



# THE WEEK AHEAD

July 3-July 9, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today, Sunday, July 3, 2016**

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

- **Rummage Sale Collections** Room 8 is now available for items for the August rummage sale

## **The Week Ahead: July 4-July 9, 2016**

- **Office hours – Tuesdays and Thursdays, 9:30 AM-1:30 PM**
- **Addition Support Group**, Tues July 5, 6:30 PM (7)  
*This group is open to anyone who has a family member or loved one who is living with addiction.*
- **Weekly Potluck**, Wed July 6, 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**, Wed July 6, 7:00 PM (SFH)  
*Laughter Yoga Labyrinths are meditations that focus on peace and growing our inner joy. For more information, contact facilitator Tracy Merritt (tmcemerritt@comcast.net).*
- **Capoeira Angola**, Thurs July 7, 5:00 PM (SH)  
*A movement practice to build physical balance, strength and endurance.*
- **Walking Meditation**, Fri July 8, 7:00 AM-8:00 AM  
*Join Jill McAllister for an early morning walking meditation with chanting. Meet at the Chip Ross Park parking lot. Let Jill know if you are interested and planning to come, [minister@uucorvallis.org](mailto:minister@uucorvallis.org).*
- **Insight Meditation**, Fri July 8, 10:15 AM (9)  
*Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.*
- **Kirtan & Meditation Circle**, Fri July 8, 7:00 PM (7)  
*Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.*
- **Men's Monthly Gathering**, Sat July 9, 9:30 AM (7)  
*Monthly meeting of UU men for conversation. All who identify as men are welcome.*

## **Plan Ahead**

- **UUFC Summer Picnic and Concert**, Sat July 16, 2:00 PM (Off-site)  
*Join in for outdoor play time, a potluck picnic and a concert by The Flow. See [http://uucorvallis.org/?page\\_id=3508](http://uucorvallis.org/?page_id=3508) for details or to RSVP.*
- **Rummage Sale**, Sat August 27 (UUFC)  
*Annual fundraiser and recycling event: purchase donated items, ranging from furniture to kitchen things to baby gear to jewelry and more.*
- **UUFC Camping Trip**, Sept 2-4 (Cascadia State Park)  
*Join other UUFC members & friends for an all-ages camping trip! Space is limited to 25 people on the group site. Contact Roberta Smith with questions or to register ([robertasmith2@peak.org](mailto:robertasmith2@peak.org)).*
- **Labor Day Tuna Roast**, Sept 5, 3:00 PM (Avery Park Lions Shelter)  
*A UUFC tradition for 20 years now: the Labor Day potluck and tuna roast! Bring a side dish or dessert to share and choose a volunteer job. For more information, contact Rich Brainerd (541-752-2930).*

## **Next 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.

*May we be mindful of where we give our allegiance and alert to what deserves our loyalty.*

## **Walking Meditation** *Friday July 8, 7:00 AM-8:00 AM*

Join Jill McAllister for an early morning walking meditation. We'll begin with singing and walk mostly in silence, punctuated by singing/chanting at a few stops along the way. All are welcome! Meet at the Chip Ross Park parking lot a few minutes before 7:00 AM. Let Jill know if you are interested and planning to come ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)).

## **Staff and Administrative Changes at UUFC**

New staffing begins this month at the Fellowship. Jean Gilbert finishes as the interim office administrator, and will now be able to focus solely on her new responsibilities as UUFC Business Manager. Her summer schedule will be variable; her office hours will be announced at the beginning of the regular church year in September. All questions about budgets and finance at the Fellowship should now be directed to Jean ([businessmgr@uucorvallis.org](mailto:businessmgr@uucorvallis.org)).

Church Operations Manager Jamie Petts will be in the church office starting July 12, on Tuesdays and Thursdays from 9:30 AM until 1:00 PM. Office hours this week, Tuesday and Thursday July 5 and 7, are also 9:30 AM-1:30 PM. Jamie can be reached at [office@uucorvallis.org](mailto:office@uucorvallis.org).

## **UUFC Summer Picnic**

Come join the UUFC summer picnic potluck out on a beautiful "farm" near Philomath. Everyone is welcome – but please RSVP! There will be a potluck dinner and then two glorious hours of music provided by "The Flow" (which includes UUFC member Jed Irvine among its musicians). There are trails through the woods for walking, a pond for swimming, and 35 acres for exploring. For details, directions, and to RVSP, see [http://uucorvallis.org/?page\\_id=3508](http://uucorvallis.org/?page_id=3508)

## **Rummage Sale Storage Available Now** *(Sale on Saturday August 27)*

Items for the annual rummage sale may be brought to room 8 for donation throughout the summer, and in August the sale will offer a chance to live our values as we re-use things donated by others and support the UUFC financially with the proceeds of the sale. You can start now to sort out and bring your clean, usable donations of hats, furniture, musical instruments, jewelry, tools, books, lamps, craft materials, kitchen stuff, stationery, gardening and camping gear, tools, bicycles, art, toys, baby gear, children's clothes, collectibles, and more. *(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.)*

Please remember that donated items in room 8 are for sale in August – make a note of what you'd like to buy, but don't remove things prematurely!

## **Celebrations of Life – Bill Ferrell and Floyd McFarland**

Two long-time members of the Fellowship have died recently – Bill Ferrell on June 19 and Floyd McFarland on June 29. All are invited to share in the celebrations of their lives (memorial services). For Bill: Monday, August 8 at 1:30 PM. For Floyd: Monday August 15 at 2:00 PM. Sandy Piper will coordinate the receptions for both services – please let her know if you can help provide refreshments for either or both ([skaypiper@comcast.net](mailto:skaypiper@comcast.net)).

## **Addictions Support Group**

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 and want to end the stigma of addiction and share in a safe space about what it is like to take care of self while helping a loved one who has an addiction. Meets 1st and 3rd Tuesdays at 6:30 PM, in UUFC room 7. The next meeting is this Tuesday, July 5th at 6:30 PM. All are welcome.

## **Climate Change Primer Update Available**

UUFC and Climate Justice Committee member Charlie Miller has updated his booklet "A Climate Change Primer: The Basic Science." Copies are available for all who are interested, on the table near in the foyer near the entrance to the Sanctuary/Fellowship Hall.

## **UUA General Assembly 2016 – You Can Still Experience It!**

Most of the programs and events from the GA are available to watch online. So much inspiration! The following link takes you to the list of worship services, all of which are worth watching. Or start with the Service of the Living Tradition and the Sunday Morning Service, and then keep going.... <http://www.uua.org/ga/off-site/2016/worship>