



# Monthly Newsletter

## July 2016 Worship Services

### July 2016

#### Inside this issue:

Upcoming Services .....	1
Between Us .....	2
Words for Reflection .....	2
From the President .....	3
Shared Ministry .....	3
Program Council .....	4
Administration .....	6
Lifespan Religious Exploration .....	7
The Back Page .....	9
Staff Contacts .....	10

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July Office Hours:  
Tuesday & Thursday  
9:30 AM-1:30 PM

www.uucorvallis.org

#### Summer Schedule: One Sunday Service at 10:00 AM

##### Sunday, July 3, 10:00 AM

“Allegiances”

*Rev. Jill McAllister*

Independence Day: is there anything about it that can help us strengthen the fabric of community life and civil society? Or on this Independence Day, with the results of Brexit rippling out, and our national elections looming, have we arrived in a dystopian future?

##### Sunday, July 10, 10:00 AM

“The Gathered People”

*Monica Jacobson Tennesen*

In some traditions, religious groups are said to have a founding *charism*, the Greek word for gift or spirit, which influences the group’s membership and development. We’ll look at the history of the UUFC, especially the early years, to see what our *charism* might be, and how it’s developed through the years as we’ve shaped each other and this congregation.

##### Sunday, July 17, 10:00 AM

Kirtan Service

*New World Kirtan Band*

Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm your mind and open your heart. Usually offered in the evening, once again this Sunday we’ll share a morning Kirtan worship.

##### Sunday, July 24, 10:00 AM

The Way Things Are: A Reader’s Theater

*Worship Committee*

The voices of black Americans have always been present in our lives, but have so often been discounted. This morning we share a collection of readings of mostly contemporary black writers, poets and authors – another chance to listen to “the way things truly are.”

##### Sunday, July 31, 10:00 AM

“My Small Efforts for Peace”

*Rev. Jill McAllister*

For many years I have taught World Religions at universities, at retreats, and in congregations. It began as an interest, and has developed into a commitment, a small effort on my part to keep sowing seeds of peace and justice.

# Between Us – We Are Better Together

*Jill McAllister*

I'm wrapping up four days at the UUA General Assembly in Columbus Ohio, along with Michael Molk, Susan Christie and Blaise Ntakarutimana. The General Assembly is the annual gathering of American UUs – thousands of us gathered in one place. This year the programming and worship have focused on the great need for us to work together more, around issues of climate change, racism, and violence, to name only a few. That has been so clear for me in the past year – even in the Fellowship, we must continue to keep inviting each other into joined-up thinking and joined-up doing.

We have opportunities to do this every day, and, in the year ahead, more opportunities are coming. The feasibility study report to the Board of Trustees from consultant Jeff Susor shows **very strong support** among us for moving forward to update and upgrade our buildings for the very real future we are living into. (See the report from President Carl English-Young, following.) It also shows a great need for us to focus our shared vision, to decide what things are our highest priorities. We can do this. We'll need to try some new ways to arrive at shared understanding and shared vision – but there are new ways to try! I'm very excited by the possibilities. Perhaps this summer we can all at least think about letting go of one or two assumptions about what our shared vision will end up being, and start to get excited about discovering possibilities we haven't even imagined. This is what the world needs from all of us now.

This summer I invite you once again into a couple of **“open discussions”** – which are simply gatherings for free-flowing conversation, on some of the topics which are current our congregational life. I'll probably start with the changing organizational structure – including our new staff positions, plus our needs for renewed governance structures – how we make decisions in a congregation this size. I'm always open to questions about ministry and religious growth and learning and how we are living out our values. **Sundays, July 31 and August 14** are the dates I'm available for these discussions. I hope you'll join me. And if not then, I'm always open to one-to-one meetings, and there are still many of you I want to get to know better. Please, let's get together. Just send me an e-mail and we can schedule a time ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)).

