

## October 2014

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Monday– Friday 9:30 AM-  
1:30 PM  
(unless otherwise an-  
nounced)

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## OCTOBER WORSHIP AND SPECIAL SERVICES

### Sunday Worship Services are at 9:30 and 11:00 AM

Religious Exploration for Children and Youth is offered at 11:00 AM  
Childcare for Infants and Toddlers if offered at both services.  
**Children and Youth are welcome at all services.**

Themes for our consideration this month are drawn from the Jewish tradition, as part of our focus on lessons from world religions for our religious learning and growth

### Sunday, October 5, 9:30 and 11:00 AM

#### *Teshuvah: Returning to our Highest Selves*

Rev. Jill McAllister

The Days of Awe, or High Holy Days, in Judaism (September – October) this year, are a time for introspection, honesty, repentance, and focus on the nature of our relations. Did we live in the ways we hoped to live? Can we grow our capacities to live in right relations? How can we help ourselves and each other be more effective in our aims for *tikkun olam* – the healing of the world?

### Sunday, October 12, 9:30 and 11:00 AM

#### *The Quest for Meaning*

Rev. Jill McAllister

Scholar Huston Smith describes Judaism broadly as a quest for meaning. Unitarian Universalism is often similarly described. What is the meaning of meaning? What lessons can we draw from the Jewish tradition to help us understand?

**9:30 AM Special Music: Singer/songwriter John McCutcheon** will join us to help provide music for the early service – a special treat!

### Sunday, October 19, 9:30 and 11:00 AM

#### *What is Creation? Environmental Ethics and Eco- Spirituality*

Rev. Jill McAllister

The interdependent web of all existence, so-named in our 7th Principle, includes everything. That is, we are connected to ebola, cancer, terrorists, suffering and death just as we are connected to sunrise, sunset, trees and flowers, oceans and rivers. What are some of the deeper meanings of this interdependence?

### Sunday, October 26, 9:30 and 11:00 AM

#### *The Hallowing of Life*

Rev. Jill McAllister

Not quite “Hallow’een”, the hallowing of life refers to how a point of reference for our religious and spiritual lives, indeed our daily lives, is established and maintained. That is, how do we stay tuned to our ideals, in order to do our best at all times? This is one of the basic functions of ritual. What rituals are most important and most helpful in our lives?

#### *Vespers Service*

**Sunday, October 26, 7:00 PM**

A quiet service of music, meditation, and silence, we'll focus on themes from the Jewish tradition.

## Between Us . . .



Last week on Sunday morning one of the songs we shared was “Building A New Way.” I’ve wondered if that might become a theme song, of sorts, for this year at the Fellowship, indeed for this year in our lives. Building a new way is exactly what is asked of us at this time in the story of Earth – our story. New ways of using energy, new ways of agriculture

and food production, new ways of business, new ways of handling conflict, new ways of working together, new ways of respecting differences – so much is at stake.

I want to say that in some ways this call is ancient – we are not the only generation to hear the call to build a new way. In fact, I’d say that all the new ways that have been built by those who came before us make it possible for us to do the building we are called to do now. But we are called to something new, again, something very new, and builders we must be.

It has always been true that to be a builder of a new way, each individual must attend to his or her own ways of living, must be aware of the impacts of one’s own life and actions. So “building a new way” almost always begins with religious or spiritual learning and growth – that process of becoming more, or becoming less, or becoming more like, toward right relations. Those who can truly help build new ways of working and living together need to be able to bring the resources of their own experience and insight to serve the common good. I have no doubt that “the new way” which needs our building will be a new expression of the common good. (Thank-you to Kyle Jansson for your UUFC blog post this week.) Our own personal religious growth and learning must include work on this reality: the common good will almost never be simply our own opinion being proved to be the most right. The common good will emerge through sharing and compromise, through offering and giving up, through learning to not take things personally. It will require us to be more curious than judgmental or opinionated.

