

September 2015 Worship Services

Sept 2015

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2945 NW Circle Blvd.
Corvallis OR 97330
541-752-5218
office@uucorvallis.org

Sunday, Sept. 6, 10:00 AM (One Service Only)

“The Earth, Our Home: Meditations in Poetry, Readings and Music”
The Rev. Jill McAllister and David Servias

In our final summer Sunday service, we’ll pause to ground ourselves and honor the earth, our home, in the midst of great changes.

Friday, Sept. 11, 7:00 PM

Kirtan (Hindu Chanting) with the New World Kirtan Band

Sunday, Sept. 13, 9:30 & 11:00 AM (Two Services)

Joining of the Waters: An Ingathering Sunday
The Rev. Jill McAllister and Everyone

All are invited to bring a SMALL amount of water from some place important to you as we begin a new church year together, with a service for all ages. Baby and toddler care provided.

Sunday, Sept. 20, 9:30 & 11:00 AM

Mission Sunday The Gathered UUFC Community

Our UUFC mission statement arose from between us, as our mission and work are shared among us all. This Sunday we’ll take time to lift up some of the work we’re doing, recognizing that all areas of our mission - Explore. Love. Act. - are interconnected and that we can each do our parts toward the aim of an inclusive religious community that betters the world.

Sunday, Sept. 27, 9:30 & 11:00 AM

“Peace and Justice: Preparing to Go Deeper” The Rev. Jill McAllister

Our broad themes for this year are the topics of Peace and Justice. Both can be explored in study, worship and action. Both can be expanded at every stage and age of life. Both are worth a lifetime of exploration and practice. How will we help each other become more capable of bringing more of each into the world every day?

Between Us ... *The Rev. Jill McAllister*

I sometimes imagine watching time-lapse photography showing the comings and goings at the UUFC for just one week. I think it would look like Grand Central Station(!), but it would be different. At Grand Central Station, people are mostly just passing through. The Fellowship, on the other hand, is a destination, and each time someone comes and goes from here, something important has happened-- for them, for others, or for both.

Our buildings are one of our greatest resources for living our mission. So many of the explorations, classes, and connections happen here, within these walls. Plus, from here we reach out into the community and make our values more widely visible. In the past year, we have begun to think about creating partnerships which involve the use of our buildings, as a way to share this resource and live our mission at the same time.

For example, we have an active partnership with the Beit Am Jewish congregation, in which they use our buildings for special holiday services (Rosh Hashanah and Yom Kippur this month) and for many *bar* and *bat mitzvahs*. This partnership involves rental of our space by Beit Am, yes, but it also involves our active support of those rentals by creating and maintaining appropriate storage space for the Torah, for example. Beit Am leaders and administrators and UUFC leaders and administrators have worked closely to make this partnership beneficial to all involved. The Worship Committee has also begun to develop partnerships around program and building use, beginning with the New World Kirtan Band. Through this partnership, the Fellowship is able to offer regularly-scheduled kirtan worship which is very popular within and outside of the Fellowship, and the New World Kirtan Band is able to work in a space and environment which they love.

This way of thinking about how our buildings are used and by whom gives us opportunities to be mindful of our mission in everything we do. Building use becomes much more than a matter of first-come, first-served. It becomes a matter of discernment about how we can best use the beautiful resources we have, toward our highest goals. We can discuss and engage our priorities as we talk about how to use the building. Scheduling is still important – of course! All building use for Fellowship activities, rentals, and partnerships, needs to be scheduled through the church office. The Big Calendar accessible on the web site shows all scheduled building uses for each day – including rentals.