This month I'm working on building bigger local interfaith coalitions around climate work and homelessness. I'm making plans for the year ahead – doing research for sermons and classes. I'm looking forward to helping Jamie Petts get started and to finding a new RE associate. From July 9-16 I'll be in Montana with my whole family as we share in the wedding of our oldest son, Ian. Directly after the wedding I'll travel to the Netherlands for the meeting of the International Council of Unitarians and Universalists. I'll be home on July 26. While I'm gone, pastoral care response and coordination is handled by Diana Vezmar-Bailey, Sunday Services leadership is coordinated by Niya Standish, and new Board president Carl English-Young plus the other members of the staff will respond to other needs. Both Diana and Carl can always reach me in an emergency.

I hope you are taking some time this month to rest from usual routines, and to examine the way things truly are, within you and around you. I hope you'll consider getting to know at least one other person from the Fellowship a little better. I hope some clarity will arrive, around something you're working on or wondering about.

See you soon! *Jill*

## Words for Reflection

Every day the news reminds me that the unsafety I constantly experience is connected, at its very roots, to the unsafety that my female friends tell me about, and to the unsafety my friends of color tell me about. This is one of the teachings I have found so important in the writings of Pema Chodron – that the fear I feel for myself and others like me is also suffered by so many more, and the safety I crave for myself and others like me is wished for by so many more. May our every thought and action nurture the growing awareness that allows us to care more deeply for others.

*Rev. Scott Prinster June 13, 2016 (Facebook)*

### Drop-In Choir

If you want to sing in the choir before September, we'll be having two more "Drop-in Choir" days this summer: July 24, and August 21. Show up in the sanctuary at 9:15 AM to learn a song or two to sing in the service. All are welcome.

## FROM THE PRESIDENT

### Capital Campaign Feasibility Study Conclusion: It's Feasible!

*Carl English-Young*

The great majority of us recognize a need for enhancing our building and are willing to financially support improvements. That's the conclusion of our capital campaign consultant, Jeff Susor, who reported his findings to the Board of Trustees at their June 13 meeting. Jeff received information from 191 members or member households—through interviews with 53 individuals, 73 online surveys, and 65 written surveys. (A remarkable level of participation – thank-you all!)

To get a full picture of our Fellowship—not just a financial one—Jeff asked a broad range of questions. He found great support for our mission and a strong desire for community and for action in the world. Improvements to the building, particularly the social hall and kitchen, can help us better support our achievement of those goals. Regarding key factors for successful completion of a building enhancement project, we feel comfortable with the financial status of the Fellowship overall and express trust in the decisions of our leaders.

The potential financial support actually exceeded our expectations, with over 85 percent of respondents indicating a willingness to contribute to a building project and over \$1 million in potential gifts offered by those who participated. Both the breadth and level of support are beyond what a typical congregation might expect for a project like this.

With this information available, the Board of Trustees will discuss authorizing a capital campaign at their July 18 meeting, which, as always, is open to all members. Jeff's written report is expected at the end of June, and a copy will be available in the Fellowship office.

## SHARED MINISTRY

### An Update – Blaise Ntakarutimana

Blaise wants you to know how much he is feeling at home and supported by the UUFC. In April, his application for political asylum was submitted, and in May he received notice that it had been accepted by the Department of Immigration. Acceptance is the first step toward an interview. We had heard from the immigration lawyers that the wait for an interview usually takes 18-24 months, and that while waiting, after 150 days, he could apply for a work permit and a driver's license. Surprisingly, a few weeks later he got a notice from the lawyers saying it is possible he might get called for an interview in July! This is very good news. The interviewer can either grant or deny asylum. If denied, a new process begins, an appeal process that can take several years. We are hoping for a positive outcome from the interview!

Meanwhile, Blaise completed one term of advanced English classes at LBCC, and has spent time getting to know many members of the Fellowship, singing in the choir, and working on the grounds. Following the General Assembly, he will visit American friends in Boston and Burundian friends in Maine before coming home for his interview. Our biggest concern now is for the safety of his family – his wife Gisele, 2-year-old daughter Shanti, and infant son Josh. They still live in a great amount of danger from the violence in Burundi, everyday. We are taking steps to help them get moved to Rwanda – not so far, but quite a bit safer. (They cannot come here without a US visa, and getting a visa is very difficult.) This involves providing support for them to live. In Rwanda, they can be fully supported for about \$700 a month. How many of us are

willing and able to support one month, or join with a friend to support a month together? Please contact Jill if you are interested or have questions ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)).

