



# THE WEEK AHEAD

November 8-15, 2015

Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today: Sunday, November 8, 2015**

- **Open Discussion on Anti-racism and Multiculturalism**, 12:30 PM, UUFC Sanctuary  
*Moving forward with anti-racism and multiculturalism work at the UUFC.*
- **Parent Orientation for 5th/6th Grade OWL**, 12:30 PM  
*Required before 5th/6th graders may participate in the Our Whole Lives program. See reverse for details.*
- **Coordinating Council**, 1:15 PM  
*First meeting of the UUFC Coordinating Council, for information sharing and coordination.*

## **The Week Ahead: November 8-15, 2015**

- **Pastie-Making**, Wednesday, Nov 11, 12:30 PM-4:00 PM AND 7:00 PM-9:00 PM, UUFC Social Hall  
*Come share in making Cornish pasties (savory filled pastries) to sell at our Holiday Bazaar.*
- **UUFC Weekly Potluck**, Wednesday, Nov 11, 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.*
- **Insight Meditation**, Friday, Nov 13, 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, Nov 13, 7:00 PM, UUFC Sanctuary  
*The six-member New World Kirtan Band leads an energetic live kirtan to calm minds and open hearts. Come to chant and dance – whatever suits you. All are welcome.*
- **Autumn Dance with The Flow**, Saturday, Nov 14, 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.*
- **Immigration Justice Trip Reporting**, Sunday, Nov 15, 1:00 PM, UUFC Sanctuary  
*Come hear about Nancy Kyle and Roberta Smith's experiences touring the border in Arizona and Mexico. First session: Explore with us.*
- **Parent Orientation for 7th/8th Grade OWL**, Nov 15, 12:30 PM, UUFC Rm 7  
*Required before 7th/8th graders may participate in the Our Whole Lives program. See reverse for details.*
- **Music Sharing Night**, Nov 15, 7:00 PM, UUFC Sanctuary  
*Performance slots are open to all ages and all musical acts. Email David Servias ([music@uucorvallis.org](mailto:music@uucorvallis.org)) if you are interested in performing. All are welcome to come and just listen.*

## **Plan Ahead**

- **FestEvent Thanksgiving Gathering**, Thursday, November 26, UUFC  
*Gather for our annual congregational shared meal. All are welcome. **Sign-up: Today and next Sunday.***
- **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 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?

*Spirit of Truth, when distractions and fears will draw our attention away,  
help us be alert to our lives and the work we are called to do in the world.*

*I love the haiku from Issa: "Insects on a bough, floating downriver, still singing." I feel like that's me. All of us. Yes, it's serious. It's deadly serious. But we're still alive! And there is so much beauty that surrounds us. We live in a singing world from crickets to whales to yellow-rumped warblers. We can't forget this, or we will forget what it means to fully be alive. – Terry Tempest Williams*

## **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.

## **Walk with the Seasons: Autumn**

Join us to explore our connection with the autumn season, both in the outer landscape and in its reflection in us. We will meet Monday, November 9, at 4:00 PM or 7:00 PM, to learn about being in nature in an intentional and intuitive way, and to explore our individual intentions around connecting with the autumn season. Participants then plan a time between the two sessions to wander alone in a natural area for 2-4 hours. On Monday, November 16, we will gather again to share our stories and reflect on our experiences. To register, contact Anna Coffman and indicate which session – 4:00 PM or 7:00 PM – you are registering for (978-760-0910, [anna.coffman@gmail.com](mailto:anna.coffman@gmail.com)).

## **Thanksgiving Food Box Delivery Drivers Needed**

Drivers are needed for the annual UUFC participation in delivering Thanksgiving food boxes to food insecure families in Benton County. 50-60 drivers are needed for two-hour shifts on Sunday, November 22 between 12:30 PM-3:00 PM. Contact Wendy Sutton ([suttonw@science.oregonstate.edu](mailto:suttonw@science.oregonstate.edu)) to sign up or for more information.

## **Immigration Justice Trip Reporting**

Come hear about Nancy Kyle and Roberta Smith's experiences touring the border in Arizona and Mexico. First session: *Explore* with us, Sunday November 15 at 1:00 PM in the Sanctuary. Second session: *Love* the fine folks we met, Thursday December 3 at 7:00 PM in Room 6C. Third session: *Act* according to our principles, Sunday December 13 at 1:00 PM in the Sanctuary.

## **Pastie-Making Continues**

Last year Fellowship members made hundreds of Cornish 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. This week's Pastie-Making session date is Wednesday, Nov. 11, with sessions from 12:30 PM-4:00 PM, and from 7:00 PM-9:00 PM. Join in if you can. Meet in the UUFC kitchen; instruction provided.

## **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. 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).

**TODAY:** orientation for parents of 5th/6th graders. **NEXT SUNDAY:** orientation for parents of 7th/8th graders.

## **Bakers and Food Artisans Needed for Holiday Bazaar**

Do you like to bake or create gift-food items for the holidays? Please consider donating some of your specialties to this year's Holiday Bazaar, on Saturday, December 5. Smaller items (such as mini-loaves of bread), or smaller packages (such as a dozen cookies) sell especially well. If the item can sail beautifully through freezing and thawing, that's a plus, too. And of course, gluten-free and vegan goods are very popular (please be sure to label them!). Spiced nuts, candy, homemade crackers, and soup mixes also are a hit. Bring your contributions to church on Friday, December 4, from 5 to 7 PM. Or, call Andrea Dailey *before* Friday for pickup on Friday before 4:30 PM. Questions? Call Andrea or email her (541-368-5212, [2daileys@gmail.com](mailto:2daileys@gmail.com)).