



THE WEEK AHEAD

Aug 28-Sep 3, 2016
Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Aug 28, 2016

*~Please join us after the service in the Social Hall for coffee. Introduce yourself to someone if you can.
~Come meet our new RE Associate, Rachel Kohler after worship. She'll be at a table in the foyer with information about RE for children and youth for the coming church year.*

The Week Ahead: Aug 29-Sep 3, 2016

- **Office hours – Tuesdays and Thursdays, 9:30 AM-1:00 PM**
- **Exercise/Aerobics**, Mon Aug 29, 8:00 AM (SH)
- **Women's Lunch Bunch**, Wed Aug 31, 1:00 – 2:00 PM (North Coop)
Weekly lunch with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).
- **Weekly Potluck**, Wed Aug 31, 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 Labryinth**, Wed Aug 31, 7:00 PM (SFH)
Laughter Yoga Labryinths are meditations that focus on peace and growing our inner job. For more information, contact facilitator Tracy Merritt (tmcmeritt@comcast.net).
- **Exercise/Aerobics**, Thur Sept 1, 8:00 AM (SH)
- **Capoeira Angola**, Thur Sept 1, 6:00 PM (SH)
This is an African Brazilian art form. The practice builds physical balance, strength, and endurance. For more information, contact Ann Mbacke (motherearth3710@yahoo.com).
- **Chalice Circle (KS)**, Thur Sept 1, 7:00 PM (7)
- **Insight Meditation**, Fri Sept 2, 10:30 AM (9)
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.

Plan Ahead

- **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).
- **Chalice Circles Introduction**, Sept 11, 12:30 PM (7)
Introduction for all who would like to know more. Rev. Jill McAllister and Marcia Olsen will describe the process and answer your questions.
- **UUFC Women's Retreat**, Sept 16-18 (Silver Falls State Park)
We still have room for a few more women! Register now! This year's retreat will focus on looking inward: exploring who we are and what we bring to the work of the UUFC and our world. For more information or to register: http://uucorvallis.org/?page_id=2237.
- **All-Fellowship Building Design Workshop, with Architect**, Sept 25, 1:30-3:00 PM (SFH)
Everyone is invited for a structured process that will help us clarify our needs and communicate to an architect the goals and requirements of our Building Enhancement Project.
- **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).

Next Sunday: Sep 4, 10:00 AM

with Rev. Jill McAllister, David and Lauren Servias

“Being Peace: Meditations in Poetry, Readings, and Music”

In this final summer Sunday service, we'll take time to center ourselves for the ongoing work of peace, within us and around us, in these less-than-peaceful times.

Our actions ripple out far beyond us; may we be mindful of our world as we choose how to live our lives.

Connect Up: Sign-Up Today for September Activities

The Connect Up Committee offers opportunities for us to join in a variety of interest-based gatherings to get to know one another better, and to have fun doing it. SIGN UP today, August 28th, to participate in or to host an activity in September! In August, our Connect Up opportunities included walks, games, Zumba, drumming, book discussions, and shared meals. Contact Wendy Sutton to get connected: connect@uucorvallis.org.

Religious Exploration Registration for Children and Youth, Open Now

Meet Rachel Kohler, our new RE Associate, today at a table in the foyer. She'll be registering children and teens for the September start-up of RE and looking for some more adults to complete RE teaching teams for the coming year. Our theme for RE this year is "What do UU Believe?" and "What are UU Made of?" We'll be exploring UU Identity, Spiritual Practices, and Having Courage.

Adult Religious Learning and Growth

The schedule and descriptions of adult RE sessions for the Fall will be published in the September UUFC newsletter, coming out next week. Many great choices are planned, including focusing on aging, racism, compassionate listening, UU identity, and more.

Annual Labor Day Tuna Roast and All Fellowship Picnic

Sept 5, 3:00 PM (Avery Park Lions Shelter) A UUFC tradition for 20 years now: the Labor Day potluck and tuna roast! Suggested donation of \$5 per adult and whatever you think is appropriate for your kids covers the cost of the incredibly good grilled tuna, corn, potatoes, lemonade, and cake. No one is excluded for lack of funds. Bring a side dish or dessert to share. Please volunteer to help with set-up, cooking or clean up. For more information, contact Rich Brainerd (541-752-2930).

Fellowship Camping Next Weekend

A few spots are still available for our camping trip at Cascadia State Park, September 2nd and 3rd, Friday and Saturday nights. To register, contact contact Jacob Tennessen (jacob.tennessen@gmail.com), Virginia Shapiro (virginia@virginia Shapiro.com) or Roberta Smith (robertasmith2@peak.org).

More good news for Blaise Ntakarutimana and his family

Hopefully you heard that Blaise Ntakarutimana recently received notification from the US Department of Homeland Security that he has been granted asylum! Now the work begins to bring his family here – a completely different process, through the US Immigration Department. With help from many of us here and from UU's in Massachusetts, Blaise's wife and children have just been able to leave Burundi and get to a much safer place, where with our continued support they will settle temporarily as the immigration process proceeds.

Study and Conversations on Racism

Beginning in September and October, the Equity, Diversity and Inclusion Task Force will facilitate several ways to join in conversations about racism, including book discussions and chalice-group-style conversations. Wouldn't it be amazing if all or most of the Fellowship took part in some aspect of this work? All are invited, all are needed. There will be two book study groups on "Waking Up White" (Tuesdays, Sept. 20-Oct. 18, 6:30-8:30 PM) and "The Third Reconstruction: Moral Mondays, Fusion Politics and the Rise of a New Justice Movement" (Tuesdays, Oct. 22-Nov. 22, 7-9 PM). There will also be a 10-session chalice-circle group "The Psychology of Embracing Diversity" beginning in October.

Chalice Circles: Introduction and Orientation for Newcomers

Join us for an introduction on September 11, after the 11 AM Sunday service. Chalice Circles are part of small-group ministry, which recognizes that in a faith community we each minister to each other.

Save the Date: Sept 25 for a Building Design Workshop, with Architect,

After the Sunday service, join us for congregation-wide input on the next steps in our building renovation project with an architect chosen by the Building Design Team and approved by the Board of Trustees.