



# THE WEEK AHEAD

July 31-Aug 6, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

## Today, Sunday, July 31, 2016

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

- **Open Discussion with Jill McAllister**, 11:15 AM (SFH)  
*One of our summer open discussions about the life of the Fellowship. This time our topic is "How do we make decisions here, and can we improve?"*
- **Rummage Sale Collections** Room 6C is now available for donations for the August rummage sale.

## The Week Ahead: Aug 1-Aug 6, 2016

- **August office hours – Tuesdays and Thursdays, 9:30 AM-1:00 PM**
- **Addictions Support Group**, Tues Aug 2, 6:30 PM (7)  
*Support group open to anyone who has a family member or loved one who is living with addiction.*
- **Weekly Potluck**, Wed Aug 3, 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 Aug 3, 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](mailto:tmcemerritt@comcast.net)).*
- **Insight Meditation**, Fri Aug 5, 10:30 AM (9)  
*Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.*

## Plan Ahead

- **Walking Meditation**, Fri August 12, 7:00 AM (Off-site)  
*Join Rev. Jill McAllister 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)). Meet at the Oak Creek parking lot, McDonald Forest.*
- **UUFC Board of Trustees Meeting**, Mon Aug 22, 7:00 PM (SH)  
*Monthly meeting of the Board of Trustees (please note this is a deviation from the normal schedule).*
- **Rummage Sale**, Sat Aug 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**, Mon 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).*
- **UUFC Women's Retreat**, Sept 16-18 (Silver Falls State Park)  
*This year's retreat will focus on how we make connections with others, and what gets in the way. For more information or to register: [http://uucorvallis.org/?page\\_id=2237](http://uucorvallis.org/?page_id=2237)*
- **UUFC Men's Retreat**, Oct 21-23 (Columbia River Gorge)  
*Annual retreat at the Menucha Conference Center overlooking the beautiful Columbia River Gorge. Contact Lloyd Wagenschutz for information and registration (541-753-9071 or [lpwz124@comcast.net](mailto:lpwz124@comcast.net)).*

## **Next Sunday: Aug 7, 10:00 AM**

### **"Compassion: A Thousand Tiny Birds"**

*with Karen Stephenson*

An exploration of the necessary relationship between compassion and justice. UUFC member Karen Stephenson grew up on this very block (Circle and Firwood) and spent most of her childhood adventuring in the back yard of the Fellowship. She has a degree in biology from Reed College and a doctorate in pharmacy from Oregon State University. She spends most of her Sundays in the RE wing playing with the youngsters of the congregation.

*Our task as religious people committed to compassion and peace is to show a better way.*

## Connect Up in August: Sign up today

Many group activities offered by UUFC members and friends, for all others who are interested, to join in.

## Sign-up today for the Women's Retreat in September

Join more than 60 other UUFC women and friends at Silver Falls, September 16-18. The focus of the retreat, "I am because we are," will lead us to understand more about how we can make deeper connections with others. If you've never been to a Fellowship women's retreat, and wonder what it's like, there are plenty of people who'll be glad to talk with you. Scholarships are available, so that cost is not a barrier. For more information, contact Dianne Roth

## Congratulations—

...to Leah and Rachel Houtman on the birth of Linnea Melise, July 4.

...to Kimberly Gifford and Craig Olbrich, who were married at the Fellowship yesterday, July 30. (They met teaching RE!)

## Are you learning more about racism?

This summer, all are encouraged to read at least one book about racism as a step in working toward racial justice. Some important and helpful books include: The Third Reconstruction, by William J. Barber; Just Mercy, by Bryan Stevenson; Between the World and Me, by Ta-Nehisi Coates; The New Jim Crow, by Michelle Alexander; White Fragility, by Robin DiAngelo; The Hidden Wound, by Wendell Berry; and the essay "Whose Earth Is It Anyway?" by James H. Cone (which looks at links between racism and environmental degradation). Invite some others to join you in reading and discussing any of these books.

## More New Staff at UUFC

Our new Religious Exploration Associate is Rachel Kohler, who is moving to Corvallis after working with Americorps in Douglas County for several years. She'll begin her work with our RE program in mid-August.

Our new student minister, Elizabeth Sollie, will be starting in mid-September. A brief note from her:

*Hello, My name is Elizabeth Sollie. I will be starting an internship with your congregation during the second week of September. I am a student at Meadville Lombard Theological School, the Unitarian Universalist seminary in Chicago. Meadville Lombard is a low-residency program—which means I can live anywhere, but several times a year I travel to Chicago to attend the intensive part of my classes. My home is Colorado, but I will live in Corvallis for the next two years while I do a two-year, half-time student ministry with the Unitarian Universalist Fellowship of Corvallis. I was born into a Unitarian Universalist family, but as an adult I lived too rurally to have a brick-and-mortar church until my family moved to Denver. I have two grown sons who have embarked on their own adventures. This summer I am doing my Clinical Pastoral Education (CPE) at the University of Colorado Hospital in the role of chaplain. I will have a weekend in Chicago when CPE ends and then I will be heading to Oregon. I expect you all have so much to teach me and am excited to meet you!*

*-Elizabeth*

## Still Accepting Donations for the Rummage Sale (Sale on Saturday August 27)

Items for the annual rummage sale (our celebration of recycling, reusing and reducing!) may be brought to room 6C for donation; room 8 is full! The sale gives 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. 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 rooms 8 and 6C are for sale on August 27— make a note of what you'd like to buy, but don't remove things prematurely!

## 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 hutch by the window outside of the church office.