

## November 2015 Worship Services

### Nov. 2015

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Office Hours:  
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#### Sunday, November 1, 9:30 & 11:00 AM

“Anger and Aggression: Do We Need Them?”

*Mark Aron*

Anger and aggression are usually thought of as obstacles to peace. On the other hand, sometimes they are the necessary forces for movements toward peace and justice. Should they be banished? Or used more skillfully? How can we understand them better? Fellowship member Mark Aron is a psychologist in private practice, and a long-time advisor for our high-school youth. **(Daylight savings time ends: set clocks back!)**

#### Sunday, November 1, 7:00 PM

Wheel of the Year: Samhain/Solar Winter Service

Join us to honor the beginning of the three months of greatest darkness. At this time when the veil is thin between worlds, we will draw upon the gifts of our ancestors to inspire us in our lives. Bring photos of ancestors for the altar and finger food to share after the event.

#### Sunday, November 8, 9:30 & 11:00 AM

“Waiting for the Big One”

*Rev. Jill McAllister*

Immigration crises, systemic racism and police brutality, impending financial crisis again, and oh – don’t forget climate change.... what else can happen? On the west coast of the USA we’re now adding The Big Earthquake to our short list. How to live in these times, without being in despair or in denial? Our religious lives can hold us steady.

#### Sunday, November 15, 9:30 & 11:00 AM

Living the Welcoming Congregation: Including Mental Illness

*Rev. Jill McAllister*

The UUFC has been a welcoming congregation for decades, taking seriously our commitment to being open and inclusive in as many ways as possible, which always means working to learn more about the truths of people’s lives. Being inclusive for people living with mental illness is still a challenge everywhere in our society, as it is for us. What are our learning edges? **New UUFC members will be welcomed today.**

#### Sunday, November 22, 9:30 & 11:00 AM

“Thanksgiving Habits”

*Rev. Jill McAllister*

Gathering with friends and family, giving thanks, cooking a lot, eating a lot, watching television, shopping for Christmas... How do our Thanksgiving habits relate to our deep needs for gratitude, to the real history of America, and to what the world needs from us?

#### Sunday, November 29, 9:30 & 11:00 AM

“Between Justice and Peace”

*Rev. Jill McAllister*

We started with a premise in September, that justice and peace depend upon each other and create each other, to some extent. How do we navigate the relationships between justice and peace, between peace and justice? What skills and insights are needed?

## Between Us ...

*Jill McAllister*

I would venture to say that at least 1/3 of the members of the UUFC, and maybe even as many as 1/2, have participated in some kind of diversity training to build awareness and skills in either multi-culturalism or anti-racism, or welcoming and team building, or some combination of these aims. If that's true, then we have a relatively solid base of understanding between us that multi-culturalism and anti-racism are the products of much more than good intentions and good will. To recognize, and work to rectify, the realities and effects of systemic and institutional racism requires skills which can be learned and improved and (must be) practiced, for a long time. Recently our Sunday service opening words included the lines: "In this community of faith, caring is a calling. All of us are called." All of us are called, indeed.

At the UUA General Assembly in June, just a few months ago, delegates approved an Action of Immediate Witness titled "Support the Black Lives Matter Movement." In this action, every UUA congregation was encouraged to:

- engage in intentional learning spaces to organize for racial justice with recognition of the interconnected nature of racism coupled with systems of oppression that impact people based on class, gender identity, sexual orientation, ability and language;
- work toward police reform and replacing the prison system with something more equitable;
- take initiative in collaboration with local and national organizations fighting for racial justice against the harsh racist practices to which many black people are exposed.

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*We are ready – more than ready. How shall we move forward?*

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In many ways large and small, members and friends of the UUFC are involved in these efforts. We can and should do more, and try to be more effective, by working together, between us, and with our wider communities here in the Willamette Valley. I think we are ready – more than ready.

