



THE WEEK AHEAD

Oct 2-Oct 8, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Oct 2, 2016

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

~Please join us after the second service for this month's Action Lunch.

~Conversations - EDI (Equity Diversity Inclusion) anti-racism group, 1:30 - 3:00.

~Beit Am Mid Willamette Valley Jewish Community High Holy Days at UUFC: Rosh Hashannah starting tonight, Sunday, Oct 2, through 4:00 PM on Mon. Oct 3. The full UUFC building is in use by Beit Am during this time.

The Week Ahead: Oct 3-Oct 8, 2016

New October Office hours: Tues & Thur, 9:00 AM-2:00 PM and Mon & Wed 10:30 AM-1:30PM.

• **Exercise/Aerobics**, Mon, Wed, and Fri, 4:00 PM (SH)

• **Shawl Ministry**, Mon Oct 3, 7:00 PM (LIB)

Contact: Nancy Lindsey (nancyelindsey@gmail.com).

• **End of Life: Taboo or Opportunity**, Tue Oct 4, 10:00 AM (7)

Class exploring our fears, wishes, and more. Contact: Anna Sontag (anna.sontag@gmail.com).

• **UUFC Justice Council**, Tue Oct 4, 5:00 PM (LIB)

Contact: Susan Christie (crypto716@gmail.com).

• **Book Study Group: Waking Up White**, Tue Oct 4, 6:30 PM (9)

Facilitated by Marilyn Walker (mb.walker@comcast.net).

• **Addiction Support Group**, Tue Oct 4, 6:30 PM (7)

This group is open to anyone who has a family member or loved one who is living with an addiction. Contact: Marcia Chapman (datawriter3@comcast.net).

• **Women's Lunch Bunch**, Wed Oct 5, 1:00 PM (North Co-op)

Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net)

• **Weekly Potluck**, Wed Oct 5, 6:00 PM (SH/K)

Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.

• **UUFC Choir Rehearsal**, Wed Oct 5, 7:00 PM (SFH)

It's not too late to join the choir! Contact: David Servias (music@uucorvallis.org) or just show up.

• **UU Identity Class**, Wed Oct 5, 7:00 PM (Changed from Monday meeting time)

An overview of Unitarian Universalism led by Rev. Jill McAllister.

• **Capoeira Angola**, Thur Oct 6, 6:00 PM (6ABC)

This is an African Brazilian art form. The practice builds physical balance, strength, and endurance. For more information, contact Robert Asinjo (rasinjo@yahoo.com).

• **Building Design Team**, Thur Oct 6, 7:00 PM (LIB)

• **Insight Meditation**, Fri Oct 7, 10:30 AM (7)

Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.

Contact: Mary Leigh Burke (maryleigh.burke@gmail.com).

• **Men's Monthly Gathering**, Sat Oct 8, 9:30 AM (LIB)

An opportunity to know other men in the Fellowship. For information, contact Alan Kirk (alankirk@gmail.com).

• **Kirtan with Live Band**, Sat Oct 8, 7:00 PM (SFH)

Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

Plan Ahead

• **UUFC Board of Trustees**, Mon Oct 10, 7:00 PM (SH/K)

• **Beit Am Mid Willamette Valley Jewish Community**, Oct 11-12 High Holy Days at UUFC for Yom Kippur.

The full UUFC building is in use by Beit Am during these two days.

• **Building Enhancement Design Workshop #2** Sun. Oct. 16, 12:30 PM. All are invited to join in.

• **UUFC Leadership Supper** Mon Oct 17, 6:00 PM

Our first gathering of the year. All committee, council, and task group leaders are invited!

Spirit of Hope, grant us the ability to look deeply into the gap between how things are and how we wish them to be, and to begin, once more, to try to bridge that gap.

Action Lunch today, 12:30 PM

Come join the Social Concerns Committee and enjoy a nutritious lunch after the second service this Sunday of home-made soup, bagels and spreads, fruit and vegetables for only \$5. The soup choices are: ~Split Pea and Ham Soup by Dorothy Sowell, ~Vegetarian/gluten-free Sherried Butternut Squash Bisque by Nancy Creel, ~Meaty Soup by Charlie Miller, ~Gluten-free/dairy-free Chunky Vegetable Soup by Susan Louise.

Connect Up October offerings

There are many great events for October – we hope one fits in your schedule! You can now find Connect Up events on the UUFC website. If you didn't get a chance to sign up for an event, forgot where or when an event is happening, or are considering hosting an event - go to http://uucorvallis.org/?page_id=3776 (and bookmark it) and you'll find this month's events and a step by step guide to hosting an event. Have fun!

UUFC Building Enhancement Design Workshop #2 - Sun, Oct. 16th 12:30 PM.

In this 2nd workshop we'll work in small groups at tables, in an interactive, hands-on discussion about details for an enhanced building, focused on **How might it function?** Please join us even if you were unable to attend the first workshop. Once again food will be provided, at our tables, and child care will be available for any who need it (call Marcia Shaw at 541-908-1583 and leave her a message with the number and ages of children needing supervision). We still want to hear your perspectives if you can't attend this workshop.

Sunday, October 9th and Sunday, October 30th, members of the Building Design Team will be available in the gallery at the back of the sanctuary following the second service to talk with individuals or groups. You can also call or email any of us directly with your comments or concerns. Di Loreto Architects will also provide **forms for written feedback** for those who were not able to attend their workshops as well. A summary of both these workshops with the architectural team will be shared in the next Building Project Update newsletter. Thank you for your continued engagement with this important process. Please contact any of our committee members with questions: *Marcia Shaw, Kelley Kendall, Chris Bentley, Peter Sanford, and Keith Martin.*

Leadership Supper, Monday Oct. 17 at 6:00 PM

All leaders of Fellowship councils, committees, task groups, and projects are invited and encouraged to join for our first Leadership Supper of the church year. We'll focus on the council structure; how are all committees and task forces related to the councils, as part of our mission, and who is responsible for making what decisions? Part of answering again that age-old question: How do things work around here?

New to the Fellowship? Welcome!

Once a month, we offer a one-hour First Steps orientation session. If you are new to UUFC, exploring Unitarian Universalism for the first time, and trying to find your way around the Fellowship, this is for you. At our First Steps class, you'll find out more about us, how we connect, and get a tour of the building. This First Steps class is offered every 4th Sunday during the school year at 9:30 AM. For more information, contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). Each quarter, we also offer two classes as part of the formal membership exploration process – UU Path and Membership. Register at the Welcome Table on Sundays. The next UU Path class is on Saturday, October 22, 2016, and the next membership class is on Sunday, October 23, 2016.

Seven Principles Café Conversation Circle Begins Oct. 30, 12:30 pm

In this Adult RE conversation circle we'll unpack the seven UU principles one by one and explore what it looks like to embody these principles in our lives. Jill McAllister will facilitate the first session. Alert readers will notice time and date changes from the Adult RE flyer--this is the true story. We will be meeting in Room 7 after second service at 12:30 PM on October 30, November 27, January 22, February 26, March 19, April 23, May 21. To register or for more information contact Elizabeth Sollie (intern@uucorvallis.org).

Next Sunday: October 9, 9:30 and 11:00 AM “When I Wake in the Night” Rev. Jill McAllister
We live in anxious times, and anxiety is a daily experience for many people. It is too easy to believe that our anxiety is the truth of the way things are, instead of a perspective we get caught in. Understanding and coping with anxiety is an important skill for everyone.