



THE WEEK AHEAD

Oct 16-Oct 22, 2016
Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Oct 16, 2016

- ~Please join us after the service in the Social Hall for coffee. Introduce yourself to someone you don't know.
- ~The 5th/6th grade RE group will be serving freshly baked cookies after the second service. Yum!
- ~The UUFC Building Enhancement Design Workshop #2 is happening today following the second service in the Social Hall. Food will be served. This is a hands-on workshop to answer, "How will it function?"

The Week Ahead: Oct 17-Oct 22, 2016

Office hours: Tues & Thur, 9:00 AM-2:00 PM and Mon & Wed 10:30 AM-1:30PM.

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **UUFC Leadership Dinner & Meeting**, Mon Oct 17, 6:00 PM (SH/K)

All UUFC leaders are invited, needed and welcome. We'll focus on the council structure: how are all committees and task forces related to the councils, as part of our mission, and who is responsible for making what decisions?

- **Fellowship Care & Support Team**, Tue Oct 18, 9:30 AM (7)
- **End of Life: Taboo or Opportunity**, Tue Oct 18, 10:00 AM (9)

Class exploring our fears, wishes, and more. Contact: Anna Sontag (anna.sontag@gmail.com).

- **UUFC Justice Council**, Tue Oct 18, 5:00 PM (LIB)
- **Book Study Group: Waking Up White**, Tue Oct 18, 6:30 PM (9)

Facilitated by Marilyn Walker (mb.walker@comcast.net).

- **Building Campaign Chairs Mtg**, Tue Oct 18, 6:00 PM (SH/K)
- **Addictions Support Group**, Tue Oct 18, 6:30 PM (7)

This group is open to anyone who has a family member or loved one who is living with an addiction. Contact: Marcia Chapman (datawriter3@comcast.net).

- **Women's Lunch Bunch**, Wed Oct 19, 1:00 PM (North Co-op)

Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).

- **Weekly Potluck Supper**, Wed Oct 19, 6:00 PM (SH)

Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.

- **UUFC Choir Rehearsal**, Wed Oct 19, 7:00 PM (SFH & 6B)
- **Over 65 Group**, Thur Oct 20, 3:00 PM (SFH)

Special guest speaker: Marg Bartosek on "Moving Younger; Aging Well." Contact Ann Pemberton (annpmbtrn126@gmail.com) or Jonathan Lipman (413-210-6297).

- **Capoeira Angola**, Thur Oct 20, 6:00 PM (6ABC)

This is an African Brazilian art form. The practice builds physical balance, strength, and endurance.

- **Building Design Team**, Thur Oct 20, 7:00 PM (8)
- **UUFC Men's Retreat**, Oct 21-23 (Columbia River Gorge - Menucha Conference Center)

Contact Lloyd Wagenschutz for information and registration (541-753-9071 or lpwz124@comcast.net).

- **Insight Meditation**, Fri Oct 21, 10:15 AM (9)

Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.

Contact: Mary Leigh Burke (maryleigh.burke@gmail.com).

- **Kirtan Meditation Group**, Fri Oct 21, 7:00 PM (7)

Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

- **UU Path Class**, Sat Oct 22, 9:00 AM (SH/LIB)

Orientation for newcomers interested in membership at UUFC.

- **End of Life: Taboo or Opportunity**, Sat Oct 22, 10:00 AM (7)

If you weren't able to join the first set of classes, join us now for this series exploring our fears, wishes, and more.

Contact: Anna Sontag (anna.sontag@gmail.com).

Plan Ahead

- **Potluck for families and kids**, Mon Oct 24, 5:45 PM.

Join this newly-formed potluck group to meet other families with kids. Please bring a dish to share.

- **Wheel of the Year Samhain Celebration & Fire**, Sun Oct 30th, 3-7 PM

All Hallows -- Solar Winter event at OFFSITE OUTDOOR LOCATION at the East end of SE Alexander Ave.