How shall we move forward? Perhaps we should take the initiative to bring a national intensive anti-racism training and organizing team to town. Perhaps we should put up a Black Lives Matter sign on our lawn. Perhaps we should aim to have every member and friend of the Fellowship trained in multi-cultural skills. (Our new core curriculum for adults includes multi-culturalism as a basic perspective and skill for all UUFC members.) We can do any and all of these things. Let's begin with an open discussion of suggestions and possibilities, on Sunday, November 8, after the 11 AM service. If you have questions, please let me know. All of us are called. I hope to see you there.

See you Sunday – *Jill*

**P.S.** – Ministry is a 7-day a week job, and it's true that I'm busy, but I think I'm only as busy as many of the rest of you are. I do my best to respond to all requests, though I may not respond immediately, and getting together most often requires scheduling. AND, we now have a trained team of nearly 20 caregivers who are able and willing to meet and talk with anyone who needs a good listening ear. (I only have two.) Diana Vezmar-Bailey is the coordinator for this Fellowship Care and Support Team. Please contact either of us when you need some help or listening.

May I be no one's enemy, and may I be the friend of that which is eternal and abides. May I wish for every person's happiness and envy none. May I never rejoice in the ill fortune of one who has wronged me. May I, to the extent of my power, give needful help to all who are in want. May I never fail a friend. May I respect myself. May I always keep tame that which rages within me. May I accustom myself to be gentle and never be angry with others because of circumstance. May I know good people and follow in their footsteps.

*Eusebius*

# WORSHIP

The Fellowship is a congregation of diverse spiritual and religious paths and needs. We support and host a variety of worship styles and events and spiritual practices, in addition to our central Sunday morning worship, to meet a breadth of needs for worship. This month the newsletter highlights several of these worship styles.

## Earth Prayer: Monthly Gatherings

The Worship Committee is offering Earth Prayer services this fall, similar to the last summer Sunday service in early September. After a working day, and as the evening begins, join us for 30 to 40 minutes of respite, focusing on our relationships to the living Earth. These services aim to provide ways to connect more deeply with the oneness of all life, and our home the Earth, through music, readings, prayers, movement, and silence. Each service will focus on at least one element of the web of life. Join us! The next offerings will be November 19 and December 17, from 5:30-6:15 PM.

## What is Kirtan?

*Kitzie Stern*

The spiritual practice of singing kirtan originates in India, and pre-dates Christianity — if you practice yoga you've probably heard it played in class. Kirtan comes from a branch of yoga called Bhakti yoga. Bhakti is the yoga of devotion — the yoga of Love. Kirtan is basically a simple and powerful way to meditate. It is non-denominational, and is about opening your heart and feeling your connection to a deeper place of belonging and Love. Kirtan uses mantras — sounds or prayers that free the mind from the miseries of the material world. Many of the chants are in Sanskrit, but it is also sung in other sacred languages such as Hebrew, Arabic, or Punjabi (the language used by many Sikhs).

Kirtan is a collective practice, a community practice, and is a participatory, call and response form of singing — with the call & response the singers create the experience together with the musicians. Everyone can sing kirtan, and it's the only concert where there's silence at the end of every song so we can be fully present to where the chant has taken us.

In the last 10-years kirtan has become something of a phenomenon in the West, which has led to a vibrant indie music scene filled with musicians that play the ancient Sanskrit chants in Western musical styles from rock to hip-hop — well known kirtan artists play in yoga studios & festivals around the world. The New World Kirtan Band covers many of these chants and they're played in the weekly Kirtan/Meditation Circle. I also feature a wide range of music from these artists in the New World Kirtan Podcast, an hour-long weekly show with music, interviews & live festival coverage:

[www.newworldkirtan.com](http://www.newworldkirtan.com)

Friday night is kirtan night at the Unitarian Universalist Fellowship, with either the Kirtan/Meditation Circle or live music. The New World Kirtan Band plays on the 2nd Friday of every month, and we regularly feature other kirtan artists. Several special events are planned this month, including guests artists *Narayani*, from Eugene on Friday, Nov. 6, and the “*One Heart, One Soul*” tour, with Mike Cohen and Johanna Beekman, on Friday Nov. 20. (Tickets are being sold for this event, as well as a workshop on Saturday, Nov. 21 with Mike Cohen.) See the detailed information about all of these great kirtan events on the UUFC web site, and join us for as many as you can.

