



THE WEEK AHEAD

May 29-June 5, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, May 29, 2016

- ~ Please join us after services in the Social Hall for coffee. Introduce yourself to someone if you can.
- ~ Sign-up for Connect Up activities in June
- ~ Complete or turn in your building expansion survey, in the box on the greeter desk, or online at www.surveymonkey.com/s/UUFCorvallis

The Week Ahead: May 30-June 5, 2016

- **Office Closed Monday May 30 in observance of Memorial Day**
- **Summer office hours begin May 31: Tuesday and Thursdays, 9:30 AM-1:30 PM**
- **Doctrine of Discovery documentary screening**, June 1, 5:30 PM (7)
The Doctrine of Discovery is the name given to a series of 15th century papal bulls (letters) instructing Christian explorers on the appropriate behavior and expectations upon encountering lands supporting non-Christian people. It continues to affect the lives of indigenous peoples. Discussion to follow
- **Capoeira Angola**, Thurs June 2, 5:00 PM (SH)
A movement practice to build physical balance, strength and endurance.
- **Disaster Preparedness: Map Your Neighborhood**, Thurs June 2, 7:30 PM (SH)
The next step in disaster preparedness training. Registration is required; contact Wolfgang Dengler to sign up or for information (wolfdengler3@gmail.com).
- **Insight Meditation**, Fri June 3, 10:30 AM (9)
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.
- **Kirtan and Meditation Circle**, Fri June 3, 7:00 PM (7)
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Summer Sunday schedule begins June 5: ONE service only, at 10:00 AM**

Plan Ahead

- **Strawberry Shortcake celebration**, Sunday, June 19, 11:30 AM
Good-bye and celebration for Ann Mbacke, with strawberry shortcake!
- **Wheel of the Year Summer Solstice/Beltane celebration**, Sunday, June 19, 3:00 PM
A time to celebrate the Sun's gifts. We plan to once again be outside to gather around the fire. This family-friendly event is scheduled to begin at 3:00 PM and you are welcome to attend any part of it. There will be time to arrive and get connected, followed by an hour-long ceremony (starting around 4:00 PM) and finally a potluck. For more information, contact Cliff Pereira (peartree15@comcast.net).

Next Sunday: June 5, 10:00 AM

"Helping and Sharing"

Rev. Jill McAllister

In September we set out to explore peace and justice more deeply, especially with respect to the truths of our inner lives, the facts of our complicity in everything, and the weight of our expectations. As we arrive at the end of the regular church year, before summer services begin, we might stop to consider the fruits of our explorations.

*Even when we most want to hide away from life, may we have the courage
to open ourselves to interconnectedness and love.*

Connect Up in June – Sign up Today

Join in any of a number of activities and events, from suppers to outings to discussions, and more. Sign-ups will take place in the foyer after each service.

Building Design Feasibility Study – Online Survey: All are Invited

A survey to help us gauge the capacity of the Fellowship to proceed on building renovations and expansion, has been mailed to all members and friends, and has also been made available online. Everyone is invited and encouraged to fill out the survey – the more information we have, the better we know what we'll be able to do. The deadline for turning in surveys is Tuesday, May 31 – **two days from today**. Consultant Jeff Susor will present results of the survey to the Board of Trustees on Monday June 13. Paper copies are available in the foyer today, and can be returned to the green box on the greeter table. The online version is available here: www.surveymonkey.com/s/UUFCorvallis

Be a Religious Exploration guide with our children!

A beautiful way to serve our community, uphold our values, invest in the future, and grow in wisdom and understanding. To learn more, write your name and contact information on the easel in the foyer, next to the age group you'd like to work with. Michael Molk will contact you. Help is also needed for summer Sundays with children and youth – one Sunday at a time. Let Michael know if you'd like to help with one summer Sunday.

Strawberry Shortcake Send-off for Ann Mbacke

Ann Mbacke, who has been one of our Directors of Religious Exploration for two years, will be leaving us to pursue her calling as a peace activist. On June 19, after the service, we'll share strawberry shortcake and celebrate our time with Ann. Please plan to join in, and if you like, join a group of strawberry pickers and/or shortcake bakers on Saturday June 18, via Connect Up (see above).

Compassionate Listening Practice Group

This drop-in group is open to anyone who has participated in a Compassionate Listening course at UUFC, or who has studied Andrea Cohen's book *Practicing the Art of Compassionate Listening*. Group meets Tuesday, June 7, 6:00-8:00 PM. For more information, contact Anna Coffman (978-760-0910, annabiz1@gmail.com).

Doctrine of Discovery Documentary Screening

The Doctrine of Discovery is the name given to a series of 15th century papal bulls (letters) instructing Christian explorers on the appropriate behavior and expectations upon encountering lands supporting non-Christian people. It continues to affect the lives of indigenous peoples. This long-awaited documentary by Dakota filmmaker/director Sheldon Wolfchild and Shawnee/Lenape historian and writer Steve Newcomb explains why. Screening on Wednesday, June 1, 5:30 PM, UUFC Room 7. Discussion to follow, led by Jesse Ford. (For more information, see <http://www.38plus2productions.com/>)

Laughter Yoga Labyrinth

Laughter Yoga Labyrinths are meditations that focus on peace and growing our inner joy. These meditations create a fun way of dealing with stress, boost wellness, and increase community connectedness. Laughter Yoga Labyrinths will be offered on Wednesdays beginning June 8th through Aug. 31st, from 6:00-6:45 PM. For more information, contact facilitator Tracy Merritt (tmcmeritt@comcast.net).

Disaster Preparedness Training

Join the "Map Your Neighborhood" training on Thursday June 2, at 7:30 PM. This is the next step in disaster preparedness training. Registration is required; contact Wolfgang Dengler (wolfdengler3@gmail.com) to sign up, for more information, or to receive a copy of the "Just Get Started" checklist from the previous training. Anyone interested in the materials presented at the seminar can find copies in the UUFC Library.

Insight Meditation

Insight meditation is based on the original teachings of the Buddha. It emphasizes mindfulness, abiding in the present moment, and deep inquiry into the conditioned mental and emotional constructions that keep each of us from awakening to life as it is. This group sits on Fridays at 10:30 AM. For more information, contact Mary Leigh Burke (maryleigh.burke@gmail.com).