This month, in addition to our own regular services, meetings, classes, shared meals and all other Fellowship activities, the Beit Am congregation will be here (the whole building) for Rosh Hashanah and Yom Kippur; our RE department will host two training sessions for “*Our Whole Lives*” (OWL) (the whole building); neighbors will gather for parties; there will be AA meetings and the daily Magic Flute pre-school, and much, much more. I’m proud to be part of this congregation as we serve ourselves and our larger goals and aims, making a difference in our community. And I’m thankful that we are able to maintain these resources by working together. Let’s keep moving in this direction. See you Sunday -- *Jill*

Minister’s Discretionary Fund

This line item in our budget is for the minister to use at her discretion for needs of the Fellowship, its programs and outreach, members and friends. It is the source of our Emergency Aid Fund. This year funds have been directed to members in need due to health and housing crises, to justice work, local and international partners, and Fellowship programs. The Minister’s Discretionary Fund is replenished by contributions from us, the members and friends of the Fellowship. Contributions are always welcome.

Words for Reflection

“I have emphasized many times in the past that once you accept a religious faith you should implement its teaching as much as you can. In other words, the teachings of that faith should be part of your daily life. If we accept a particular religion, we should be very serious and practice it. Then, eventually, there will be real change.

However if you are too serious and narrow-minded, there is the danger of becoming what one calls a fundamentalist. If religion is not properly practiced, then there is a danger of believing only in ones own religion and dismissing the others, thus becoming fundamentalist.”

The Dalai Lama, from Live in a Better Way

Themes for the 2015-16 Church Year

Our broad themes for this year are the topics of Peace and Justice. Both can be explored in study, worship and action. Both can be expanded at every stage and age of life. Both are worth a lifetime of exploration and practice. How will we help each other become more capable of bringing more of each into the world every day?

Fellowship Care & Support Team: Listening Companions

What is a listening companion? When might someone request a listener? These are questions that have come up since the program began a few months ago.

A listening companion is a person who has received training so she or he can listen without judging, advising, interrupting, or otherwise blocking the thinking of the speaker. The underlying assumption is that people have within themselves the answers to whatever dilemma they may be facing.

When might someone request a listener? Perhaps when you're feeling out of sorts and have lost your enthusiasm for life. Or you struggle with a relationship—with a family member, a co-worker, a good friend. Or you're overwhelmed and discouraged by justice work that must be done. Other possibilities include when you are grieving a loss of a loved one, a pet, a job, your health & strength. Or any situation where you just need a listening ear, no judgments, no advice, just a presence to help you sort out where you are so you can move on.

This program has been developed to increase care and support of people in the Fellowship. It is a structured way of getting to know each other better, to develop a stronger community. No one needs to be alone on this journey that we share.

To request a listener or for more info, contact Diana Vezmar-Bailey (dianavb@inbox.com, 541-740-9006).

Monthly Drop-in Choir

The regular monthly drop-in choir returns this month! Every second Sunday, all are invited to meet in the Sanctuary at 8:45 AM to learn a song for that morning's service. No other commitment required. The first drop-in choir of the year will be September 13.

Art in the Sanctuary

Linda Johansen is the guest artist in the Sanctuary from September 1st to October 13th, 2015. She will be showing her Eco Prints which are made from natural materials including leaves, bark, seeds and berries. Linda uses salt, alum and vinegar to process them, and all colors come from these materials. The materials are wrapped in silk and processed in liquid, and the result is always a surprise. Linda uses a background fabric of hand dyed cotton to mount them. Her work currently involves the Eco Prints and creating blank books. The exhibited pieces are for sale and range from \$40.00 to \$75.00. Linda has evolved from a quilter and dyer into this new medium. She is a long time Corvallis resident who has written 6 books on creating fabric bowls, vases, boxes and decorations. Her comprehensive website is lindajohansen.com.

Religious Exploration

RE for Children and Youth 2015-16

Michael Molk

This year's theme for Religious Exploration for children and youth is *"Peace, Justice, and the Interdependent Web of Life."* Through worship, games, discussions, art, music, field trips, service projects, and more, children and youth will explore our 2nd, 6th, and 7th UU principles: "We affirm and promote... justice, equity, and compassion in human relations; the goal of world community with peace, justice, and liberty for all; and respect for the interdependent web of all existence."

