June Theme: “Celebrating Blessings”

SUNDAY SERVICE JUNE 26—We will not hold our own service on the final Sunday in June. Instead, we will join with UUs around the world via Zoom for the online Sunday worship from the UU General Assembly. The service will be live-streamed Sunday, June 26, 12:30-2:00 PM. It can be viewed here: www.uua.org/ga/off-site/2022/sunday-worship or on the UUA’s YouTube channel. It will also be posted on uua.org soon after the live-stream so that you will be able to watch the video on-demand.

LABYRINTH WALK AND EVENT FOR UKRAINE, Sunday, June 26 at 11:30 AM at the UU Falmouth Meeting House. On June 26, UU Falmouth will collaborate with the Waquoit Congregational Church and the North Falmouth Congregational Church in a show of solidarity for peace and freedom in Ukraine and throughout the world. Free sunflowers will be provided while they last; music will include the sounds of Ukrainian Bandura and a Petal Drum.

SUMMER FUN! AUCTION TO SUPPORT UU FALMOUTH. Let’s enjoy the lovely summer weather together while we support UU Falmouth. Please consider hosting a small gathering, offering delivery of home-baked goods or meals, or providing seasonal services. Please visit our auction website: https://auctria.events/SummerFunatUUFF23 and look for the ‘Donate Items’ page to tell us about your events or items. The deadline for donations is midnight on Friday, June 24. Bidding will start on Saturday, June 25 at noon. Bidding closes at midnight on Thursday, June 30. (Note extended date!) Contact Ellen Todd for more information.

MINDFULNESS WALK—There will be two opportunities to enjoy this beautiful weather this week. The next walk will be on Monday, June 27 at 1:00 PM at the Grace Trail, Nelson Park, 235 Water Street, Plymouth. We will walk the trail together, stopping to note gratitude, release, acceptance, challenge, and to embrace Grace! See more at https://gracetrail.com/. Then on Thursday, June 30 at 10:30 AM we will meet at the Shining Sea Bikeway in West Falmouth – meet at the Old Dock Road parking area.

BOOK READING: POSITIVITY by Dr. Barbara Fredrickson continues Monday June 27 and Thursday, June 30 at 5 PM via Zoom. We all know negativity; it looms large and is easy to spot. But what about positivity? Can it transform our lives? For more than twenty years, Dr. Barbara Fredrickson has researched these questions. In Positivity, she reveals how the stunning new scientific discoveries about this powerful, though undervalued, state of mind can enhance your relationships, improve your health, relieve depression, and broaden your mind.

STONEWALL RIOTS PODCAST RECOMMENDATION From The Welcoming Congregation Committee. The Stonewall Riots, also called the Stonewall Uprising, began in the early morning hours of June 28, 1969 when New York City police raided the Stonewall Inn, a gay club located in Greenwich Village in New York City. The raid sparked a riot among bar patrons and neighborhood residents as police roughly hauled employees and patrons out of the bar, leading to six days of protests and violent clashes with law enforcement outside the bar on Christopher Street, in neighboring streets and in nearby Christopher Park. The Stonewall Riots served as a catalyst for the gay rights movement in the United States and around the world. David Bermudez relates his firsthand experience at the Stonewall Riots in the June 25, 2021 Episode 17, on the PFLAG Cape Cod podcast. Click here www.pflagcapecod.org/podcasts.html and scroll down to Episode 17.
GROUP PRAYING WITH THE BODY. The final session this month will be Wednesday, June 29 at 10 AM, in-person at A Place to Breathe, 62 Bonnie Lane in Falmouth. Praying with the body is a mindfulness practice that incorporates sitting with the divine presence, living your prayer, contemporary psalm, self-compassion practice and blessing of the body, and a closing prayer ending with breathing with the sound of three bells. Oral, mental, affective, and contemplative are all embodied in the ritual pattern. To sign up, contact Rev. Saramaria at Sallenby48@gmail.com.

FINANCE & AUDIT COMMITTEES NEED YOUR HELP. The Finance Committee is seeking one or more people who want to learn about our Fellowship’s finances. We need one person to help with our internal audit. This is a one-time task, requiring two or three meetings at most to confirm the accurate recording of transactions. We also need one or two individuals interested in joining the Finance Committee. FinCom meets on the 2nd Thursday of each month for about 1 1/2-2 hours, and may require a small bit of additional time outside of regular meetings. Contact Ellen Todd via admin@uuffm.org if you’d like more information about either of these opportunities to be involved.

COME ONE, COME ALL TO A SUNDAY SERVICE DEVOTED TO RECONNECTING! Bring yourself and your company to UU Falmouth on Sunday, July 3 (rain date July 17) for a continental breakfast provided by the Membership Committee. Good conversation, finger foods and refreshments, games and music. It all begins at 10 AM, weather permitting. Chairs will be provided but you are welcome to bring your own. Bathrooms will be available. There will not be a Zoom service. We look forward to seeing you in person!

REVIVING OUR ANNUAL SPRING AUCTION. As we make plans to return to the UU Falmouth Meeting House this fall, we also want to plan for a Gala Auction next spring. Please join us to discuss changes for COVID safety, features to retain from past auctions, and new ideas to add to the fun. Contact Ellen Todd via admin@uuffm.org if you’re interested. We’ll set a date and time to meet that allows for the greatest participation.

WHERE HAVE ALL THE FLOWERS GONE? I’ve missed flowers at Sunday Services. Now that we’re starting to gather outdoors on our Meeting House grounds and will hopefully return to our building for indoor services soon, I’d like to revive our Fellowship Flowers Working Group. Can you provide flowers from your garden? Loan us a flowering houseplant? Maintain a calendar of people who want to provide flowers for services? All of these are needed so that we can celebrate nature’s wonders at our services. Contact Ellen Todd via admin@uuffm.org for more information.

THANK YOU FROM RUTH AGNEW. Ruth Agnew would like to thank the Caring Committee and so many church friends for all the kind phone calls and cards after the death of her husband. She is also grateful for all the support she has received over the years. It has made a big difference.

MEETING HOUSE CALENDAR (Red = Congregation-wide events open to all)

**SUNDAY, June 26, 2022**
- 10:00 AM NO UU Falmouth Service - Join the UUA Sunday Service
- 11:30 AM Labyrinth Walk for Ukraine

**MONDAY, June 27**
- 1:00 PM Mindfulness Walk
- 5:00 PM *Positivity* Book Discussion
- 6:30 PM Choir Rehearsal

**TUESDAY, June 28**
- 8:00 AM Breakfast Group
- 11:00 AM Lay Ministry Team
- 11:00 AM Music Committee

**WEDNESDAY, June 29**
- 9:30 AM Writing Time
- 10:00 AM Praying with the Body

**THURSDAY, June 30**
- 8:00 AM Men’s Breakfast
- 10:30 AM Mindfulness Walk
- 12:00 PM Fellowship Lunch-Zoom
- 5:00 PM *Positivity* Book Discussion
- 6:30 PM Whole Life Learning Committee