



THE WEEK AHEAD

Oct 30-Nov 5, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Oct 30, 2016

- ~Please join us after the service in the Social Hall for coffee. Introduce yourself to someone you don't know.
- ~Opportunity to ask Building Design Team questions in the gallery at the back of the sanctuary after 2nd service.
- ~UU Seven Principles Café, 12:30 PM (7). Facilitated by Rev. Jill McAllister.
- ~ Wheel of the Year Samhain Celebration & Fire, 3-7 PM All Hallows – OFFSITE at East end of SE Alexander Ave.

The Week Ahead: Oct 31-Nov 5, 2016

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

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **Listening Skills Practice**, Mon Oct 31, 7:00 PM (7/8)
- **Walk with the Seasons: Autumn**, Tue Nov 1, 4:00 PM (9)
- **UUFC Justice Council**, Tue Nov 1, 5:00 PM (LIB)
- **Addictions Support Group**, Tue Nov 1, 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).

- **UUA Common Read Book Group**, Tue Nov 1, 7:00 PM (9)

The Third Reconstruction: Moral Mondays, Fusion Politics, and Rise of a New Justice Movement book group. Contact: Susan Breckenridge (sbreck@peak.org).

- **Women's Lunch Bunch**, Wed Nov 2, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Nov 2, 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 Nov 2, 7:00 PM (SFH & 6B)

- **Capoeira Angola**, Thur Nov 3, 6:00 PM (6ABC)

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

- **Climate Justice Committee**, Thur Nov 3, 7:00 PM (LIB)

- **Insight Meditation**, Fri Nov 4, 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 Nov 4, 7:00 PM (7)

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

Plan Ahead

- **Music Sharing Night**, Sun Nov 6, 7:00 PM (SFH/SH)

Come listen and enjoy fellow UUFC members share their musical talents!

- **Election Night Gathering**, Tue Nov 8, 7:30 PM until ?? (SH/K)

Take in the returns together. Bring snacks to share, if you can.

- **Veterans Day Observance**, Fri Nov 11, 11:00 AM (SFH)

A quiet time of reflection and candlelighting. All are welcome.

- **FestEvent Thanksgiving Gathering**, Thur Nov 24, 4:30 PM Social Hour, 5:30 PM Dinner (SH/K)

Annual Thanksgiving meal at the UUFC. We cook four turkeys, mashed potatoes, gravy, and a vegan and gluten free tofu turkey and gravy. You bring a potluck dish. PLEASE RSVP. Sign-up sheets are in the foyer after Sunday services. Call Rich Brainerd (541-740-2961) with questions or to be a volunteer.

- **Holiday Bazaar, Different this Year**, Fri Dec. 2, a late afternoon and evening Fellowship openhouse.

Fellowship artists, specialty foods, greens, café, music, and more.

Next Sunday: November 6, 9:30 and 11:00 AM *Don't forget Daylight Savings! Fall Back 1 hour.

"The Burden of Shame"

with Rev. Jill McAllister and Guests

If the religious life is the process of aiming toward right relations, shame is an emotion which hampers that process every step of the way, in our relations to self, to others and to Life. Several guest speakers will share their perspectives on understanding the burdens of shame.

Spirit of Life, help us be brave enough to face the truth of what is and bold enough to do our part for justice.

Reminder From Our UUFC Building Design Team

This **Sunday, October 30**, will be another **opportunity to ask questions or provide input** to the Building Design Team. We will be available in the gallery at the back of the sanctuary following the second service to talk with individuals or groups. You can also call or email any of us directly with your questions, comments or concerns. We look forward to sharing a summary of our work, including information from the two workshops held by DiLoreto Architecture, in the next Building Project Update newsletter which will be mailed out in mid-November. Thank you for your continued engagement with this process. Please contact any of our committee members with questions: *Marcia Shaw, Kelley Kendall, Chris Bentley, Peter Sanford, and Keith Martin.*

Connect Up – Sign Up Today for November Activities

Don't forget to sign up TODAY (OCTOBER 30) to participate in or to host an activity in NOVEMBER! So many possibilities – social events, meals, outdoor activities, discussions, movies, sports. Whatever you like to do and invite others to join you. Contact Wendy Sutton: connect@uucorvallis.org. Visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776.

Seven Principles Café

The first meeting of the Seven Principles Cafe takes place today, October 30 at 12:30 PM (7). We start with the first UU principle “*We covenant to affirm and promote the inherent worth and dignity of every person.*” Food will be offered. Jill McAllister facilitates. Please join us. Offered by the Adult RE Steering Committee.

Anti- Racism Book Study Group Begins This Week (*The Third Reconstruction*)

The UUA Common Read, *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 are available for purchase. Contact Susan Breckenridge with questions (sbreck@peak.org).

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 on the green sheet at the 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.

UUFC Thanksgiving Day Events Thursday, November 24 Come Join Us!

Soccer Game, 1:00 PM, Garfield Elementary School

An intergenerational pick-up soccer game, to be played rain or shine. All are welcome.

FestEvent Thanksgiving Gathering, 4:30 PM Social Hour, 5:30 PM Dinner All Are Invited!

Thanksgiving Day is less than a month away. The UUFC always has its own large festive communal Thanksgiving dinner. We cook four turkeys, mashed potatoes, gravy; and a vegan and gluten free tofu turkey and gravy. You bring a potluck dish such as salad, bread, DESSERT, stuffing, sweet potatoes, vegetable side (or main) dish or anything that is important or nostalgic from your past. You also volunteer for one of the small tasks that make this happen. Suggested donation is \$5.00 per person to cover costs, but no one is turned away if they are in financial hard times. We typically have 100 people, so come to be sociable. **PLEASE RSVP so that we know how many to plan for.** Sign-up sheets are in the foyer after Sunday services. Call Rich Brainerd (541-740-2961) with questions or to be a big-time volunteer. Social Hour Hosts, a Table Decorating Captain, and After-Dinner Activities Hosts are still needed.