To put it another way, in child-friendly language: "We believe that all people should be treated fairly and kindly; we believe in working for a peaceful, fair, and free world; and we believe in caring for our planet Earth."

Together, we will learn ways of experiencing inner peace and ways of spreading peace to those around us. We will learn about injustices and actions we can take to create more justice. And we'll learn about how we are connected to life around and within us and ways we can support and care for all life. Through it all, we will create communities of friendship. We hope your family will join us! Religious Exploration offerings for adults will also follow the theme of peace, justice, and the interdependent web of life; see the Adult Religious Exploration and Growth insert for fall program offerings.

More Volunteer Teachers Still Needed for Children's Religious Exploration

Are you interested in learning more about Unitarian Universalism? Do you enjoy spending time with children? Do you have a passion for peace, justice, and the environment? Do you want to give some of your time and energy in service to others? If so, perhaps being a volunteer RE teacher is for you!

We still need a few more people this fall to complete our teaching teams for the coming school year. New folks are teamed up with more experienced teachers - you can do this without already being an "expert." What the children need is not religious experts but rather adults who enjoy the company of children, who are interested in exploring questions together, and who want to support children in being safe, empowered, and successful.

Volunteers get training and support from Fellowship staff, clear lesson plans, and flexible scheduling with fellow team members. If you are interested and willing to give a few hours of your time each month, contact DRE Michael Molk to learn more about this opportunity: molk@uucorvallis.org, 541-752-5218 x225.

RE Teacher Orientation:

Sunday, September 13,
12:30 to 2:30 PM

All RE teachers are invited and encouraged to come to this orientation, to meet one another, get a light lunch, receive lesson plans, and schedule with your teams. Meet in Room 6, the "P.T. Barnum Room."

First Day of Children's and Youth's Religious Exploration Sessions

Regular RE sessions for children (pre-K - 6th grade) and youth (7th - 12th grade) begin on Sunday, September 20, at 11:00 AM. Infant/toddler care will continue to be provided during all worship services.

PARENTS: Please take a minute to fill out an RE Registration form for your children and youth so that we have contact information to keep you informed about RE. Forms are available in the foyer by the front door.

Time for All Ages & Children's Chapel

Every Sunday morning at 11:00 AM, from September through May, all children are invited to join the worship service for the "Time for All Ages." This is a brief story or message, usually presented by Rev. Jill McAllister early in the worship service, related to the theme of the service and shared before children go to their RE sessions.

On the first Sunday of every month, after the Time for All Ages, all children will come together in room 6 for "Children's Chapel." This is a time for a children's worship service, when the children are encouraged to share in more depth with one another, around the theme for that month. After Children's Chapel, the children will go to their RE sessions.

Home Hospitality Needed for Our Whole Lives Sexuality Education Training

Our Fellowship is hosting a training of facilitators for the Our Whole Lives (OWL) sexuality education program, September 17th through September 19th. UUs are coming from around the Pacific Northwest to attend. We need folks who have a spare bedroom to provide home hospitality for the nights of Thursday, September 17th and Friday, September 18th. Hospitality includes providing breakfast for guests the mornings of Friday, Sept. 18, and Saturday, Sept. 19. If you can help, contact DRE Michael Molk (molk@uucorvallis.org, 541-752-5218 x225).

YRUU Raft Trip: Sunday, August 30

For all high school youth, grades 9 through 12. Float down the Willamette River with river guide Rich Brainerd from 1:00 PM to 6:45 PM with other youth and the YRUU advisors – you are welcome to invite friends along! Meet at 1:00 PM at the boat ramp behind the Old Spaghetti Factory, on 1st Street at the north end of downtown Corvallis.

Bring: clothes to get wet, including foot gear; a towel; something warm to wear for the end of the day; a sack dinner, snack to share, and water bottle; and a life jacket, if you have one. We'll provide life jackets for all who don't have one. We'll play in the river, observe wildlife, eat dinner along the way, and finish at Hyak Park along Route 20, outside Albany. Parents can either pick up at Hyak Park, or back at the Old Spaghetti Factory. For more information and to RSVP, contact DRE Michael Molk (molk@uucorvallis.org, 541-752-5218 x225).

