyth; Jane Jackson Co-editors
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: 9:30 am - "Homecoming Sunday" and "Water Communion" with Rev. Murphy and Lisa Dunne. This is the Sunday that marks the beginning of our congregation's program year. Lisa Dunne will lead our annual water communion. For this ceremony, we ask that individuals bring a small container of water to be poured into one large vessel. Tell us about where you've been and what you've done during the summer months. All of the water will be poured together, into one large bowl, to celebrate our reunion. Rev. Murphy will speak.

There will be a Service Fair after our Sunday morning worship service.

SUNDAY SCHOOL NEWS: Sunday school starts this Sunday, September 12. children will start their morning in the sanctuary. Please have your child bring a small container of water from a special place for the water communion. If you have any questions, you can contact Lisa Dunne (508)548-1675. After water communion, children will begin their first day of Sunday school. The theme for the preschool class is "I am Special". Grades K-6 will be introduced to the new curriculum "The Wheel of the Year- Earth-Centered Traditions and Ecology". Please make sure to have your children registered. Registration forms can be found on the RE Table in the lobby.

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 ====

MANY THANKS to all who participated in the barbeque to honor the tenth anniversary of Bob and Lyn's ministry at UUFF. It was a beautiful, heart warming sight to see so many of us chatting and eating and laughing and enjoying one another in the sunshine, glad to be together to say thanks to Bob and Lyn. Phil Zimmerman told me he set up 144 seats and I couldn't see any empty ones from where I was sitting once the service got going. Thirty-two households signed up to provide food and it must be that all these and more brought a contribution to the party, we had so much. All left overs either went home with members, or were wrapped for the evening Youth Group meeting or taken for Carriage House or the Service Center. Thank you, generous food providers. Special thanks to Mike Ouimett for researching and presenting a snapshot of where we were ten years ago and how far we've come since then; to Marion Flurkey for once again running the kitchen and making it seem so easy; to Judy and Mike Singer for being the hospitality providers for this extra-effort day;



to Jonathan DiPaolo and Dave Jewett for expertly grilling the hamburgers and hot dogs, to Marv and Avis for helping at every step and doing the brunt of the kitchen clean up; to all the hands that carried tables and chairs. And special thanks, too, to Rafiq Islam for bringing us guests, a presentation, and a new opportunity to make a connection and be helpful. All in all, quite a day. Many thanks, *Charlotte Harris*

SERVICE FAIR/FARE This coming Sunday will be our first stab at making it easy for members and friends to find ways to be of service within UUFF and in the larger community. UUFF Committee representatives will be at tables with information about their purpose, membership, and meeting schedules – and sign-up sheets for the 2010-2011 program year. UUFF members and friends who are active in community organizations that need more volunteers will be at tables to provide similar information. This is an experiment – we'll see if it works. If it does, we'll make it annual; if it doesn't, please be thinking of a better way to help members and friends get involved in satisfying service work. *Thank you, Charlotte Harris*

Memorial Woodland Annual Clean Up: Sunday, September 19, 3:00-5:00pm. We gather once a year to tend our wonderful woodland area. We weed out the invasives, weed the path and refresh the pine needles. Win Munro has done a wonderful job eliminating poison ivy. Come in long sleeve shirts and pants, bring your pruners and gloves. When we are done we will celebrate our good work with refreshments in the woodland clearing. To let me know you are coming or if you have any questions, email me at juliemacnary@mac.com or call me at 508-540-3494

FOOD PANTRY NEWS: The Bourne Friends Food Pantry provides delivery services to senior citizens and disabled folks who are confined to their homes on Thursday mornings. The Pantry is open every Thursday 9 am to 12 noon also third Saturday of the month 9 a.m. to noon and the fourth Thursday of the month from 5 pm to 8 pm. Food Stamp Application processing available by appointment. These services are from over 50 volunteers who dedicate their time to help meet the needs of the Bourne community. Our thanks to these caring men and women. They appreciate your gifts. Peanut butter is #1 on the food list. Add marshmallow fluff and you will make a child smile. Remember fluffernutters? They are still popular. Canned fruit, green beans, cold cereals, beef stew, tuna fish, canned chicken pasta and pasta sauce, Mac N cheese, snacks for school day lunches.

Thank you for caring, your donations are appreciated. marylynhumphrey@verizon.net

SMALL GROUP MINISTRIES: As you have read and heard the coordinators are working on getting the SGM program ready to begin the third week of October. We now have a registration form which we are asking EVERYONE planning to participate to fill out. This is to help us know how many people want to be in a group, as well as the day and time that is best for people. The form has a place to indicate if you wish to continue with your last year's group, or join another group. The form will be available at the SGM table at the Service Fair on 9/12. There will also be a short testimonial during the Sunday Service.