## **Fellowship Care & Support Team: Listening Companions**

What is a listening companion? When might someone request a listener? These are questions that have come up since the program began. A listening companion is a person who has received training so they can listen without judging, advising, interrupting, or otherwise blocking the thinking of the speaker. The underlying assumption is that people have within themselves the answers to whatever dilemma they may be facing.

When might someone request a listener? Perhaps when you're feeling out of sorts and have lost your enthusiasm for life. Or you struggle with a relationship--with a family member, a co-worker, a good friend. Or you're overwhelmed and discouraged by justice work that must be done. Other possibilities include when you are grieving a loss of a loved one, a pet, a job, your health & strength. Or any situation where you just need a listening ear, no judgments, no advice, just a presence to help you sort out where you are so you can move on. If you would like to request a listening companion, contact Diana Vezmar-Bailey (541-740-9006, [dianavb@inbox.com](mailto:dianavb@inbox.com)).

# **PROGRAM COUNCIL**

## **UUFC Summer Potluck Picnic**

There will be a UUFC Summer Potluck Picnic on the afternoon of Saturday July 16, 2:00 PM-8:00 PM. The fun will take place at Ann Marchant and Russ Anderson's "farm" just one mile south of Philomath. All are invited. Activities include time for exploration and play, a potluck picnic, and an evening concert by The Flow. There are short hiking trails and a large swimming pond. There will be corn on the cob, a big barbeque grill for you to grill on, and watermelon. Everything else is potluck. For more information and to RSVP, see [http://uucorvallis.org/?page\\_id=3508](http://uucorvallis.org/?page_id=3508). If you are new to the Fellowship this is a perfect opportunity to visit with other UUs in a very relaxed setting. For more information, contact Russ Anderson, (541-740-8677).

## **UUFC Camp Out**

Join the UUFC all ages camp-out at Cascadia State Park, September 2nd and 3rd, Friday and Saturday nights, in a beautiful forest, along a section of the Santiam River with great swimming in late August and early September, hiking trails and a large grassy field for games. Cascadia is located on the South Santiam River, just past Sweet Home on Highway 20, about an hour (50 miles) from the UUFC. One group site is reserved – limit 25 people. (If we get a great response, next year we will reserve both of the group sites.) Camping is basic – toilets and running cold water. Cost for camping will be \$6 per person plus a small parking fee to be shared amongst all of us if the number of vehicle exceeds the limit for our site. Food costs will be shared if the group decides to cook any communal meals. There will definitely be at least one potluck.

This could fill quickly, so register early. To reserve your tent site please put your name, phone, email address and whom will share your tent on a piece of paper and enclose in an envelope along with your check for \$6 per person. Make the check out to UUFC, write "Cascadia Camping" in the "for" line. Put the paper with your contact info and the check in an envelope with "Cascadia camping" on the outside and put in the wooden "UUFC Pledge donation" box in the Foyer. Looking forward to fun in the woods with you!

RV and extra camping sites are available in the Cascadia campground. Cascadia is 5 miles from RiverBend Linn County park which has camping and cabins. With questions, contact Jacob Tennessen ([jacob.tennessen@gmail.com](mailto:jacob.tennessen@gmail.com)), Virginia Shapiro ([virginia@virginia Shapiro.com](mailto:virginia@virginia Shapiro.com)) or Roberta Smith ([robertasmith2@peak.org](mailto:robertasmith2@peak.org)).

## Art Exhibit in the Sanctuary

Karen Wysopal has been an artist since childhood and has explored many and varied mediums throughout her life. After a two-decade detour into software development she now enjoys working in art full time. Her current work includes Alcohol Inks on Yupo paper, where she enjoys the lack of predictability and control.

She shares, “No brushwork is used in my process. Inks are applied directly from bottle to paper, then blended and moved using plastic straws, paper towels, breeze, and gravity. My goal is to allow the ink to move and blend organically, while finding the right moment to impose myself upon it. I experience the work as a dance, and a meditation, the desired balance of give and take with the medium being a metaphor for life. ... I enjoy not knowing what the outcome will be. Whether abstract or representational, a piece is complete for me when it speaks of something beyond the materials that make it up. It may evoke a place, time, memory, or simply the joy of looking at something complex and beautiful.” We will be able to enjoy her beautiful work in the Sanctuary from July 12 to August 21.