New ways are emerging at the Fellowship as they emerge in the larger world; how could that not be the case? I’m working to try to help these new ways (for example of communicating, of decision-making, of inclusion) cohere, or hang together, so that they support and shape each other. I do not always know exactly what is required in this work, but I am always willing to try something, and to keep changing if needed. In the religious life this process is called *praxis* – a circular process of action, reflection, and adaptation flowing once again into action. You probably do this in many ways in your life too. It is a good framework for the spiritual life.

This month we’ll be considering wisdom and lessons from Judaism for our own lives and for the building of the common good. Perhaps in this wisdom you’ll find something useful as you work to be part of building a new way. And this is just the beginning. Keep coming.

See you Sunday - *Jill*

### Sign up to be a Sunday Chalice Lighter

Individuals of all ages, and/or families, are invited to take a turn lighting the chalice for Sunday morning worship! To schedule a Sunday morning, sign up on the clipboard outside Jill’s office. Jill will contact you to confirm, and to provide the words you’ll say.

### Living with Loss

A meeting for any and all who are working through illness, grief, loss of loved ones, and life transitions; facilitated by Jill McAllister. Two opportunities each month:

Thursday, October 9, Noon (can bring your lunch)

Wednesday, October 15 at 7:00 PM.

## WORDS FOR REFLECTION

*Mindful of truth ever exceeding our knowledge, and community ever exceeding our practice, reverently we covenant together, beginning with ourselves as we are, to share the strength of integrity and the heritage of the spirit, in the unending quest for wisdom and love.*

*Walter Royal Jones, Jr.*

## From the UUFC Board of Trustees

Identifying practical goals for the next year, even in our own personal lives, is always a challenge. To get eleven people to agree, even when they are the UUFC Board of Trustees, is an even bigger challenge.

The Board made its annual retreat in early September to talk about potential challenges and solutions during the next couple of years. Board members then prioritized these issues and resolutions. While there was general agreement on many broad topic areas, board members were not ready to craft measureable, practical goals for this year.

Subcommittees formed to draft specific goals and will present them to the full Board at its Oct. 13 meeting. Those specific goals will then be refined and prioritized and become the centerpiece for Board activity during the coming year.

The final goals, along with the minutes of the meeting, will be posted on the UUFC website and on the bulletin board next to the library door.

Underlying these goal discussions has been the UUFC's mission statement, especially the "Explore. Love. Act." portion of it. Board members want to strengthen the congregation's abilities to carry out the mission. They value your constructive comments on how that can best be accomplished. They would also be interested to learn how you understand the mission statement and how you intend to act in support of it.

Please feel free to talk with Board members Kyle Jansson, Marcia Shaw, Monica Jacobson Tennesen, Tim Emery, Jamie Simmons, Linda Hardison, Jean Townes, Beany Kunis, Heather Emberson, Kathy Kopczynski, and Judy Malouf.

## Path to Membership Classes

**First Steps** is first in a three-part series of membership classes. First Steps classes meet every 4<sup>th</sup> Sunday from 9:30-10:15 AM in the UUFC Library (Next ones October 26 and November 23). This class offers an introduction to UUism and the UUFC, and includes a tour of the building. No need to sign up ahead of time.

**UU Path Class:** Saturday, October 25, 9:00 AM– 12:30 PM in the UUFC Social Hall—The second class in the three-part Path to Membership classes for those new to Unitarian Universalism or to the UUFC. Learn about UU history and ways to get involved in our Fellowship, facilitated by the Rev. Jill McAllister. Registration is required. Sign up at the Welcome Table.