From the Director of Adult Religious Growth and Learning

Ann Mbacke

The summer has been filled with activities and new beginnings – I hope your summer has been joyous. As we continue planning for the coming year, I invite you to let us know what helps you connect to your highest self and/or what inspires you to be better. Our theme this year is Peace, Justice, and the Interdependent Web of Life.

I attended the 2015 National Campus Ministry Association (NCMA) conference for the first time and was pleasantly surprised. As a newcomer to campus ministry I felt truly welcomed and instantly connected to the people and work being done to foster spiritual growth and development of young adults and students. I was most impressed by the keynote speaker Dr. Sharon Parks and her ability to help us all see outside of our small lens and began to see creative possibilities and express our best selves in the world. There was so much to learn about asking bigger questions. I find myself now implementing this approach in everyday situations and in my work here for the congregation. Most of all I enjoyed the interfaith community and intend to make a better effort to be in conversation and relationship with religious professionals outside of the Unitarian Universalist tradition, to live our core principles.

Adult Religious Exploration

If you have a Religious Exploration-related program you want to see here at UUFC, please contact Ann Mbacke (reassociate@uucorvallis.org) or speak with any of the Adult RE Steering Committee members: Patti White, Carolyn Madsen, Alan Kirk, Janet Farrell, or Marcia Olsen.

Formal requests should be submitted as follows: For fall term (mid September - December 24th), August 10th will be the deadline for requests. For winter term (January, February, and March), December 1st will be the deadline for requests. For spring term (April, May, and June), March 1st will be the deadline for requests.

Visit the Adult Religious Exploration table in the Social Hall after services to get information about upcoming classes for fall and winter. You can sign up right at the table! For more information, contact Ann Mbacke (reassociate@uucorvallis.org, 541-752-5218 x226).

UUFC Board of Trustees

Meet the New UUFC Board of Trustees

None of the trustees are new to the Fellowship – all of them have served in several or many volunteer and leadership capacities. We appreciate their willingness to take on the responsibilities of the Board.

Second-year (for the second time) **President and Board Chair** Kyle Jansson has filled numerous leadership roles at the UUFC. He is living proof to his wife Carol Harding and their two grown children that one can play softball on a UU team for 20 years and avoid serious injury.

Vice President Linda Hardison is in the third year of her term as a trustee. She has attended UUFC for about 15 years. She leads the Oregon Flora Project at Oregon State University and enjoys backpacking.

Secretary Kathy Kopzinski, who is new to that role, is an artist, techie, and dedicated UUFC volunteer, having most recently served on the Stewardship committee.

Treasurer Leslie Chartier is a Business Analyst and Project Manager during the day. She also is a candidate for the UU ministry, getting ready to enter a congregational internship. She and her partner, Diana, live in Albany with their two dogs.

Trustee Heather Emberson is a state manager for Disability Determination Services. She enjoys her son and family, singing, gardening and cooking, and is drawn to/challenged by UUFC Sunday worship.

Trustee Claudia Weintraub came to UUFC in 2008, coming from the Reston, Virginia, Unitarian Universalist congregation and a career in real estate. She chaired the Membership Committee for several years. In Corvallis she enjoys time with her daughter, son-in-law, and two beautiful and smart grandchildren.

UUFC Emergency Aid Fund

The EA Fund is for members and friends of the Fellowship in a time of need. It is intended for one-time, emergency use when assistance is not available through any other sources. (Examples are: food, shelter, utilities, medical prescriptions or transportation to get to a job or job interview.)

All inquiries are kept confidential. To make a request, contact EAF Committee Chair Judy Malouf (541-740-4805) or Rev. Jill McAllister (541-752-5218).

Trustee Peter Sanford is a building energy analyst whose passions are singing, gardening, starting a new business, and trying to be a good husband. He also claims to be a lousy fisherman.