## Safety Corner: Preparedness

UUFC is taking steps to develop a “culture of preparedness” to help Fellowship members learn how to deal with natural disasters. Ninety people attended a half-day seminar in May to learn how to create an emergency plan, store food and water, live without electricity for extended periods, and make a Go-Bag. A follow-up meeting, “Map Your Neighborhood,” will be offered later this summer or in early fall. In the UUFC library, there are two shelves in the north wall bookcase dedicated to free educational materials about preparing for earthquake and other natural hazards. There is a one-page “Just Get Started” sheet that we recommend for everyone to begin preparing your household. Please help yourself to the resources available. Should an earthquake occur, hang onto something and protect your head and body from falling objects during the shaking episode. Do not try to move until the shaking stops. Once the shaking has stopped, then evacuate the building. Remember: our PRIMARY EVACUATION SITE is the north end of parking lot; the SECONDARY EVACUATION SITE is the sidewalk near Circle Blvd. Questions? Contact Wolfgang Dengler ([wolfdengler1@gmail.com](mailto:wolfdengler1@gmail.com), 541-745-5729).

## Labor Day Tuna Roast *Monday, September 5, 3:00-8:00 PM*

Put this on your calendar. For the 20th time UUFC has reserved the Lion’s Shelter at Avery Park for a Labor Day party for its members and friends old and new. Instituted in 1997 as a birthday celebration for 12 UUFC members who turned 50 that year, it quickly became a Labor Day tradition, typically feeding over 200 people. The suggested cost is \$5.00 per adult and whatever you think is appropriate for your kids, (but no one turned away for lack of funds). The cost is mainly in the site rental and the tuna. We provide barbecued tuna, hot dogs, and garden burgers; plus sweet corn, baked potatoes, lemonade, and a sheet cake. You please bring potluck food to supplement this, such as salads, breads, chips, dips, veggies, fruit, pickles, desserts, etc. Help will be needed in the set-up, clean-up, barbecuing, corn shucking and cooking, lemonade, etc. Please volunteer to help. More information in the next newsletter. Questions? contact Rich Brainerd (541-752-2930).

## Women’s Retreat

Don’t miss the Early Bird sign up for the 2016 Women’s Retreat to be held at Silver Falls Conference Center, September 16, 17, 18. Early Bird pricing ends on July 3. Rev. Jill McAllister is going to lead our exploration of our theme, “We are because I am.” Register at the table on Sunday morning or online at <http://uucorvallis.org/?page=2237> If you have questions, contact Dianne Roth (541-740-9540).

## UU Path Class *Saturday, July 16, 9:00 AM*

The next offering of our quarterly UU Path class will be Saturday, July 16, from 9:00 AM to 12:30 PM. Brunch will be served as part of the class. John Bailey will facilitate this gathering to discuss the history and principles of our liberal faith, and to gain an understanding of our Fellowship’s programs. Register at the Welcome Desk in the UUFC foyer.

## UUFC Annual Rummage Sale

This is a major fundraiser for the Fellowship which takes the efforts of many to be successful. It’s also a way we live our values, recycling and reducing our consumption of resources. We make a great effort to get the sale leftovers to local charities and community groups. Donations help fund church activities and support community partners such as the library,

Habitat for Humanity, Heartland Humane Society, South Corvallis Food Bank, CARDV, and others. This year's sale is August 27; more information will be coming next month about set-up and the sale.

Right now, the need is for donations! You can start now to sort out and bring your clean, usable donations. From hats to shoes to housewares, we sell nearly everything. Furniture, musical instruments, jewelry, giftware, tools, books, lamps, craft materials, kitchen stuff, stationery, gardening and camping gear, tools, bicycles, art, toys, baby gear, children's clothes, linens, collectibles. Help the workers by labeling electrical and mechanical items with a note on their working condition. Deliver goods to UUFC Room 8. Store larger items in Room 6C. Need someone to haul larger items? Call Virgil Agnew at 541-758-3658. *(Sorry, we do not sell big exercise machines, old software, older computers/monitors/TVs, paint, poisons, tires, halogen lamps, or broken items – those must be recycled elsewhere. Save adult clothing for the Women's Retreat fundraiser.)*