### Music Sharing Night, Sunday, November 15

All ages and all musical acts are encouraged to perform. Past sharing nights have included folk songs, Broadway, jazz, opera arias, original songs plus piano solos, drumming, and a trombone duet; with participants of all ages and levels of experience, including some who have never performed before in front of an audience! Email David Servias ([music@uucorvallis.org](mailto:music@uucorvallis.org)) if you are interested in performing. All are welcome to come and just listen.

**WHEEL OF THE YEAR CELEBRATIONS:***Cliff Pereira***Year-Long Immersion Program to Begin in January**

On October 19th over twenty people gathered for an information session and potluck to learn about the proposed year-long immersion program Nature-Wise, for creating nature-connected rituals and community. The goal of this program will be to enhance and renew our Wheel of the Year worship and celebrations. It will start in January 2016. By the time you see this in the newsletter, a handout summarizing the program should be available in the foyer at the Fellowship. More information will be posted soon on the UUFC website.

I was especially impressed by the several families with young children who attended the October 19<sup>th</sup> session. The parents' passion for a nature-connected future for their children has already inspired donations to provide reduced-rate registration for those that need it.

Watch for future opportunities to get a taste for and learn about this program. If you want us to send you one of the summary handouts or have any questions about the program, you can contact Jessica Heiler ([contact@jessicaheiler.com](mailto:contact@jessicaheiler.com)) or Cliff Pereira ([peartree15@comcast.net](mailto:peartree15@comcast.net)). If you are excited about connecting with nature and community, we look forward to hearing from you.

**Wheel of the Year: Samhain/Solar Winter**

The Wheel of the Year gathering for Samhain/Solar Winter will be held in the UUFC Sanctuary, Sunday November 1, 7:00 PM. WOY honors nature's cycles, and Samhain signifies the end of the growing season and the beginning of the coldest half of the year. It is a time to honor our ancestors, and learn from their wisdom and life experiences. Please join us to honor the beginning of the three months of greatest darkness. At this time when the veil is thin between worlds, we will draw upon the gifts of our ancestors to inspire us in our lives. Bring photos of ancestors for the altar and finger food to share after the event. For more information, contact Cliff Pereira ([peartree15@comcast.net](mailto:peartree15@comcast.net), 541-760-4541).

## SHARED MINISTRY

**Listening Companions Available**

Recently, a member of our congregation was meeting with a group of friends. She was reluctant to ask for help, even though she lived alone and was unable to manage because of an injury. One of her friends said, "please share the gift of your need with us."

The Fellowship Care & Support Team is waiting for your "gift." Its members are trained to listen without judging or giving advice. Your need is a gift in the sense that it offers another the opportunity to give from the heart. Perhaps you have hit a rough spot in your journey. Or you may be sorting through some difficult feelings about a recent event. Or you may be in any situation where you just need a listening ear, 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 and develop a stronger community. You are invited to share the gift of your need. Contact Diana Vezmar-Bailey (541-740-9006, [dianavb@inbox.com](mailto:dianavb@inbox.com)) to make the connection.

**Moments of Shared Ministry**

From the Committee on Ministry, a moment of coffee and shared ministry: Two people new to the UUFC attend the "First Steps" class, where they find out that help in the kitchen to make coffee on Sundays is always needed and appreciated. The following Sunday, aprons on, they are in the kitchen working alongside seasoned coffee makers, learning

the ropes. “I had a great time working in the kitchen. Everyone was so kind and helpful, and I had some really good conversations with folks. I already feel like I’m getting to know people, and I like helping out. I may never leave the kitchen.” Even as they were leaving a meeting and getting ready to head home, they had to stop and peek in the kitchen, “just check to make sure everything got put away.”