**Membership Class:** Sunday, October 26, 12:30 PM in the UUFC Library—The third class in the three-part series of membership classes for those interested in becoming members of the UUFC. In this session participants will learn about the rights and responsibilities of membership, the UUFC's relationship to regional, national and international Unitarian and Universalist organizations, and have the opportunity to formally become members of the UUFC, facilitated by the Rev. Jill McAllister. Sign up at the Welcome Table. Contact Melinda Sayavedra at sayavedl@onid.orst.edu

## Connect Up!

Last month the Program Council launched the first round of Connect Up, one way for Fellowship members and friends to join each other for social activities. The offerings included walks, games, chat sessions, a book club, a pot luck, and fishing. Connect Up provides a way to meet people with whom you might not otherwise find yourself interacting. We aim to help coordinate events that may be multi-generational or may have a mix of long-time and newer UUFC members and friends. In January we will host another table in the foyer where you can sign up for or offer activities you enjoy. If you have an activity you would like to host in January, email your idea to [n.kyle12@gmail.com](mailto:n.kyle12@gmail.com)

In the meantime, here are a few opportunities:

- John McCutcheon concert Saturday, October 11  
(Susan Meyer [meyer4@peak.org](mailto:meyer4@peak.org))
- Potluck 5:00 PM Sunday, October 12  
(Nancy Kyle 541 602-1930)
- Puzzling at CoHo Ecovillage Common House  
Sunday, October 12th, 1:00 to 4:00 PM  
1975 SE Crystal Lake Drive

Open to all ages—we have a HUGE collection of puzzles. The main event is in the large dining room; a smaller living room space is available for a quieter experience. We also have a young kids playroom so little ones can play close to parents. Bring snacks if desired. RSVPs would be appreciated to Susan Hyne, via email or phone ([susanhyne@gmail.com](mailto:susanhyne@gmail.com) or phone 541-753-4453).

- Board Game Night, 7:00 Thursday, October 23 in the Social Hall (Monica Jacobson Tennesen [monica.djt@gmail.com](mailto:monica.djt@gmail.com))

If any of these options entice you, contact the host and get the details. Signups for additional opportunities will be in the foyer after services on October 12.

## An Introduction to Chalice Groups: New Groups Begin in October

Chalice Groups are a form of small-group ministry, sometimes called covenant groups. They are designed to help people move beyond shallow conversation into the truths of life within, in hope of finding and feeling the connections between us. This becomes possible when the participants in each group agree to share honestly from their own feelings and experience, to listen deeply and respectfully, to share the time equitably, and to focus on what is truly most important. Chalice Groups are designed to help all who attend participate more directly in the topic being considered. We sit in a circle, so that we can see each other. We encourage each other to think about whether or not, and how, and when, these topics and ideas have been meaningful in our own lives.

In October, we'll begin a new round of Chalice Groups, so that all who are interested have a chance to try them, and perhaps to form ongoing groups. On **Sunday, October 12**, following the Sunday Service, there will be an informational meeting and orientation session for all who are interested, simply to talk about how chalice groups work. On **Thursday, October 16, at 7:00 PM** we'll have a training session for facilitators—anyone who is interested is welcome to be trained—it is a skill anyone can learn. Sign-up forms to join a group are in the foyer, along with a marked box to deposit them in. New groups will begin meeting in November, with two meetings a month. We will help you find a group that fits with your schedule. All who are interested are asked to make a commitment to attend a group for a four-session initial term, to see if this works for you. Most groups will meet through May, then decide if they wish to continue or not.

If you have questions, contact Marcia Olsen, 541-661-0889 or [marcia.olsen29@gmail.com](mailto:marcia.olsen29@gmail.com)

## Exercise/Aerobics

A reminder, afternoon exercise/aerobics begins again. We meet Monday, Wednesday, and Friday (4:00-5:00 PM) in the Social Hall. Come see what we do and how we do it. Join us—now or later—for as many days as suits you. There is a fee. For additional information contact Nichele Deutsch at 541-753-4664 or [nandad@peak.org](mailto:nandad@peak.org)

## Supporting Youth in Körispatak

Our Fellowship's Partner Church is the Unitarian church in Körispatak, a small Transylvanian village of 700 resi-

dents located on an unpaved winding road. There is no high school. Teens who pass entrance exams may attend high school tuition-free, but they must live away from home. In the Körispatak Unitarian congregation many families are very poor. For years our Partner Church Committee has enabled youth from the church to attend high school by offering scholarships to cover room and board. A few students have wanted to go on to university and we have continued our support.

