



**January 24, 2012**

The Rainbow brings you the latest news and highlights of upcoming events for the **Unitarian Universalist Fellowship of Falmouth, Massachusetts** for the next 1-2 weeks.

**Sunday, January 29** Today's sermon is titled "The Taste of Medicine". Reverend Bill Clark will examine a life lived with illness and disease. Where is meaning to be found in a life living with chronic or life-threatening illness? What happens when the "medicine" is more harsh than the disease itself? What is the taste of medicine that is taken every day? Reverend Bill Clark was the minister for First Parish Unitarian Universalist Church in Lexington. Now retired, he often serves as an interim minister and guest minister and is active in the UUA's association of retired ministers. The choir will be joining us for this service.

**SUNDAY SCHOOL NEWS:** Our Sunday morning begins in children's chapel, followed by Sunday school. "People of All Colors Are Important" is the theme for the preschool class. Grades kindergarten through six will celebrate Africa Day.

**YOUTH GROUP:** The youth group meets from 5 - 7 pm on Sunday. If you have any questions, please contact Lyn Ouimet (508) 566-9909.

**HOSPITALITY FOR SUNDAY MORNING SERVICE:** Greeters: Jessica and David Mark Welch  
Refreshments: Ellie and Eric Ericson

**==== UUFF ANNOUNCEMENTS ====**

**WALKABOUTS ON HOLD:** Winter has finally arrived. Trails are covered in snow and walks have been icy, so we are suspending Tuesday walkabouts for February. Hopefully March will just be blustery. From Lyn Dalzell

**THE MAD HATTER PARTY AND AUCTION IS COMING!!!** Plans are well under way for an exciting evening. The Food Committee is making plans for great food: ham, beef, vegetarian offerings, finger sandwiches, tarts or all kinds. The Decorations Committee has some amazing surprises in store and several UUFF members have already submitted auction item forms to Christine Michelson. Tickets will go on sale Sunday, February 5. Only 100 will be sold, so plan to get yours as early as possible.

**PLEASE CONSIDER WHAT YOU WOULD LIKE TO DONATE TO THE AUCTION.** Our donations to the auction are what make this such a fun and exciting event. There are ideas for auction items on the back of the auction donation form which is available in the UUFF office. This year the Auction Committee would like to have all forms in by mid-February at the latest in order to create the catalog of auction items available for the benefit of all who attend. Please help the Auction Committee make this year's event especially memorable and successful. Remember that this is THE UUFF fund-raiser of 2012. **DONATE TO THE AUCTION!** Forms may be turned in to Christine Michelson or left for her in the

UUFF office.

**CORRECTION TO JANUARY SANDSCRIPT re Sunday Service on January 29:** Reverend Jill Cowie will not be able to be our guest minister on January 29th as planned. Instead, our guest minister will be Reverend Bill Clark. The title of his sermon is "The Taste of Medicine" in which he will examine a life lived with illness and disease. Where is meaning to be found in a life living with chronic or life-threatening illness? What happens when the "medicine" is more harsh than the disease itself? What is the taste of medicine that is taken every day? Reverend Bill Clark was the minister for First Parish Unitarian Universalist Church in Lexington. Now retired, he often serves as an interim minister and guest minister and is active in the UUA's association of retired ministers.

**HAVE YOU SENT YOUR RESPONSE TO THE COMMUNICATIONS COMMITTEE SURVEY?** The UUFF Communications Committee is conducting a survey to determine how well fellowship information is being conveyed. If you have not received a copy of the survey, either electronically or in the mail, please contact the office to get a copy of the survey. Surveys must be submitted by **January 31st**.

**FOOD PANTRY NEWS:** This week's donation will be delivered to the Falmouth Service Center by Marcia and Jack Easterling. Please be as generous as you can, especially now that winter cold has come. As always, toiletries, peanut butter, cereals, cat and/or dog food are appreciated.