### **Men's Spring Work Party: Thank You!**

Nineteen UU men showed up for our annual Spring Work Party on June 18 to work on several maintenance projects for the Fellowship. We painted sections of the siding, cleaned the roof and treated it for moss, cleaned and patched leaks in the gutters, cleaned the parking lot, replaced door latches and locks, tightened window screens, removed an unsafe swing, and did other maintenance around the Fellowship. We worked hard and had fun, serving UUFC and building our community! The men who participated in the Spring Work Party included the following: Russ Anderson, Dick Behan, Paul Catullo, Doug Davis, Tim Dehne, Jan Dejong, Wolfgang Dengler, James Emanuel, Tim Emery, Nick Houtman, Jed Irvine, Russ Karow, Alan Kirk, Matt Matthews, David Maxfield, John McEvoy, Blaise Ntakarutimana, David Sundquist, and Lloyd Wagenschutz. (Special thanks to Lloyd for heading up this year's event.) Thanks again, UU men, for your huge hearts and great spirits! - *Submitted by Alan Kirk*

#### **Missing Meters**

If you have a kill-a-watt meter that you checked out from the fellowship to monitor your appliance usage, please return it. One was in a red bag and one a blue bag. Thanks. Contact Elizabeth Waldorf with questions ([dewaldorf@comcast.net](mailto:dewaldorf@comcast.net)).

## **ADMINISTRATION**

### **At the Center: New Administrative Staff at the UUFC**

At the beginning of July, after more than a year of transition and change, we begin a new administrative era at the Fellowship. For decades, at the center of our programmatic and organizational life, we have had only clerical support. Now, with the help of two dedicated employees we will have professional administration. Instead of "the office person," we have a Church Operations Manager, who will manage and coordinate communication and building use, and a Business Manager, who will manage and coordinate book-keeping, payroll, contracts, and employee benefits. Together they will help to coordinate the many volunteers involved in all of these functions. I hope you will get to know them both, beginning with the short introductions below.

Also, this change marks the end of the dedicated position of Communication Coordinator, which Monica Jacobson Tennesen has so ably helped us develop over the past two years. This work now becomes part of the Church Operations Manager portfolio, thank goodness, just in time for Monica to move into full-time work and study in her education and training for UU ministry.

### **Meet Jean Gilbert, our new Business Manager:**

"After getting a Master's degree in Computer Science from the University of Florida, I moved to Corvallis for a job with HP as a computer engineer. I first came to the UUFC in 1997 to light a candle for my daughter Leela, who died shortly after she was born, in September of that year. I returned to the Fellowship when my daughter Hannah was a baby. The loving welcome we received in the Infant/Toddler room kept me coming back!

Over the years I've worked off and on as "temporary" or "interim" Office Administrator, filling in for a couple of weeks up to several months. It's a great job in many ways, there's always plenty to do and you get to know a lot of wonderful people. That said, I'm delighted to transition to my new position as Business Manager! An introvert and mathematician by nature, I think it is a place I can serve our mission for many years to come."

**And, meet Jamie Petts, our new Church Operations Manager:**

*(Jamie has most recently worked at the Corvallis Environmental Center. She and her husband are the parents of two young children. Here are some excerpts from her letter of application for the position.)*

"...I am dedicated to working with people and organizations to improve their well-being and community livability. I bring to this position a strong combination of communication skills, a long history of community engagement and outreach, event management, creativity, enthusiastic interpersonal skills, written aptitude, time-management skills, and a diverse knowledge of various populations across our community...."

I grew up in a Presbyterian Church in the Midwest. My family and my husband's family (we grew up together in the church) were both incredibly active in the church, serving in various roles to use our gifts to give back to the congregation... Over the years, in my professional life, I have organized conferences; managed volunteers; developed presentation panels and seminars; developed media and advertising for events; done community outreach; written a variety of grants to obtain funding; assisted in nonprofit events, including everything from bringing in contributing members, obtaining items to auction, reaching out to community partners, getting organizations and people to donate time, money, and in-kind donations, and engaging in donor appreciation efforts. I also was a Board Member for the Corvallis-Gondar Sister Cities Association for three years.