In August we sent money to help two boys and one girl attend high school for the 2014-2015 school year. Two students will be in the 11<sup>th</sup> grade and one boy will start his freshman year. At least two of the students are from Roma families who cannot manage to pay the room and board costs.

The Partner Church bulletin board is at the north end of the Social Hall. Come see the pictures and letters from last year's students. Over the years, the minister and church families have told us that scholarships are the very best way we can help the congregation.

Also recently we sent \$200 to make it possible for the twelve students who were confirmed in June to make an educational pilgrimage in November with Rev Kati, to join hundreds of other Unitarians making that same pilgrimage. They will visit the town of Deva and the gravesite of David Ferrenc (Francis David), who was the founder of the Transylvanian Unitarian Church. Confirmation is an important event for Transylvanian Unitarians, and the students studied hard learning about their church to prepare.

Below are dates of the Partner Church Committee's fund-raising events for this year. You may want to mark the dinner date on your calendar. Thanks for your wonderful support—it is greatly appreciated.

- Wednesday, December 24 (Christmas Eve Service)  
Partner Church receives one-half of the collection plate
- Saturday, February 7, 6:00 PM  
Partner Church Dinner and Evening program
- Sunday, March 1, 12:30 (After second service)  
Action Lunch
- Month of March  
Partner Church receives the Sunday morning Social Concerns collection
- Anytime  
Donations to UUFC with the designation Partner Church Scholarships

Beverly McFarland and Janet Throop, co-chairs of Partner Church Committee

**Our UUFC Religious Exploration Program Goals:**

1. Provide a welcoming and meaningful experience for people of all ages.
2. Create a physically and emotionally supportive environment.
3. Encourage feelings of self-worth.
4. Create a sense of wonder.
5. Encourage respect for people's differences.
6. Build a sense of community.
7. Help people clarify moral, ethical and interpersonal values.
8. Nurture feelings of love and respect for the human family and our earth.
9. The curriculum is focused on building a strong UU identity. Themes include UU History and Heritage, World Religions, Peace and Social Justice, and the Interdependent Web of Life.
10. Provide opportunities for people of all ages to participate in service activities.
11. Curricula used will reflect our latest understanding of anti-oppression, anti-racism and multiculturalism.

**Lifespan Religious Exploration for All Ages****Halloween Party**

Interested in Halloween fun and games? Please contact Ann at [reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org) to help plan and organize a SpUUktacular event for kids and adults, tentative date Thursday, October 30, from 6:00 to 9:00 PM

**Steering Committees, Volunteers Needed**

We're looking for a few adults to serve on our newly-forming Children's and Youth's RE Steering Committees. These committees will review, propose, and support our programs for children and youth. To volunteer, contact DLRE Michael Molk at 541-908-5456 [molk@uucorvallis.org](mailto:molk@uucorvallis.org).

The Adult Programs RE Steering Committee is looking for volunteers to serve, please contact Ann Mbacke for more details at [reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org) or 541-740-7471. This committee serves to support Adult Religious Education programs, including reviewing incoming proposals, and suggesting programs that benefit the Fellowship.

**Adult RE program submissions** are on a term basis. We're now accepting program requests for the winter term starting in January of 2015. Program requests should be submitted to Ann Mbacke

**World Religions Class and Discussion Group:****Tuesday, October 14**

An overview of Judaism with Jill McAllister in Room 7 and 7:00 PM.

**Tuesday, October 21**

Discussion Group with Patti White in Room 7 at 7:00 PM.

If you would like to have childcare available for either session please RSVP to Patti White by 6:00 PM on Friday, October 10 ([pwhite@proaxis.com](mailto:pwhite@proaxis.com) 541-829-0949).