## Stewardship

Especially at this time of thanksgiving, the Stewardship Committee extends our ongoing gratitude to each of the many UUFC members and friends who generously support the financial well-being of our community. In each of the last two years we have made huge strides.

We are fiscally healthy and responsible, and we are functioning effectively out of a place of sufficiency and health - rather than lack and struggle.

Because of your generous pledging and follow through ...

- All our staff are receiving or being moved toward fair compensation with appropriate benefits.
- We need fewer committee fundraisers (because most committees are being supported from within the budget).
- We have expanded our ability to staff our congregation.

Thank you very much for your generous and ongoing support. You keep our lights on and enable our Fellowship to pursue our work in this world we love and depend on.

*Anna Sontag and Virginia Shapiro, UUFC Stewardship*

# RELIGIOUS EXPLORATION

## CHILDREN & YOUTH

### November Topics for 1st-6th Grades

November 1: Who are Peace & Justice Workers? and Children's Chapel

November 8: To Be Announced

November 15: Hunger & Helping Others

November 22: Thanksgiving & Craft-Making for Holiday Bazaar

November 29: Craft-Making for Holiday Bazaar

### Our Whole Lives (OWL) Sexuality Education

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, the Unitarian Universalist Fellowship of Corvallis is proud to offer *Our Whole Lives*, a series of UUA comprehensive lifespan sexuality education curricula. Interactive workshops and lessons engage and help participants to make informed and responsible decisions about their sexual health and behavior. With a holistic approach, *Our Whole Lives* provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. *Our Whole Lives* recognizes and respects the diversity of participants with respect to biological sex, gender identity, gender expression, sexual orientation, and disability status. The activities and language used throughout the program are intended to be as inclusive as possible of this human diversity.

### What's Religious about Sexuality Education?

In the context of being offered by our Fellowship, OWL is religious because it seeks to nurture:

- religious community
- spiritual depth
- prophetic vision and action for justice
- values congruent with participants' religious beliefs
- the worth and dignity of every participant
- the skills, attitudes, and knowledge to live out those values

OWL Sexuality Education gives clear messages about key issues of sexuality, embodying values of:

- self-worth
- sexual health
- responsibility
- justice and inclusivity

*Our Whole Lives* Offers:

- accurate information presented in developmentally appropriate ways
- honest, age-appropriate answers to all participants' questions
- activities to help participants clarify values and improve decision-making skills
- effective group-building to create a safe and supportive peer group
- education about sexual abuse, exploitation, and harassment
- opportunities to critique media messages about gender and sexuality
- acceptance of diversity
- encouragement to act for justice and inclusivity
- affirmation and support to parents as the primary sexuality educators of their children

*Adapted from the work of Melanie Davis, UUA Ministries and Faith Development Office – [uua.org/re/owl](http://uua.org/re/owl)*

### Our Whole Lives (OWL) Parent Orientations

Starting in January of 2016, we will be offering *Our Whole Lives* (OWL) Sexuality Education classes for children and youth. Parents are required to attend an orientation in advance to learn about the program and pre-register their children and youth. Parent orientations will happen on these dates: 9th-12th grade, Nov. 1, 12:30-2:30 PM; 5th/6th grade, Nov. 8, 12:30-2:30 PM; 7th/8th grade, Nov. 15, 12:30-3:00 PM; K/1st grade, Dec. 6, 12:30-2:30 PM. For more information, or to arrange childcare during an orientation, contact DRE Michael Molk ([molk@uucorvallis.org](mailto:molk@uucorvallis.org), 541-752-5218x225).

### Benton County Holiday Food Drive, Sunday November 22

Teenage youth and their adult advisors will meet at the Benton County Fairgrounds to help distribute food to people in need. 7th/8th Grades will be delivering from 10 AM to 12:00 PM (noon). YRUU (9th-12th Grades) will be delivering from 11:00 AM to 1:00 PM. For more information, contact DRE Michael Molk ([molk@uucorvallis.org](mailto:molk@uucorvallis.org), 541-752-5218 x225).