My education is in International Studies, with an emphasis on Global Health and Global Resources and the Environment. I am passionate about climate change and developing ways to make our world a better place. Much of my graduate research in anthropology revolved around nutrition and food security, both internationally and locally. I did work in Ethiopia on food insecurity, but also helped with a local program evaluation to improve food security. I believe my personal, work, and academic experiences striving to improve our community's health and sustainability in various ways makes me an ideal candidate to join your team and contribute to your mission of exploring, acting, and creating opportunities that build connections, improve people's lives, and make the world a better place for us all. I look forward to meeting you."

## LIFESPAN RELIGIOUS EXPLORATION

### RELIGIOUS EXPLORATION FOR CHILDREN & ADULTS

*Michael Molk*

With a mixture of deep appreciation, sadness, and joy, I say goodbye to Ann Mbacke, who for the past two years has served as our Director of Adult Religious Growth and Learning. During Ann's time at the Fellowship, adult religious education programs have flourished. Ann brought a wealth of knowledge, perspective, expertise, and passion to her work and relationships. Personally, I have been enriched in friendship and learning from Ann, in her deep commitment to the ways of peace, and love, and justice. We'll miss you, Ann. Good luck in all your future endeavors!

During July, we will be interviewing candidates for a new position, RE Associate. This will be a half-time job, with a focus on children's RE, volunteer support, and outreach to families. Our hope is to have this new staff person hired by August. Stay tuned for more information!

As I write this column, I am in Columbus, Ohio for the 55th UU General Assembly. The theme this year is "In the Heartland: Where Faiths Connect." There are many workshops, presentations, and worship services, with a threefold emphasis on: interfaith dialogue, building coalitions for social and environmental justice; racial justice, white privilege, and

the Black Lives Matter movement; and building and strengthening the skills of lay leaders in our congregations and Association. It is inspiring to gather with five thousand Unitarian Universalists from around the world!

In addition to General Assembly, I happened to be in Columbus for the 35th annual Stonewall Pride Parade, supporting equal rights and justice for the LGBTQ community. The Columbus parade is the second largest in the Midwest, with tens of thousands of people participating! It was so inspiring to be with people from all walks of life, and diverse political and religious viewpoints, coming together as one, to defend LGBTQ people and march for the right to live safe and free, with dignity and acceptance. Amongst those marching in the parade were police, firefighters, politicians and government officials, business people, sports teams, college students, advocacy and social service agencies, artists, and many religious communities. As one LGBTQ leader spoke of the Orlando shooting, "I'm grieving, and angry that we're not safe. This broke our stride. But the march will go on." To paraphrase Martin Luther King, Jr, I believe the moral arc of the universe is long, but it bends toward justice. It depends on our willingness to speak up and take a stand for what we believe in.

Besides GA and the Pride Parade, I attended a worship service at First UU Columbus, the church where I grew up and came of age, and where my mother and brother still participate. The sermon was delivered by evolutionary theologian and ecological activist Michael Dowd, who calls himself a "pro-future evangelist." He spoke about the simple truth that in order for religion to serve as a force for good in the world, it must take into account new scientific facts, which change our understanding of what is really happening on our planet in terms of climate change, and the role we humans play as a species in affecting our environment. I recommend his videos, some of which you can see at [www.michaeldowd.org](http://www.michaeldowd.org)

Despite Columbus' urban problems of economic inequality, the prevailing attitude I find walking on the city streets here is one of civility, of acknowledging and respecting one another, regardless of our differences. In this election year – with all its rhetoric and strife – I derive hope for our society and for democracy from my experiences here. May we deepen our conversations, and be resolved and courageous in acting as one, for our values of peace, justice, sustainability, and love.

## **ADULT RELIGIOUS GROWTH AND LEARNING**

*Ann Mbacke*

Adult Religious Exploration (RE) and Growth invites you to learn more about who we are and to join us in our work. Over the past few months we have shared six of the seven principles with a brief description of what they mean; this month we finish with the seventh principle. Our goal is to help answer the question of who, what, and where as it relates to Unitarian Universalism: who are we in our community and the world, what it means to be an active engaged Unitarian Universalist, and where is it that we are to take action and live our principles.

