



THE WEEK AHEAD

June 5-12, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, June 5, 2016

Please join us after services in the Social Hall for coffee. Introduce yourself to someone if you can.

The Week Ahead: June 6-12, 2016

- **Summer office hours – Tuesdays and Thursdays, 9:30 AM-1:30 PM**
- **Compassionate Listening Class**, Mon June 6, 7:00 PM (7 & 10)
This group will work with Practicing the Art of Compassionate Listening by Andrea Cohen. For information, or to register and get your copy of the book (\$16 cost), contact Anna Coffman (978-760-0910, anna.coffman@gmail.com).
- **Addiction Support Group**, Tues June 7, 6:30 PM (7)
This group is open to anyone who has a loved one who is living with addiction. Meets 1st and 3rd Tuesdays.
- **Weekly Potluck**, Wed May 18, 6:00 PM (SH)
Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.
- **Laughter Yoga Labyrinth**, Weds June 8, 6:00 PM
Laughter Yoga Labyrinths are meditations that focus on peace and growing our inner joy. For more information, contact facilitator Tracy Merritt (tmcmeritt@comcast.net).
- **Capoeira Angola**, Thurs June 9, 5:00 PM (SH)
A movement practice to build physical balance, strength and endurance.
- **Dances of Universal Peace**, Thurs June 9, 7:00 PM (SH)
The Dances of Universal Peace are a spiritual practice in motion drawing on phrases, music, and various faith traditions. For more information, contact David Maxfield (541-740-3922, maxfield@peak.org).
- **UUFC Grounds Work Party**, Fri June 10, 9:00 AM
All who like working outdoors are invited to join groundskeeping work parties at UUFC. Work for a few minutes or as long as the whole shift; you'll be welcome no matter how long you can be with us that day. For more info, contact Andrea Dailey (541-368-5212, andreaqdailey@gmail.com).
- **Insight Meditation**, Fri June 10, 10:30 AM (9)
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.
- **Kirtan with Live Band**, Fri June 10, 7:00 PM (SFH)
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

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. Event begins at 3:00 PM; you are welcome to attend any part of it. There will be time to arrive and get connected, 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 12, 10:00 AM

Bridging Ceremony and Service

Michael Molk and all

The annual Bridging worship service celebrates and honors graduating high school seniors and gives us a chance to hear what the UUFC has meant to them. We also recognize 6th graders moving into our 7th/8th grade group, and 8th graders moving into our high school group. All ages are welcome! Please come to this service with your open minds, open hands, and open hearts, to let our bridging young adults know that we appreciate, honor, and welcome them here at the Fellowship.

*Spirit of Life, help us to share our lives and to receive the truths of others,
so we may build a better world together.*

Summer Office Hours at UUFC

Through the end of June, regular office hours will be Tuesday and Thursday, 9:30 AM-1:30 PM. Email and voice mail to the office will be checked daily, Monday through Friday, though responses may come on Tuesdays and Thursdays. For July and August office hours, look for more information in the July newsletter.

Be a Religious Exploration guide with our children!

Adult volunteers are needed to serve as RE guides in classes for children and youth Sept. 2016- May 2017. Guides work in teams, with plenty of orientation, training and support. 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.

Send-off for Ann Mbacke, with Shortcake – Sunday, June 19

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 the shortcake bakers on **Saturday, June 18, at 9:30 AM.**

Laughter Yoga Labyrinth, Wednesdays through August

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 (tmcmerritt@comcast.net).

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).

Compassionate Listening Class

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. Class meets **Mondays, 7:00-9:00 PM starting June 6th.** For more information, or to register and get your copy of the book, you may contact Anna Coffman (978-760-0910, anna.coffman@gmail.com).

Addictions Support Group at UUFC

This group is open to anyone who has a family member or loved one who is living with addiction. We know how difficult it can be. We want to end the stigma of addiction and share in a safe space about what it is like to take care of oneself while helping a loved one who has an addiction. Meets 1st and 3rd Tuesdays beginning June 7th at 6:30 PM, room 7.

Library Courtesy Notice

Re-organization is underway in the UUFC library, including adding a few more bookshelves. Do you have things stored in the library which are not books? If so, please help by finding a new place to store them. Christine Robins is the new library coordinator. Let her know if you have questions, or for more information, contact Ann Mbacke (reassociate@uucorvallis.org).

Dances of Universal Peace

This group is open to anyone who is interested in movement meditation and/or spiritual growth. The Dances of Universal Peace are a spiritual practice in motion drawing on phrases, music, and various faith traditions. For more information, contact David Maxfield (541-740-3922, maxfield@peak.org). Meets **Thursday, June 9th at 7:00 PM** in the Social Hall.