**Children's Religious Exploration**

Calendar for children in 1<sup>st</sup> through 6<sup>th</sup> grades:

- Sunday, October 5<sup>th</sup>  
Synagogues and Jewish Religious Traditions
- Sunday, October 12<sup>th</sup>  
Moses and the Ten Commandments
- Sunday, October 19<sup>th</sup>  
Stories from Old Testament:  
David and Goliath and Abraham  
What makes a hero?
- Sunday, October 26<sup>th</sup>  
Celebrating Shabbat

**Youth Religious Exploration****7<sup>th</sup>/8<sup>th</sup> Coast Retreat**

Friday, October 10 through Sunday, October 12  
South Beach State Park: For more info contact DLRE Michael Molk at [molk@uucorvallis.org](mailto:molk@uucorvallis.org) 541-908-5456.

**YRUU (9<sup>th</sup>-12<sup>th</sup>) Coast Retreat**

Friday, October 3 through Sunday October 5  
South Beach State Park: For more info contact Michael Molk at [molk@uucorvallis.org](mailto:molk@uucorvallis.org) 541-908-5456.

**YRUU (9<sup>th</sup>-12<sup>th</sup>) Fall District CON**

Friday, October 24 to Sunday, October 26  
Camp Cispus, Randle WA  
Register at [www.pnwd.org/content.aspx?ID=63%20](http://www.pnwd.org/content.aspx?ID=63%20)  
For more info contact DLRE Michael Molk at [molk@uucorvallis.org](mailto:molk@uucorvallis.org) 541-908-5456.

**Teen Childcare Training**

Sunday, November 2<sup>nd</sup>, 12:30-1:30 PM Room 7  
This training offered to teens ages 14-19 years old, who'd like to provide childcare for RE, for Fellowship events, and for our congregants.

## People's Climate March, New York City

To follow this momentous event, you had to rely on the social media—Facebook and Twitter. There wasn't much in the mainstream media. The UUs, about 1,500 of them, were the second largest group in the faith community contingent; only the Catholics exceeded the UUs in numbers. UUA President Peter Morales was there and participated in an interfaith service at the site where people were waiting to begin the march. Kate Lore, social justice minister at the First UU Church in Portland, posted regular photos, videos, and updates. Her well-written blog is worth taking the time to read: <http://www.firstunitarianportland.org/our-programs/the-ministry/rev-lore-blog>

## Active Hope Workshop, October 18

Barbara Ford, associate of Joanna Macy, will be with us the weekend of October 17 – 19. She will lead a workshop on Saturday based on the work of Joanna Macy and Chris Johnstone (*Active Hope: How to Face the Mess We're in without Going Crazy*). There will be a CircleSing for us on Friday evening and a documentary video and discussion about Joanna Macy's work and the Great Turning on Sunday afternoon. You are welcome to attend any or all of these events. Numbers are limited for the Saturday workshop, but there are still some spaces left. Also, a few volunteers are still needed. **Contact Jesse Ford, [jesseisuu@gmail.com](mailto:jesseisuu@gmail.com).**

## Ride Share Project

Take a bold step and sign up to participate in our ride share project. There is no obligation. After a few more weeks of collecting signatures during social hour on Sunday, we will provide you with a list of Fellowship people who live in your neighborhood so you can contact each other when you can offer, or need, a ride to a service or other event at UUFC.

Just think: If 75% of us could drive 25% less, that would make a huge difference! I bet you can think of at least five personal and social benefits. Christine Robins, 541-738-2610, is our project coordinator.

## Climate Action Google Group

If you want to receive additional emails about climate action, you can join this google group:

[uuuc-climateaction@googlegroups.com](mailto:uuuc-climateaction@googlegroups.com).

