



THE WEEK AHEAD

October 18-25, 2015

Upcoming Services & Events at the UU Fellowship of Corvallis

Today: Sunday, October 18, 2015

- **Vegetarian Potluck**, 5:30 PM, UUFC Social Hall

Bring a vegetarian or vegan dish large enough to share, with a list of all. Bring your own utensils and dinnerware to minimize kitchen use. For more information, contact Bob Scott (541-753-1941).

The Week Ahead: October 18 – October 25, 2015

- **Escalating Inequality**, Monday, October 19, 7:00 PM, UUFC Rm 7
This discussion group explores the topic of economic inequality and the impact it has on us all through looking at a series of movies, videos, news clips, and books which prompt discussions.
- **Shawl Ministry**, Monday, October 19, 7:00 PM, UUFC Library
Come knit or crochet shawls for UUFC members who are in distress or celebrating great joys. All levels welcome.
- **UUFC Weekly Potluck**, Wednesday October 21, 6:00 PM, UUFC Social Hall
Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All welcome.
- **Livestreamed Racial Inequality Discussion with Ta-Nehisi Coates**, Thurs. Oct. 22, 3:30 PM, UUFC Sanctuary
*Ta-Nehisi Coates is a national correspondent at The Atlantic, where he writes about culture, politics, and social issues. He is the author of several books, including the recently published *Between the World and Me*.*
- **Earth Prayer**, Thursday, October 22, 5:30 PM, UUFC Sanctuary
A service 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.
- **Insight Meditation**, Friday, October 23, 10:30 AM, UUFC Rm 9
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.
- **Kirtan**, Friday, October 23, 7:00 PM, UUFC Rm 7
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Multicultural Competence: Working With Our Differences**, Sat. October 24, 9:30 AM, UUFC Rm 6
An introduction to multi-cultural competency, or how to effectively live and work with differences – cultural, ethnic, racial and more. For more information, contact DRE Ann Mbacke (reassociate@uucorvallis.org, 541-752- 5218 x226).

Plan Ahead

- **Pastie Making Begins!** October 29, UUFC Kitchen
- **UUFC Men's Retreat**, October 30-November 1, Menucha Conference Center
The theme of the 2015 UUFC Men's Retreat is "Transitions: Weathering Life's Storms."
- **Autumn Dance with The Flow**, Saturday, November 17, 7:00 PM, UUFC Social Hall
Listen and dance to the sounds of local band The Flow, original Willamette Valley rock n' roll. \$5 suggested donation
- **Holiday Bazaar**, Saturday, December 5, UUFC
The annual UUFC Saturday event, with opportunities to purchase local art and handcrafts, baked goods and jams, lunch, environmentally-sound "recycled" gifts, and more. Save the date, and watch for volunteer sign-ups!

Next Sunday: October 25, 9:30 & 11:00 AM

"Come, Contentment"

Rev. Jill McAllister

How could one possibly be content in the world as it is? Wouldn't contentment be a sign of ignorance or apathy, or worse? On the other hand, maybe contentment is a necessary condition for accomplishing change in the world.

*Spirit of peace, settle and calm our hearts
so that we may be better agents of healing in the world.*

Multicultural Competence (Working with Our Differences): Saturday, October 24, 9:30 AM

Join Jill McAllister and Ann Mbacke for an introduction to multi-cultural competency, or how to effectively live and work with differences – cultural, ethnic, racial and more. We'll learn about a developmental model of competency which will be a great foundation for justice work in the coming years. This work supports our entire mission: explore, love, and act. UUFC Room 6, 9:30 AM-3:00 PM. Questions? Contact DRE Ann Mbacke (reassociate@uucorvallis.org, 541-752- 5218 x226).

Our Whole Lives (OWL) Parent Orientations

Starting in January of 2016, we will be offering Our Whole Lives (OWL) Sexuality Education classes for Kindergarteners through 12th Grade. Our Whole Lives is age-appropriate curriculum developed by Unitarian Universalist and United Church of Christ-Congregationalist educators.

This year, OWL classes will be open to children from our area even if their parents are not affiliated with the UUFC. Please invite those you know who might be interested.

In order for children and teens to participate in OWL, parents are required to attend an orientation in advance, to learn about the program and pre-register their children and youth. Parent orientations will be held in room 7 on Sunday afternoons in November, after second service worship. See the schedule for dates. Contact DRE Michael Molk to arrange for childcare, or for more information (molk@uucorvallis.org, 541-752-5218 x225).

OUR WHOLE LIVES PARENT ORIENTATION SCHEDULE

9th-12th Graders

Sunday, November 1st, 12:30-2:00 PM

5th/6th Graders

Sunday, November 8th, 12:30-2:30 PM

7th/8th Graders

Sunday, November 15th, 12:30-3:00 PM

K/1st Graders

Sunday, December 6th, 12:30-2:30 PM

Nature-wise Information Session: Monday, October 19, 6:00 PM, UUFC Social Hall

Interested in the Wheel of the Year, or in nature-based rituals? This year Nature-Wise instructor Jessica Heiler will offer a year-long immersion program in the Nature-Wise approach to creating nature-connected rituals and community.

There will be an information session and potluck dinner on Monday, October 19, in the Social Hall. Come to hear information about the program and give input on how this program may be structured. Bring a dish to share, utensils and plate, and, if you feel inspired something beautiful from nature to celebrate autumn. For more information, contact Cliff Pereira (peartree15@comcast.net, 541-760-4541) or Jessica Heiler (contact@jessica-heiler.com).

Energize Corvallis: Free Light Bulbs and Water-Saving Aerators

Energize Corvallis is offering free energy-efficient light bulbs and faucet aerators to Pacific Power and NW Natural customers who live in single-family homes in Corvallis. Visit <http://www.corvallisenvironmentalcenter.org/energize/> and click on "Direct Install" to request a package of supplies to make your home more water- and energy-efficient. Some options are also available for those who live outside Corvallis or in multiple family residences.

"We touch the floor to remember that wherever we bring our best self is holy ground. We reach for the sky to remember that we are a part of a mystery much bigger than ourselves. We hold hands to remember that we need one another and are part of one human family. We join voices to remember that we each have a gift to offer the world and to use in making the world a better place."

- Lisa Friedman