We are challenged by the differences between ourselves and others, and we are made whole through those differences.

UUFC Building Enhancement Design Workshop #2 Today

Join us at 12:30 in the Social Hall for a workshop led by Chris Di Loreto, accompanied by Brian Melton, Lead Designer and Stephanie Fitzhugh, Project Manager. This will be an **interactive, hands-on workshop** that will focus on “**How might it function?**” Please join us even if you were unable to attend the first workshop. The Building Design Team will provide some **FOOD** to fuel the work we will do together that day as well as **child care**. Another opportunity to ask questions or provide input will be on **Sunday, October 30th**, when members of the Conceptual Design Team will be available to talk in the gallery at the back of the sanctuary following the second service. Di Loreto Architects will also be providing forms for written feedback for those who are not able to attend their workshops. We look forward to sharing a summary of both these workshops in the next Building Project Update newsletter. Thank you for your continued engagement with this important process. Please call or email any of us directly with questions: *Marcia Shaw, Kelley Kendall, Chris Bentley, Peter Sanford, and Keith Martin.*

UUAnnounce Email list Update

We are updating our UUAnnounce email list because of some glitches we've had with it operating correctly. This will be a great improvement and should not impact how you interact with the list once the update is complete. You will still send announcements to announce@uucorvallis.org and they will still be approved by our moderators before being sent out. Those who are already on the list will be added to the updated UUAnnounce group list automatically, although depending on your personal email settings, you may receive an email asking you to join. If you do receive a request to join, please do! Everyone else, watch your inboxes for an invitation to join the updated UUAnnounce email list serv. It's a great way for us to communicate announcements with you!

Connect Up October offerings

There are many great events for October – we hope one fits in your schedule! You can now find Connect Up events on the UUFC website. If you didn't get a chance to sign up for an event, forgot where or when an event is happening, or are considering hosting an event, go to: http://uucorvallis.org/?page_id=3776 (and bookmark it) and you'll find this month's events and a step by step guide to hosting an event. Have fun!

Change in Dates for Book Group

The Third Reconstruction: Moral Mondays, Fusion Politics, and Rise of a New Justice Movement book group will meet Nov. 1, 15, 22, and 29th at 7:00 PM in Room 9. NO meeting Nov. 8th because of Election Night. Copies of the book will be available for purchase. Contact Susan Breckenridge with questions (sbreck@peak.org).

Schedule Adjustment for Insight Meditation

Insight Meditation will continue to meet on Fridays, but the time will be from **10:15 – 11:15 AM** in Room 9.

Young Adults – A Chance to Meet Each Other

New to the Fellowship, or not so new, all young adults are invited to get to know each other and find out what you have in common, especially in regard to the Fellowship. “Young Adult” includes people roughly from ages 18 – 35 – a very wide range. College students, grad students, singles, couples, families with children – let's find some ways to connect. Sign-up in the foyer on Sunday if you are interested.

New to the Fellowship? Welcome!

Once a month, we offer a one-hour First Steps orientation session. If you are new to UUFC, exploring Unitarian Universalism for the first time, and trying to find your way around the Fellowship, this is for you. At our First Steps class, you'll find out more about us, how we connect, and get a tour of the building. This First Steps class is offered every 4th Sunday during the school year at the new time of 11:10 AM. For more information, contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). Each quarter, we also offer two classes as part of the formal membership exploration process – UU Path and Membership. Register at the Welcome Table on Sundays. The next UU Path class is on Saturday, October 22, 2016, and the next membership class is on Sunday, October 23, 2016.

Next Sunday: October 23, 9:30 and 11:00 AM **“Homelessness in Our Community”**

with Chris Quaka

Chris Quaka is the Director of Development at Community Outreach, Inc. in Corvallis. COI provides emergency shelter, behavioral health treatment services, medical and dental clinics, child-care and more for members of the community who are mostly homeless, or have difficulty accessing housing. In Corvallis, access to housing is becoming more and more difficult for a growing number of people.