**7th Principle:** Respect for the interdependent web of all existence of which we are a part. We are a part of a vast universe which includes the earth, plants, animals, our fellow humans and galaxies we only see in the night sky. How do we show respect for all things and live in harmony with all, as much as possible? Honoring this principle brings us closer together rather than finding ourselves separated by the illusions of familiar labels.

Interested in joining in our work? The next Adult RE Steering Committee meeting will be Tuesday, August 16, at 2:00 PM. If you are interested but unable to meet at this time, let us know. And also let us know if you have an idea for a class or program related to Religious Exploration! The deadline for fall proposals is coming up soon on August 10th. Deadline for winter proposals is usually mid-December. A sneak peek for fall: programs include the UUFC Women's Retreat, a possible coffee house discussion series on our seven principles, a UU Identity class, Compassionate Listening, and more. For more information, contact Ann Mbacke, Director of Adult Religious Growth and Learning ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)).

Join Rev. Jill McAllister for two **walking meditation** opportunities, Fridays July 8 and August 12, 7:00-8:00 AM. Meet up for an early morning walking meditation with chanting. Let Jill know if you are interested and planning to come ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)). July 8: Chip Ross Park; August 12: Bald Hill Natural Area.

Ever get one of those emails that you read and your blood boils? What was that person thinking?? Perhaps it's a quick cut to your self-esteem or integrity ... maybe questioning your decisions in a way that makes you feel "less than." Something is triggered and you want to click reply (or even better, reply all!) and give that person a piece of your mind! I know I've had this happen a number of times.

Technology has made this way too easy to do. And the hard part is that you only have the words on the screen in front of you—you have no emotional context for the email. Sure, the implication seems very clear to you; but perhaps, it's not what it seems. Maybe it's just a simple question or statement—not intended to question your abilities in any way. It's hard not to just jump to our assumptions.

I think one way to get around this trap is to know what kinds of things trigger us. Or, at least to notice when we are triggered—that part is easy: our pulse quickens, we feel our anger rising in our body, and the urge to lash out comes too quickly. Or conversely, we freeze; we feel unable to do or say anything in our defense. Maybe the person is right? I'm incompetent! Either way, you've been triggered and the first impulse is often to react somehow.

In a recent nonviolent communication training, a group of us were introduced to the idea of pausing. Just step back emotionally for a moment—breathe, gather your thoughts, center yourself however you do that. Step away from the computer for a while (or the person if it is a face-to-face thing).

When these types of things happen in our beloved community, it's important to remember that we *are* a religious community. We've committed to be in right relation with each other. We don't always know what is going on with others—we each have our own stresses; so, err on the side of kindness.

When we are triggered, we can use these questions: Before you speak ask yourself if what you are going to say is true, is kind, is necessary, and is helpful. If the answers are no, then perhaps the most important thing is to work out what caused the trigger. Did you hear your mother's or father's voice in the email? Is it your own inner critic talking? Not responding is an appropriate response in that case. If the answers are yes, then think about talking to the sender in person rather than responding in email. It's just too easy for words to be misconstrued when emailed. Before you know it, a flame war is started and the casualties can pile up.

We are all learning how to be in community, together. Sometimes it's easy; other times it's harder. When you think about it, though, this is all summed up in one easy sentence: Explore, Love, Act.

### **Peace and Memory: Hiroshima-Nagasaki Commemoration Events**

The UUFC Peace Action Council invites you to join the Veterans for Peace, Linus Pauling Chapter, in August activities on the theme, "Never again... Hiroshima - Nagasaki." There will be a booth at the Benton County Fair, August 3-6, providing educational materials and action steps toward "never again."

The annual Hiroshima-Nagasaki Commemoration event will be held August 6, 7:30 PM, at the Corvallis riverfront. Commemoration events include paper crane making, poetry, music and the symbolic lighting of candles. As it concludes, all present are invited to walk the short distance to the Van Buren Bridge to watch as boats travel down river carrying lanterns for peace and to remember those who lost lives in the bombings.

For more information, or to support these events, contact Bobbi Hall ([rlhall@peak.org](mailto:rlhall@peak.org)).



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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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