### Youth Service Trip to the Midwest next June!

Youth in 9th through 12 grades are invited to join DRE Michael Molk and other adult advisors on a trip to Michigan and Ohio for 12 days next summer: June 17-28, 2016. We'll depart immediately following the last day of school, heading first for Kalamazoo and Detroit, Michigan, and then to Columbus, Ohio. While there we'll connect with people and organizations working on local issues of racial equality, urban gardening, and grassroots community organizing. We'll also attend youth caucus at the UUA General Assembly in Columbus. Parents and youth are invited to an informational meeting Sunday, November 29th, 12:30-2:00 PM in UUFC room 7. For more information, contact DRE Michael Molk ([molk@uucorvallis.org](mailto:molk@uucorvallis.org), 541-752-5218 x225).

### Sign Up To Be A Chalice Lighter

Children, families, and individuals are invited to volunteer to light the chalice in a Sunday service. Please sign up on the sheets posted by the door to Jill's office.

## ADULT RELIGIOUS GROWTH AND LEARNING

### Core Curriculum for Adults

The Adult Religious Exploration committee has begun to develop a core curriculum for adult religious learning and growth at the Fellowship. This means that over a period of 2-3 years, an individual could grow toward a mature understanding of what it means to be a member of this congregation and of this religious movement, in ways that enable her/him to meet personal religious and spiritual needs and also contribute to the mission of the Fellowship. In other words, the core curriculum will provide resources and a path toward deepening Unitarian Universalist identity. Curriculum elements are likely to include:

- American UU History, both Pre-1900 and Post-1900
- World UUism: Cultures, Histories and Practices
- Our Theological House: Basic instruction in Theology, Cosmology, and World Views, plus articulation of personal credo statements
- Religious Growth and Learning: Growing toward spiritual maturity, with a focus on practice of skills toward ideals)
- UU Identity: familiarity with the purposes and principles, dynamics and requirements of congregational life such as responsibilities and benefits, etc. A Coming of Age class for adults
- Four Pillars of UU Religious Exploration: familiarity with Jewish and Christian history, World Religions, philosophies of Peace and Justice, and participation in/the moral obligations of the Interdependent Web
- Multi-cultural Competency
- Qualities of Effective Leadership

A UU History class will be offered this winter; for more information or to register, contact DRE Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org), 541-752-5218 x226).

### The Enneagram in Relationships: Nine Points of View

*with Dale Rhodes of Enneagram Portland*

Wednesday, November 18, 2015: 9:30 AM to 5:30 PM. \$175 fee (\$125 for UUFC members)

Register at <http://www.lindaacarroll.com/resources/Enneagramin1115.pdf>

### Adult Religious Exploration (RE) Programs

Do you have an idea for a class for Adult Religious Exploration (Adult RE) that you would like to lead? Here is the procedure for proposing a class:

1. Contact DRE Ann Mbacke (541-752-5218 x226, [reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)) and tell her what you are proposing.
2. Get a copy of the Adult Religious Exploration Proposal Form from Ann, the UUFC website ([uucorvallis.org](http://uucorvallis.org)) or the UUFC office.
3. Complete the form and email it to Ann or put it in her mailbox in the lobby outside the UUFC office. Be aware of submission deadlines, December 1<sup>st</sup> for Winter 2016 programs and March 1<sup>st</sup> for Spring 2016 programs.
4. The Adult RE Steering Committee meets monthly and reviews all submitted proposals. If your proposal is approved you will be notified and the next step is to fill out a Room Reservation form, available from the UUFC office. The Steering Committee will help publicize your class at the Adult RE table and in the *The Week Ahead* that comes out in print each Sunday.

Visit the Adult Religious Exploration table in the Social Hall after services. You can get information about upcoming offerings and register for classes. Contact DRE Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org), 541-752-5218 x226) for more information.