Trustee Joan Rose is an engineer and project manager, and a former Religious Exploration teacher and Adult Programs committee chair.

Trustee Kelley Kendall has been an active member since 1998, serving in RE, on the ministerial search committee, and as a member of the new UUFC Care and Support team. She describes herself as “a relaxed perfectionist who shuns hyperbole.”

Trustee John Bailey is a professor in the OSU College of Forestry, dedicated father to two of his own kids and numerous extended family members, the long-time UUFC services auction auctioneer, and an aspiring comic.

From the President of the UUFC Board of Trustees

Kyle Jansson

During August, I took a ride in a 100-year-old car. It had a lot of similarities to the 2013 car I commute to work in on weekdays: four wheels, seats, a windshield, and a steering wheel.

Yet there were differences. No radio. No lights to warn me that the car is due for an oil change. No air bags.

Churches have undergone changes as well during the past century, yet are remarkably similar in appearance to those of 1915. There are ministers, volunteer committees, fundraisers, choirs, and classes now, just as there were a century ago.

But the churches don't operate as they did a century ago, or even as they did a year ago. Gone are the numbered envelopes that congregants would bring every week to make their donations. Now, some people make an automatic deduction from their account and have it electronically sent to the UUFC. Some people pay monthly or quarterly.

This year the UUFC will have new changes in how it operates. As Rev. Jill McAllister described in last month's newsletter, there will be new councils involved in coordination and decision-making. The Board is creating policies to give these councils an initial framework, but intends to revisit them next spring as the councils gain experience and identify changes they want to have happen.

The congregation will also be talking about changes to our structure. Do we want a bell tower? What about softball batting cages? What about the memorial garden? Could we share our buildings?

Our religious vehicle may look on the outside much as churches did a century ago with walls, a roof and a sanctuary. By engaging in discussions with each other about how we want it to look and operate, we will be creating a UUFC vehicle tuned to carry out our 21st century mission of Explore. Love. Act.

New Baby Coming

David and Lauren Servias (our director of music and accompanist) are about to become parents – this month! While they have done lots of planning, cleaning, organizing and getting ready in general, they still have their eye on a special piece of furniture for the new baby. Let's make it a gift from the UUFC. If you'd like to make a contribution, make a check out to UUFC with "Servias" in the memo line.

The Back Page We Are Unitarian Universalists

“We are brave, curious, and compassionate thinkers and doers. We are diverse in faith, ethnicity, history and spirituality, but aligned in our desire to make a difference for the good. We have a track record of standing on the side of love, justice, and peace.

We have radical roots and a history as self-motivated spiritual people: we think for ourselves and recognize that life experience influences our beliefs more than anything.

We need not think alike to love alike. We are people of many beliefs and backgrounds: people with a religious background, people with none, people who believe in a God, people who don't, and people who let the mystery be.

We are Unitarian Universalist and Buddhist, Christian, Hindu, Humanist, Jewish, Muslim, Pagan, atheist and agnostic, believers in God, and more.

On the forefront of Lesbian, Gay, Bisexual, Transgender, and Queer inclusion for more than 40 years, we are people of all sexual orientations and gender identities.

We create change: in ourselves, in the world.

Seven days a week, UUs live their faith by doing. Whether in community with others or as an individual, we know that active, tangible expressions of love, justice, and peace are what make a difference. Embracing peace, love, and understanding that goes beyond individual belief systems, we are creators of positive change in people and in the world. We do this through Worship and Inspiration – Sunday mornings and beyond; Learning and Growth – spiritual and educational programs for all ages; Action and service – volunteering and work for justice; Connection and care – outreach, mutual support, and small groups; Celebrations and rites of passage – weddings, memorials, baby blessings, coming-of-age and child dedications.