Contact Susan Christie: [crypto716@gmail.com](mailto:crypto716@gmail.com)

## Caring Connection

The UUFC Caring Connection members are available to support families whose loved ones are in the hospital, assisted living, nursing homes, or hospice. We have all received training from the hospital chaplains, as well as that available through UUFC. Also, the newly formed Emergency Fund Committee (EFC) will take requests for one-time monetary assistance. Please contact Reverend Jill to make your specific need known to the EFC. There are many opportunities for you to use the Caring Connection. If this is a way for you to serve our community, please contact Reverend Jill for an interview, Nancy Lindsey, Chair.

## Microcredit Committee Meeting October 5

On Sunday, October 5 the Microcredit Committee will meet in the room 6C in the RE Wing at 12:45 PM. We plan to enjoy the Action lunch so if you would like to bring your lunch into the Room 6C please do so. If you are interested in joining this committee you are welcome to join us for this, our first meeting after our summer break. At present the UUFC Microcredit Committee has made 201 loans to women in 42 countries. We have loaned a total of \$16,700 and at present have \$2618.47 loans outstanding. If you have questions about what our committee does please contact Sandy Houtman at 541-602-1516 or [houtman@aol.com](mailto:houtman@aol.com).

## *The Healthcare Movie* after the Weekly Potluck

On Wednesday, October 22, 7:00 PM in the Social Hall after the weekly potluck please join Mid-Valley Health Care Advocates (MVHCA) for a showing of *The Healthcare Movie*.

What has been done to move us forward? What still needs to be done? Come and watch the movie and get your questions answered

## Looking for Help

Can you help me prepare for my participation in this year's "Bearing Witness" retreat at the site of the former Auschwitz concentration camp? I am looking to make contact with people who have had family members killed during the Holocaust, and who would be willing to talk to me about their family's story. If you can help, please contact me, Anna Coffman, at [anna@journey-home.net](mailto:anna@journey-home.net) 978-760-0910.

## Environmental Action Council (EAC) Announcements

### Save Money

Generating less waste can save you money. Republic Services, our waste removal company, offers small grey trash bins with beige tops. Because these are picked up every other week, it costs you less.

### Carbon Footprint

We encourage everyone to determine their carbon footprint. Forms and help are available from the EAC table in the Social Hall between the two services.

### Kill-a-Watt Meters

You can check out portable Kill-a-watt meters from the library or the EAC. They measure the power consumption of appliances. You can determine which ones use power even when turned off. By unplugging these you use less power, save money and reduce your carbon footprint.

### LED Lighting in the Sanctuary/Fellowship Hall

Warm thanks to Roberta Hall, Kathy Johnson, the UUFC Building Committee and Trustees for providing funding to install LED lighting in all the in the Sanctuary/Fellowship Hall. Wonderfully, these use only 10% of the electricity of incandescent bulbs!

### EAC meetings

We meet the third Sunday of each month at 12:30 PM in the Library. We invite you to join us.



### Remember to Fill the Baskets for the South Corvallis Food Bank

Pasta, pasta sauce  
and other tomato products.  
*Contact Martha Clemons  
at 541-757-9627.*

## Nametag Stickers for Sunday Conversations

Conversation starter stickers are available on the windowsill above the snack table for you to put on your name tag. Pick one or two that mean something about your life and see what happens!

## Holiday Bazaar Re-gifting Table Donations Drop Off Begins Sunday, October 12

Start saving/finding your stuff to donate to the Recycled Gifts table at the Holiday Bazaar.

Donate art, collectibles, gifts, nice toys, holiday items, and other good stuff.

Beginning on Sunday, October 12, you can drop items off in the UUFC lobby outside of the Office under the tall table. **Please don't block or put donations in the Library hallway or in front of the Library door, doing so blocks wheelchair access to the Library. Thank you.**

## Other Community Events

The Corvallis Community Choir began its fall term on Tuesday, September 16 and will continue until winter break in December. Rehearsals are held at the Fellowship from 7:00 to 9:00 PM on Tuesdays, and you can join at any time. No audition is needed, and no memorization is required. Although music training is helpful, it is not a necessity; music can be learned by repetition and by listening to the MP3s that are posted on the choir's web site. The membership fee is \$50 per term, and some scholarships are available. The choir's choral director is James Moursund and the accompanist is Cassie Frye.