**JANUARY LOBBY DISPLAY:** The January art display is by Ken Carson. Ken had a wonderful career teaching art for 35 years in the public schools. He has studied with such luminaries as Sig Perwin, Claud Coney and Beverly Edwards. Ken explains that he is not about specific places, with grass, buildings, or people. His painting is about an emotional impact. "If it connects with you, you can stay there and enjoy it. If it doesn't connect, walk away." Ken's work is ocean centered with particular interest in a beautiful sky and often anchored with a dinghy that is in need of repair. The dinghy "seems to be waiting for something, ready to go, or maybe retired. This to me conveys a positive solitude".  
From Nick Vardack

**FEBRUARY ART SHOW FOCUSES ON FOOD:** A diverse group of Artists have chosen to support our Youth Groups "Hunger Feast" program. The proceeds of this program will benefit The Sharing Foundation, whose mission is to help the disadvantaged children of Cambodia. The show will include a variety of paintings and photographs all dealing with hunger, food, world food, and related themes.

**MARK YOUR CALENDAR: HUNGER FEAST Saturday, February 18, 2012 6 PM** Come join us for an event designed to increase awareness of the issue of world hunger and to raise money for a good cause. The Youth Group and adult members of the congregation are working together with community members to make this a meaningful and successful event. The proceeds will go to The Sharing Foundation that is doing impressive work on behalf of disadvantaged children in Cambodia. Tickets available after service at the UUFF until sold out. Limited tickets available.

#### ==== THIS WEEK'S SCHEDULE ====

**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. This week's meetings are on the UUFF calendar: <http://www.uuffm.org/calendar>

**\*\*\* WALKABOUT: Tuesday, January 24 9:30 am** Falmouth Bike Path- Palmer Ave. to West Falmouth. Meet in WHOI parking lot off Old Palmer Road. From Palmer Ave. in Falmouth turn onto Old Palmer Ave. after crossing bridge take first left into parking lot for WHOI which for those who remember was the temporary home of Falmouth Public Library 4 years ago.

**\*\*\* FALMOUTH SOTO ZEN SANGHA (FSZS): Tuesday, Jan 24, 7 to 8:30 pm.** We meet at the Fellowship as a community to explore our original or Buddha nature through Zazen (*meditation*) sutra (*scripture*) and book study; and Dharma talks (*conversations and discussion*). Email Sangaku Dan Joslyn at [josda@mac.com](mailto:josda@mac.com) or call 508-388-7685 or his cell at 404-702-7646 if you have questions.

**\*\*\* ADULT RE: Wednesday, January 25 and February 8 at 7:00pm: "Medical Ethics" presented by Lyn Dalzell.** We will venture into a medical ethics discussion using the UUA curriculum *Faithful Choices*. In each of the two sessions we will discuss 3 individual cases. The emphasis will be on understanding the medical facts, the ethical dilemmas and spiritual dimensions of each case. These cases are short less than 1½ pages and will be available in the office as of Jan. 1<sup>st</sup>. Lyn Dalzell, who is a physician assistant, has taught this course in the past and will lead the discussion.

**\*\*\* MEN'S BREAKFAST: Thursday, January 26 8 am at the Fellowship --** 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

**\*\*\* SUMMERTIME BLUES POTLUCK & PARTY: Saturday, January 28 5:00 pm**

Does the dark side of winter got your down? There is light at the end of the tunnel! You are invited to the RE Summer Time Blues Potluck and Party. Join us at the meetinghouse to celebrate summer, bring your favorite summer food, wear your sundress or Hawaiian shirt and dance to the sounds of the Beach Boys and others and other family fun. Sunscreen and lemonade provided. A sign up sheet is in the foyer.

**\*\*\*CHOIR REHEARSAL: Monday, January 30 7 pm**

**\*\*\* WALKABOUT: Tuesday, January 31 9:30 am** Falmouth Bike Path from West Falmouth to North Falmouth. Meet at Old Dock Road parking lot in West Falmouth.