## Chalice Circles

Chalice Circles are ongoing throughout the year. Would you like to know more about these small groups that meet twice a month and enable deeper connections with participants as we explore issues of living within a spiritual context? If so, contact Marcia Olsen (541-661-0889, [marcia.olsen29@gmail.com](mailto:marcia.olsen29@gmail.com)).

## Meet the Global UU Community: July 2016 in the Netherlands and Transylvania

Are you interested in knowing more about and connecting with UUs from around the world? If so, you are invited to attend the biennial meeting of the International Council of Unitarians and Universalists (ICUU) this July 18-23, 2016, in the Netherlands. Climate Change will be part of the focus of the gathering. A schedule is available at [www.icuu.net](http://www.icuu.net). In addition we're planning a visit to our UUFC partner congregation in Transylvania following the ICUU meeting; dates will likely be July 26 -31. Let Jill McAllister know if you are interested ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)).

# PROGRAM COUNCIL

## Holiday Bazaar: Saturday, December 5, 2015, 9:00 AM-3:00 PM

A Fellowship holiday tradition: local artists and vendors, hand-tied holiday greens, homemade baked goods and specialty foods, recycled gifts at excellent prices, on-site café to share coffee/tea or lunch with friends, and more. Bring your family and friends!

### How to get involved:

**BAKE!** Do you have a favorite holiday recipe that you can bake or share? Gluten-free options greatly appreciated. Invite a few friends and have a baking party for the Bazaar.

**COOK!** Join a Pasties work party - come help us make traditional and not-so-traditional Cornish Pasties for the Café and to sell. See below for work party schedule.

**DONATE!** Are you tired of looking at that gift from your mom, great-uncle George, or that last ex-significant other that has lost its glitter and shine? Consider bringing it for the Recycled Gifts tables.

**VOLUNTEER!** Sign-up opportunities available soon.

**ATTEND!** Come to the Fellowship on Saturday, December 5, 2015, between 9:00 AM and 3:00 PM. Enjoy coffee, scones, or lunch in the café, buy an arm-length of raffle tickets, pick out handcrafted items from artists or from the recycled gifts area for the loved ones on your list, and get a fresh swag of holiday greenery to hang on your door.

**Still have questions?** Email [uuholiday.elves@gmail.com](mailto:uuholiday.elves@gmail.com). We'll see you there!

## Help Make Cornish Pasties For the Holiday Bazaar

Orientation and training happens at each session; no experience needed. Come join us! All sessions take place in the UUFC Kitchen.

Thursday, October 29: two shifts – 9:30 AM-12:30 PM, and 12:30 PM-3:30 PM

Thursday, November 5: two shifts – 9:30 AM-12:30 PM, and 12:30 PM-3:30 PM

Wednesday, November 11: two shifts – 12:30 PM-4:00 PM, and 7:00 PM-9:00 PM

Friday, November 20: two shifts – 9:30 AM-12:30 PM, and 12:30 PM-3:30 PM

Saturday, November 21: one shift – 12:00 PM (noon)-4:00 PM

## RhythmAsana

Join RhythmAsana in the UUFC Sanctuary, Saturday November 21 from 10:30 AM-12:00 PM (noon) for a blend of yoga, movement, dance and *live* world music. Please bring your yoga mat if possible (a few will be provided). All experience levels are welcome. Donations appreciated.

## Living with Depression Follow-up, Monday November 16, 7:00 PM

Last year we gathered for four sessions of sharing information and support, for any and all living with depression – either their own or someone else's. Let's touch base again to see how things are. Shall we plan some sessions together this year? Just keep in touch? What is needed between us? Join us if you can on Monday evening, November 16, to check in and make suggestions. If you can't make it, check in with Jill McAllister or Linda Carroll.

