



# THE WEEK AHEAD

October 25-November 1, 2015

Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today: Sunday, October 25, 2015**

- **Charles Leach Art Exhibit Reception**, 3:00 PM, UUFC Sanctuary and Social Hall  
*Reception and sale for Charles Leach art exhibition. Proceeds of sales benefit Greenbelt Land Trust.*

## **The Week Ahead: October 26-November 1, 2015**

- **UU Identity Class**, Tuesday, October 27, 7:00 PM, UUFC Library  
*Last session of this core Adult Religious Growth and Learning class. All are welcome.*
- **UUFC Weekly Potluck**, Wednesday October 28, 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.*
- **Pastie-Making Party**, Thursday October 29, 9:30 AM-12:30 PM AND 12:30 PM-3:30 PM, UUFC Social Hall  
*It's pastie-making season again! Come share in making pasties (savory filled pastries) to sell at our Holiday Bazaar.*
- **Insight Meditation**, Friday, October 30, 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 30, 7:00 PM, UUFC Rm 7  
*Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.*
- **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."*
- **Daylight Saving Time Ends**, November 1, 2:00 AM, Everywhere  
*Set your clocks back one hour this Saturday night to be on time for services next Sunday!*
- **November Action Lunch**, November 1, 12:30 PM, UUFC Social Hall  
*Proceeds will benefit the South Corvallis Food Bank, an organization which serves an average of 300 families a month, representing over 1,000 adults and children*
- **Wheel of the Year Samhain/Solar Winter Service**, November 1, 7:00 PM, UUFC Sanctuary  
*Please join us to honor the beginning of the three months of greatest darkness and draw upon the gifts of our ancestors to inspire us in our lives. Bring photos of ancestors for the altar and fingerfood to share after the event.*

## **Plan Ahead**

- **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: 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.

*In a world where so much is broken, let us not forget the beauty. We have hearts and minds and souls that can hold both the pain and the joy of life. Let us remember this.*

## **Compassionate Listening Class Starting Soon**

Compassionate Listening is a practice that was originally developed for listening trips to areas of conflict. However, the practices are very applicable in our personal lives. This group will work with Andrea Cohen's book *Practicing the Art of Compassionate Listening* with a focus on practicing what we read about. The book is available from Anna Coffman for \$16, and it would be helpful to read chapters 1-3 before the first meeting. A few loaner copies of the book are available if the cost of the book is an obstacle – see Anna Coffman about this today, or to ask questions.

Registration is required for this course, and space is limited; registration will be open until the class is filled. Contact Anna Coffman (978-760-0910, [anna.coffman@gmail.com](mailto:anna.coffman@gmail.com)) to register.

Class schedule: Tuesdays, November 3, 10, 17 and Dec. 1, 7:00-9:00 PM

## **Hearing Aid Loop Repaired**

We believe that the hearing aid loop in the Sanctuary has been repaired. Your help is needed to confirm this! If you use the hearing aid loop today, please email Wolfgang Dengler at [wolfdengler@earthlink.net](mailto:wolfdengler@earthlink.net) and let him know whether it's working for you.

## **Time Change: Daylight Saving Time Ends**

This Saturday night/Sunday morning the clocks go back one hour – be sure to change yours so you can be on time for services and other events next Sunday, November 1!

## **Pastie-Making Begins Again**

Last year Fellowship members made hundreds of pasties to sell at our Holiday Bazaar, both for lunch during the Bazaar and frozen as take-home meals for later. Pasties are savory pastries filled with chopped vegetables and (sometimes) meat. Now that the Bazaar is on the horizon, it's time to begin making this year's pasties. Our first Pastie-Making Party date is this Thursday, October 29, with sessions from 9:30 AM-12:30 PM, and from 12:30 PM-3:30 PM. Join in if you can, or watch for later dates.

## **Our Whole Lives (OWL) Parent Orientations**

OWL, the sexuality education class developed by Unitarian Universalist and United Church of Christ-Congregationalist educators, will be offered at all levels for children and youth this winter. A parent orientation is required before children and youth may be enrolled in the class. The schedule is as follows: 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.

We are pleased to announce that 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. Contact DRE Michael Molk to arrange for childcare during orientation or for more information ([molk@uucorvallis.org](mailto:molk@uucorvallis.org), 541-752-5218 x225).

## **Action Lunch: November 1, 12:30 PM**

Next Sunday is the November Action Lunch. Proceeds will benefit the South Corvallis Food Bank, an organization which serves an average of 300 families a month, representing over 1,000 adults and children. Come purchase lunch, hear a presentation about SCFB, and learn how you can get involved.

## **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, at 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 fingerfood to share after the event. For more information, contact Cliff Pereira ([peartree15@comcast.net](mailto:peartree15@comcast.net), 541-760-4541).