**\*\*\* ADULT RE: Wednesday, February 1 at 7:00pm: "Art Therapy: Its Practice and Uses" by Cheri Weber, Art Therapist.** Art Therapy is one of many Expressive Therapies but perhaps is the best known. Like the others it is used to treat ailing conditions of many sorts--physical, emotional, and spiritual. Cheri will begin with a brief history and explanation of art therapy, and then show by example the insights and benefits from it. This is intended as a program for general interest, not as a program for artists. Cheri has a B. A. degree in psychology and art therapy from Leslie University and is presently pursuing an M.A. in expressive therapy/art therapy. She is also presently a counselor in a jail alternative residential program and uses expressive therapies along with other types of therapy. She is also a wife and mother whose family have been UUFF members for 16 years.

#### ==== OTHER UU EVENTS ====

**AT THE UNITARIAN CHURCH OF BARNSTABLE: Potluck dinner and film, "Living Downstream" on Friday, January 27** The potluck dinner begins at 6pm and the film begins at 7pm, followed by a discussion led by Sue Phelan from [GreenCAPE](http://GreenCAPE.org). Living Downstream is based on the acclaimed book by ecologist and cancer survivor Sandra Steingraber, Ph.D. It is an eloquent and cinematic 60-minute documentary. This poetic film follows Sandra during one pivotal year as she travels across North America, working to break the silence about cancer and its environmental links. For the potluck dinner, simply bring a dish to share -- organic or sustainably grown, if possible. The film is sponsored by the Unitarian Church of Barnstable Social Justice Committee and GreenCAPE. You are welcome to invite others to this event. Please RSVP to JoAnn Kelley at [jojolk@gis.net](mailto:jojolk@gis.net) by Wednesday, January 25.

**MAKE PLANS TO COME TO THE 2012 GENERAL ASSEMBLY** The 2012 UUA General Assembly in Phoenix, June 20 – 24 will be a unique and historic event. For the first time a General Assembly will have one focus -- justice and human rights. With the workshops and presentations, this GA has the

potential to move us to a higher level of involvement in our communities and the world, not just this year, but into the future.

There will be workshops and events addressing justice issues and immigration as well as many of the traditional features that make every GA memorable – the Service of the Living Tradition, the Ware Lecture, the GA Choir, the Exhibit Hall, prominent speakers and daily and Sunday worship services.

The Ballou Channing District 2012 Justice GA Task Force encourages all UUs in the BCD to start making plans to attend, follow the GA web pages at <http://www.uua.org/ga>

#### ==== COMMUNITY NEWS ====

**Life Line Screening:** Life Line Screening will be offered at the UUFF meetinghouse on Friday, January 27<sup>th</sup>. The screening offers five safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. Call to register at 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners). Prices range from \$129 to \$159.

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

**From Holly Wilson:** Church Women United Cape Cod will hold its annual **Human Rights Awards Brunch** on **Thursday, February 2, 2012 at 10:00 a.m.** Among the honorees is BRENDA SWAIN, Executive Director of Falmouth Service Center and a member of Falmouth Jewish Congregation. Other recipients are Ilene Bendas of Chatham, and Dolores And Joseph Daluz of Hyannis. Our Lady of Victory Parish, 230 South Main Street, Centerville, will host the event. To reserve, contact Beverly Hammel by January 30 [mmachh@verizon.net](mailto:mmachh@verizon.net), [1-508-833-8942](tel:1-508-833-8942). Cost for the brunch is \$10; checks may be mailed to Bev at PO Box 528, Sandwich, MA 02563.

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

Co-editors of Rainbow: Susan Forsyth, Jane Jackson, Jackie Webster

Do not send information for Rainbow directly to the editors. It is important to send all notices and announcements to [announce@uuffm.org](mailto:announce@uuffm.org)

Email [announce@uuffm.org](mailto:announce@uuffm.org) to request an announcement in any/all UUFF publications. Your announcement request will be reviewed by all four editors. Please indicate in your email SUBJECT line what you are announcing. For example: "Holiday Fair" or "Choir Rehearsals" or "Misc. Religious Education events." Include your name and contact information.

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](mailto:announce@uuffm.org)

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

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