## Feeding Families at Thanksgiving

Notices may be left on your front door and posted in the newspaper. There may be appeals at work. In the next few weeks, Linn Benton Food Share will be collecting food donations for Thanksgiving, and the UUFC will play a role. On November 22, our youth will help pack boxes of veggies, potatoes, cranberries, stuffing, eggs, turkeys and other goodies. Then volunteers will make deliveries to people unable to drive to the Benton County Fairgrounds.

You can participate in this annual holiday event! In the next few weeks, look for sign-up sheets in the foyer or social hall and by email. We'll need 50 teams of two people or more to arrive at the fairgrounds at their pre-arranged times. Each team will deliver boxes to a half dozen households in Corvallis or Philomath. On Saturday, November 21, we'll need a few people to make advance phone calls to the recipients. More information will be coming soon! If you are interested in helping with volunteer sign-ups, contact Nick Houtman at [nickhoutman8@aol.com](mailto:nickhoutman8@aol.com)

## UUFC Community Thanksgiving Dinner

It's time to make plans – Thanksgiving is only a month away. The UUFC always has its own large festive communal dinner on Thanksgiving Day. 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. Sign up after services on November 15 or 22. 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.

## Partner Church News

The Partner Church Committee is delighted to learn that our partner congregation in Bozod Kőröspatak, in Transylvania (Romania) has three new scholarship students, making a total of six. This is the most as we've ever supported! All are high school students: one senior, two sophomores, and now three freshmen. This means the UUFC is committed to a larger level of scholarship help. This is an important opportunity for the youngsters and an enormous gift from us! Rev. Katalin Szaz Cserey has sent a photo of her with five of the students, which will be posted on the bulletin board, and she promises biographical materials soon.

Rev. Kati also writes that the church would like to celebrate the improvements they have been making over the last few years, and she hopes that our congregation can be represented at a ceremony next summer. Rev. Jill will be at the ICUU conference next July and we're hoping to add a trip to Transylvania after the conference so a few UUFC members can attend. Could that be you? See page 8 for more information.

A few chances to support our Partner Church are upcoming: look for international items at the Partner Church Holiday Bazaar table, save January 30, 2016, for our International Banquet, and mark April 10 on your calendar as the Partner Church Service with the current Balazs Scholar, Rev. Major Laszlo.

## Connecting with the Wider U-U World

Can we help the Unitarians in Burundi, living in a state of civil unrest and danger? What about UUs in other countries? And UU work at our own borders and cities and towns across the country. Stay tuned for a series of discussions about our wider UU world and how we can connect more broadly, dates and times to be determined soon.

**BACK BY POPULAR DEMAND!**

## *The Flow*

### *Original Willamette Valley Rock 'n' Roll*

Concert & Dance, Fun Music for everyone  
 UUFC Social Hall: Saturday, November 14, 2015 at 7:00 PM  
 Requested donation \$5 To RSVP or for more info: Beany Kunis 541-760-9436

## JUSTICE COUNCIL

### **New Environmental Reading Circle Book**

The Environmental Reading Circle begins discussing its next book, Beyond Words, What Animals Think and Feel, at its next meeting: Sunday, November 8th, 3:00-5:00 PM. This book was written by Carl Safina, author of Song of the Blue Ocean, an excellent book about ocean life that the Reading Circle read years ago. We encourage you to join us to share this book. Meetings are at 3840 NW Lincoln Ave. in Corvallis. For more information, contact Elizabeth Waldorf ([dewaldorf@comcast.net](mailto:dewaldorf@comcast.net)).

### **November Social Concern Recipient: The South Corvallis Food Bank**

The South Corvallis Food Bank (SCFB) is a 501c3 organization which relies on donations and volunteers to be able to supply food to families in need every month. On average the SCFB serves 300 families a month, representing over 1,000 adults and children. For more information, visit <http://www.southcorvallisfoodbank.org>.

UUFC volunteers help in many ways and represent a significant number of the total SCFB volunteers. Interested in getting involved? Volunteer opportunities include: working with clients, sorting and shelving food on delivery day, serving on the board of trustees, picking up donated food from farmers' markets and other gleaned sites, and assisting the treasurer.