For more information email [j.converse@comcast.net](mailto:j.converse@comcast.net).



## From the Director of Music

The music program at UUFC is has gotten off to a great start this year. We had our second Music Sharing Night last month. An hour before the start of the event music could be heard from all corners of the building as the various acts warmed up for the performance. Performances included many types of music from around the world. There was singing, piano duets, guitar, trombone, drums, saxophone, trumpet, and even a Native American flute. We even had a few first- and second-time performers gather their courage and share their music.

The choir's opening retreat was a great success. We had some very good conversations about the choir's role in the to the Sunday services, and together we drafted a choir covenant. We also had a vocal workshop from a local voice teacher, and of course we sang a lot!

In October we'll start what will be the default monthly schedule for the choir. We will sing on the first and third weeks of each month and the second week of the month will be our Drop-in Choir. Anyone who wants to sing in Drop-in Choir. is welcome to come on Sunday morning at 8:45 AM on the second week of the month. We will learn a song to sing that same day at the Sunday services. It's great for people who might like to be in choir, but are looking for a smaller commitment. Many of our regular choir members come to Drop-in Choir., but we always have a few people who just "drop in" We welcome everyone to come join in the singing.

And as always, we welcome new people to join the choir. No audition required. Rehearsals are Wednesday evenings from 7:00 to 8:30 PM. Email [music@corvallis.org](mailto:music@corvallis.org) for more information, or talk to any choir member.

## An Evening of Music, Myth, Mantra, Movement, and Meditation with *Rhythmantra*

Sunday evening, November 2, 7:00 to 8:30 PM in the UUFC Sanctuary

November is our month to explore Hinduism at UUFC. *Kirtan* is a call-and-response singing and storytelling experience from India's bhakti devotional tradition. We are fortunate to invite one of Oregon's premier *kirtan* groups to lead us in a joyous heart-opening community experience:

*Rhythmantra* is a unique and multifaceted group composed of Johanna Beekman, Angela Grace, George Beekman, Lyris Cooper, and Sabine Monn. In this special event, Johanna will sing, play, and lead us through original and traditional songs and chants rooted in a variety of spiritual and yogic traditions. Angela will tell stories and provide mythological and spiritual context for the songs. Angela will also introduce movement meditations that she and George developed for their *RhythmAsana: Moving Into Deep Joy* workshops. For more information, visit [RhythmAsana.com](http://RhythmAsana.com). Join us for this special evening!

## Safety on Sunday Mornings

"Safety" covers a variety of situations. Our October focus is our Fire Alarm Evacuation Plan. (Rumor: there may be a fire drill during one of our Sunday morning services this Fall!)

When the fire alarm sounds, everyone needs to leave the building and meet at the **Primary Assembly point: the north end of the parking lot**. If you can't get to the primary assembly point, go to the **Secondary Location: the sidewalk on Circle Blvd**.

House Managers are in charge of the overall evacuation process during worship services. If the fire alarm sounds at another time, outside of worship services, please **exit the building and call 911**. The alarm does not notify police or fire officials directly.

Anyone who is in the South (formerly RE) Wing when the fire alarm sounds should exit the building into the playground area, then go through the gate to the primary assembly point at the north end of the parking lot. Each RE teacher and advisor will have a list of their students in class that day. They will bring all their children and youth to the primary assembly point. Parents should not attempt to enter the South Wing to find their children.