Final registration to participate this fall/winter is Sunday, Sept. 19. Once registration is completed the SGM team will compose the groups. The number of groups and day/time of meetings will be based upon the information given on the registration forms. Groups will begin meeting the third week of October.

We look forward to resuming the SGM program. We especially encourage people who have not participated previously to join this fall along with people returning for another year.

=== 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: **Sunday Service Comm.** Thursday 10:15; **Communications Comm.** Wednesday 2:00; **Board Meeting** Thursday 7:00 pm.

***** KAYAKING: Tuesday, September 7 - Launch at 9:15** - The tide is high at 11:57am. This is a good day to paddle up the **Moonakiss River**, one of our most beautiful rivers. To get there: Take 28 out of Falmouth. Turn right just before the cemetery and WEBNER. Turn left on Waquoit landing road. Turn left onto Town Landing Road. You're there.

Any questions or if you would like to try kayaking and would like to see if there is an extra kayak, call or email Lyn 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, September 8 - 7:00pm - "ZEN: It's Not What You Think."** A Conversation with Sangaku Dan Joslyn, STO. Dan, a newcomer to our fellowship, has been a Unitarian Universalist since the early 70's and is a Soto Zen Buddhist of the Silent Thunder Order [STO]. Dan's "Conversation" with us will take the form of a modified Soto Zen Dharma Talk (sermon/audience participation) and meditation service, so attendees will experience how a Soto Zen Sangha (congregation) would participate in a typical service. There will be an overview of the history of Zen Buddhism, Soto Zen Buddhist chanting, sitting (Zazen) and walking (Kinhin) meditation and Mondo (questions and answers). Please bring two large beach-towels. These will be used for sitting on the floor. If you need to you may sit in a chair.

Dan has also offered to give a community lecture series and to begin a Soto Zen Sitting Group (meditation and service) at the Fellowship building.

***** MEN'S BREAKFAST: Thursday, September 9 - 8:00 am** 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

*****LADIES LUNCHEON: Thursday, September 9 - Noon** - at the Brookside Club in Bourne. Please call Dorothy Tisdale for her head count. Telephone: 508-548-4895.

*****KAYAKING: Tuesday, September 14 - 9:15 am.** (Details next week)

*****ADULT RE: Wednesday, September 15, at 7:00 pm** - Starting a four week program offered by Donna Oglesby - **"What's Religion Got To Do With It?"** Surprisingly perhaps to the heirs of the enlightenment, in the 21st century there appears to be a worldwide resurgence of religion whose effects on international order and global politics seem significant.

==== COMMUNITY ANNOUNCEMENTS ====

ART SHOW FOR SEPTEMBER - The paintings of Falmouth Artist Karen Rinaldo will be on display in the meetinghouse lobby for the month of September. This display will take a departure from her signature local landmarks and feature The Orient as her subject. The Artist's Gallery is located at the entrance of Falmouth Harbor and is open year round or you may visit her web site at www.karenrinalgallery.com

=== MEMBER & FRIEND CONNECTIONS ===

From Stu Graham: LOST & FOUND -- Sunday, Aug. 22, or thereafter, my yellow LL Bean (Men's Large) raincoat, disappeared from the Meetinghouse coat rack. Two other yellow raincoats, not mine, now hang there. If you have mine, please return it to the coat rack or to the church office. Thanks! Stu Graham, tel. (508) 495-1156"

From Leona Bombaci: CIRCLE By the SEA, a summer monthly campfire, musical gathering at SANDY NECK BEACH, on Rt. 6A Sandwich/Barnstable, Last event for the season is **September 10 - 7-10:30 pm** Open talent welcomed to perform. 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 Jane Jackson: My garden club is selling fall bulbs again this year as a fundraiser. The bulbs (daffodils, tulips, miniature amaryllis) are high-quality, reasonably priced, and out of the ordinary. If you would like to see pictures and prices, visit this website: http://www.aptucxetgardenclub.com/index.php?p=1_20_Latest-News If you would like to order any bulbs, please contact Jane Jackson at 508 564 4750. Deadline for orders is September 20. Bulbs will be delivered mid-October.

From Judy Singer: Tai Chi at UUFF will begin again on Monday, September 13. We will start trying two classes on Mondays: 10:30 for new folks, 11:15 for those with some experience. Each class is \$7, or both for \$11. Everyone is welcome, so feel free to invite friends. Questions: Judy Singer, 508-457-6294.

From Judy Singer: Falmouth Public Library has requested that the "**Wisdom of the Sages**" exhibit be held for another month through September. Of the twenty-two "sages" portrayed in the exhibit, ten are from UUFF. Accompanying the posters on the walls is an album which includes the full interviews of the project participants. The exhibit will move to UUFF for the month of November, and a church service is being planned involving the exhibit. Any questions: Judy Singer, 508-457-6294

===== 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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