Last year the Social Concerns Committee raised \$1,600 for the food bank through the Action Lunch and Sunday collection baskets, which represented a significant portion of SCFB food purchases for one month. In 2014 UUFC members and friends donated over \$8,000 during their year-end giving, which makes up about 10% of the SCFB budget.

Please support the Action Lunch on November 1 and give generously to the collection baskets. The South Corvallis Food Bank cannot operate without your continued support. Thank you! For more information, contact Martha Clemons ([clemm12@comcast.net](mailto:clemm12@comcast.net)).

### **Health Care for All**

The Interfaith Health Care Network, a community of persons of faith in Oregon, invites you to attend a Legislative Forum with State Senator Sara Gelsler and Representatives Mike Nearman, Andy Olson, and Dan Rayfield. We have invited our legislators to report to the public on what was accomplished during the 2015 Oregon legislative session—for example, on mental health issues, affordable housing, transportation, basic health, and education. The event promises to be a lively and rich discussion. We hope you will join us, bring your questions for our legislators, and invite your friends.

The forum will take place in the Benton County Public Library meeting room, 645 NW Monroe Ave, Corvallis, beginning at 7 p.m., Thursday, November 19. Spanish translation will be available.

## UU HISTORY FOR TODAY: JOHN MURRAY'S MESSAGE OF LOVE

In the 1790s, early American Universalist minister John Murray said, "Go out into the highways and byways of America, your new country. Give the people, blanketed with a decaying and crumbling Calvinism, something of your new vision. You may possess only a small light but uncover it, let it shine, use it in order to bring more light and understanding to the hearts and minds of men. Give them, not hell, but hope and courage. Do not push them deeper into their theological despair, but preach the kindness and everlasting love of God."

It can be difficult for us now to appreciate how truly radical a message this was. In a time when most Christian religions taught either that some were elected (chosen) by God for salvation while the rest of humanity was damned or that salvation was possible for individuals but only through strict resistance of one's inherent sinfulness and despicability, a message of hope and universal salvation for all stood out. To some this was a message that threatened society – what was there to make people be "good" if not the fear of damnation and judgment? Universalism seemed a catastrophic idea: all those people not alert to their sins, or the sins of others!

Today most of us aren't very concerned about damnation and judgment in the afterlife, if there is an afterlife. We don't think about sin often in our modern Unitarian Universalist churches. But we have kept the deep sense of worry about our personal responsibility for being good enough, which has shifted from "good enough to be saved" to "good enough to be loved." Our cultural focus is now on questions like, Are we working hard enough? Doing enough with our families? Doing the right kind of work with our careers, and the right kind of volunteering in our free time? Parenting our children the right way, or caring for our elders the right way? Are we thin enough, stylish enough, carrying the right cell phone? Are we love-able?

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*Give them, not criticism and doubt, but hope and courage.*

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John Murray's message today might sound like this: "Go out into your neighborhoods and offices, and make posts on Facebook. Tell the people, made fearful by the messages of late capitalism, something of your new vision. Your light of love, however small, is enough to make a difference in the lives of those around you. Give them, not criticism and doubt, but hope and courage. Do not push them harder toward self-improvement, but instead say, 'You're okay just as you are. You're love-able. And I trust you to know what's right for you.'"

Because when we are freed, even temporarily, from worrying about whether we're good enough, something paradoxical and wonderful happens: we have more energy to grow, to make a difference in the world, to help and serve. We don't need the threat of not being good enough to make us good – we need the trust that we ARE good enough to free us to BE good. To make the choices that are right for us about how to live and how to serve. To love and be loved.

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is not only of cruelty, but also of compassion, sacrifice, courage, and kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places – and there are so many – where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction. If we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory." - Howard Zinn



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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.

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**Looking for the calendar?**

For the most up-to-date information, see our website at [http://uucorvallis.org/?page\\_id=211](http://uucorvallis.org/?page_id=211)  
Our online calendar is updated frequently!