Once the fire alarm sounds, no one is allowed to re-enter the building until the Fire Officials have given us the "all clear." Volunteers will have communication radios to locate people who might have become separated from each other.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			9:45 AM Resilience Circles 1:00 Women's Lunch Bunch 4:00 Exercise/Aerobics 6:00 Weekly Potlucks 7:00 UUFC Choir Rehearsals		YRUU Retreat 10:30 AM Insight Meditation	YRUU Retreat
5	6	7	8	9	10	11
YRUU Retreat Noon Action Lunch 12:30 Partner Church Meeting 12:45 MicroCredit Meeting	4:00 Exercise/Aerobics 7:00 Shawl Ministry 7:00 Worship Committee	9:30 AM Act on Climate 4:00 Walk with the Seasons Autumn 7:00 Community Choir Rehearsals 7:00 Walk with the Seasons Autumn	9:45 AM Resilience Circles 1:00 Women's Lunch Bunch 4:00 Exercise/Aerobics 6:00 Weekly Potlucks 7:00 UUFC Choir Rehearsals	Noon Living with Loss 7:00 Dances of Universal Peace 7:00 EAC Presentation by Ray Seidler, PhD, <i>Ecological and Economic Consequences of Genetically Modified Food Crops and Why Labeling Matters</i>	7 <sup>th</sup> /8 <sup>th</sup> Retreat 10:30 AM Insight Meditation 4:00 Exercise/Aerobics	7 <sup>th</sup> /8 <sup>th</sup> Retreat 9:00 AM Ethics and Activism Workshop 9:30 AM Men's Monthly Gathering
12	13	14	15	16	17	18
7 <sup>th</sup> /8 <sup>th</sup> Retreat 8:45 AM Drop-in Choir 11:00 AM New Library Meet and Greet 12:45 PM Chalice Group Orientation 1:30 PC Chairs Orientation 3:00 Environmental Reading Circle 7:00 Chalice Group Facilitator Training	4:00 Exercise/Aerobics 7:00 UUFC Board Meeting	7:00 Community Choir Rehearsals 7:00 World Religions Class	1:00 Women's Lunch Bunch 4:00 Exercise/Aerobics 6:00 Weekly Potlucks 7:00 UUFC Choir Rehearsals 7:00 Living with Loss	7:00 Chalice Group Facilitator Training	10:30 AM Insight Meditation 4:00 Exercise/Aerobics 5:30 <a href="#">Active Hope/Great Turning Weekend Circle Singing</a>	8:30 AM Active Hope Workshop ( <a href="#">Active Hope: How to Face the Mess We're in without Going Crazy</a> )
19	20	21	22	23	24	25
12:30 EAC Meeting 1:30 Joanna Macy's <a href="#">Great Turning</a> Discussions led by Barbara Ford	4:00 Exercise/Aerobics 6:00 Dining for Women 7:00 Shawl Ministry	7:00 Community Choir Rehearsals 7:00 World Religions Discussions	1:00 Women's Lunch Bunch 4:00 Exercise/Aerobics 6:00 Weekly Potlucks 7:00 UUFC Choir Rehearsals <b>Newsletter Deadline</b> (November 2014 Edition Covers Events from November 1-December 1)	7:00 Board Game Night	YRUU Fall Con 10:30 AM Insight Meditation 4:00 Exercise/Aerobics	YRUU Fall Con 9:00 AM UU Path Class
26	27	28	29	30	31	
YRUU Fall Con 9:30 AM First Steps 12:30 UU Membership Class 3:00 Environmental Reading Circle 7:00 Monthly Vespers	4:00 Exercise/Aerobics 6:30 Veterans for Peace 7:00 MVHCA Meeting	7:00 Community Choir Rehearsals 7:00 Communication/Publicity Committee	1:00 Women's Lunch Bunch 4:00 Exercise/Aerobics 6:00 Weekly Potlucks 7:00 UUFC Choir Rehearsals	6:00 SpUuktacular Halloween Party (tentative)	10:30 AM Insight Meditation	



**Unitarian Universalist  
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**Explore. Love. Act.**

We gather as an inclusive religious community to search for meaning, build deep connections, and inspire action toward a better world for all.



<b>UUFC Staff and Hours</b>	<i>Hours by Appointment Except Where Listed</i>		<b>Main Number 541-752-5218</b>
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