We welcome you: your whole self, with all your truths and your doubts, your worries and your hopes. Join us on this extraordinary adventure of faith. Get involved!”

from the Unitarian Universalist Association, at uua.org

Exercise/Aerobics Resumes Monday, September 28

Regular exercise/aerobics sessions begin again at the end of September and will meet three times a week: Mondays, Wednesdays, and Fridays from 4:15-5:15 PM.

About the program: Men and women participate; there are no prerequisites; our leader is an exercise professional; and activities include cardiovascular conditioning or low-impact aerobics for endurance, muscular strengthening, balance for stability, and stretching for flexibility. Attendance can be full-time (3 days/week) or part-time (1 or 2 days). If you're not sure if it's for you, visit the class, participate a few times, and then decide. We meet in the social hall. Fee. For more information, contact Nichele Deutsch (541-753-4664, nandad@peak.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Art Display Linda Johansen	2 Art Display Linda Johansen 1:00 Women's Lunch Bunch	3 Art Display Linda Johansen 6:00 UUFC Leadership Confab	4 Art Display Linda Johansen 10:30 AM Insight Meditation	5 Art Display Linda Johansen
6 Art Display Linda Johansen 11:30 AM Partner Church Meeting	7 Art Display Linda Johansen UUFC Offices Closed for Labor Day 3:00 Tuna Roast	8 Art Display Linda Johansen	9 Art Display Linda Johansen 1:00 Women's Lunch Bunch	10 Art Display Linda Johansen 8:00 AM Exercise/Aerobics 3:45 Adult RE Steering Committee 6:45 Pastoral Care Team 7:00 Transgender Group Meeting 7:00 Dances of Universal Peace	11 Art Display Linda Johansen 10:30 AM Insight Meditation 7:00 Monthly Kirtan Worship	12 Art Display Linda Johansen 9:30 AM Men's Monthly Gathering
13 Art Display Linda Johansen Rummage Sale Collecting 8:45 AM Drop-in Choir 12:30 RE Teacher Orientation 3:00 Environmental Book Reading Circle	14 Art Display Linda Johansen 1:15 Over 65 Housing Group 6:00 UUFC Board Meeting	15 Art Display Linda Johansen	16 Art Display Linda Johansen 1:00 Women's Lunch Bunch 3:00 Monitoring Your Health 7:00 UUFC Choir Rehearsals	17 Art Display Linda Johansen 9:00 AM OWL District Training 3:00 Over 65 Discussion Group 7:00 Program Council	18 Art Display Linda Johansen 9:00 AM OWL District Training 10:30 AM Insight Meditation 5:30 Connect Up Family Potluck 7:00 Kirtan Meditation Circle	19 Art Display Linda Johansen
20 Art Display Linda Johansen	21 Art Display Linda Johansen 1:15 Over 65 Services Meeting 7:00 Escalating Inequality Discussion	22 Art Display Linda Johansen	23 Art Display Linda Johansen 1:00 Women's Lunch Bunch 6:30 Connect Up Wednesday Book Club 7:00 UUFC Choir Rehearsals Newsletter Deadline for October 2015 edition Please send articles to news@uucorvallis.org	24 Art Display Linda Johansen 8:00 AM Exercise/Aerobics 7:00 Greeter Training	25 Art Display Linda Johansen 10:30 AM Insight Meditation 7:00 Kirtan Meditation Circle	26 Art Display Linda Johansen
27 Art Display Linda Johansen 9:30 AM First Steps 3:00 Environmental Book Reading Circle 5:00 Vegetarian Potluck	28 Art Display Linda Johansen 4:15 Exercise/Aerobics	29 Art Display Linda Johansen 1:00 Newsletter Folding 7:00 UU Identity Class	30 Art Display Linda Johansen 1:00 Women's Lunch Bunch 4:15 Exercise/Aerobics 7:00 UUFC Choir Rehearsals	October 1 Art Display Linda Johansen	October 2 Art Display Linda Johansen 8:00 AM Exercise/Aerobics 7:00 Kirtan Meditation Circle	October 3 Art Display Linda Johansen 9:30 AM Adult RE: Becoming your own Best Friend