



# THE WEEK AHEAD

Oct 23-Oct 29, 2016  
Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today, Sunday, Oct 23, 2016**

- ~Please join us after the service in the Social Hall for coffee. Introduce yourself to someone you don't know.
- ~New to the Fellowship? Join our First Steps Class today at 11 AM in the Library.
- ~UU Membership Class today, 12:30 PM (Library).

## **The Week Ahead: Oct 24-Oct 29, 2016**

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

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **Potluck for families and kids**, Mon Oct 24, 5:45 PM (SH/K)  
*Join this newly-formed potluck group to meet other families with kids. Please bring a dish to share.*
- **End of Life: Taboo or Opportunity**, Tue Oct 25, 10:00 AM (7)  
*Class exploring our fears, wishes, and more. Contact: Anna Sontag ([anna.sontag@gmail.com](mailto:anna.sontag@gmail.com)).*
- **Addictions Support Group**, Tue Oct 25, 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](mailto:datawriter3@comcast.net)).*
- **Women's Lunch Bunch**, Wed Oct 26, 1:00 PM (North Co-op)  
*Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf ([dewaldorf@comcast.net](mailto:dewaldorf@comcast.net)).*
- **Weekly Potluck Supper**, Wed Oct 26, 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.*
- **Connect Up Wednesday Book Club**, Wed Oct 26, 6:30 PM (LIB)  
*October's book: Fahrenheit 451. Contact: Wendy Sutton ([connect@uucorvallis.org](mailto:connect@uucorvallis.org)).*
- **UUFC Choir Rehearsal**, Wed Oct 26, 7:00 PM (SFH & 6B)
- **Capoeira Angola**, Thur Oct 27, 6:00 PM (6ABC)  
*This is an African Brazilian art form. The practice builds physical balance, strength, and endurance.*
- **Building Design Team**, Thur Oct 27, 7:00 PM (LIB)
- **Insight Meditation**, Fri Oct 28, 10:15 AM (9)  
*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](mailto:maryleigh.burke@gmail.com)).*
- **Kirtan Meditation Group**, Fri Oct 28, 7:00 PM (7)  
*Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.*
- **End of Life: Taboo or Opportunity**, Sat Oct 29, 10:00 AM (7)  
*If you weren't able to join the first set of classes, join us now for this series exploring our fears, wishes, and more. Contact: Anna Sontag ([anna.sontag@gmail.com](mailto:anna.sontag@gmail.com)).*

## **Plan Ahead.**

- **Wheel of the Year Samhain Celebration & Fire**, Sun Oct 30, 3-7 PM  
*All Hallows -- Solar Winter event at OFFSITE OUTDOOR LOCATION at the East end of SE Alexander Ave.*
- **Veterans Day Observance**, Fri Nov 11, 11:00 AM (SFH)  
*A quiet time of reflection and candlelighting. All are welcome.*
- **FestEvent Thanksgiving Gathering**, Thur Nov 24, 4:30 PM Social Hour, 5:30 PM Dinner (SH/K)  
*Annual Thanksgiving meal at the UUFC. We cook four turkeys, mashed potatoes, gravy, and a vegan and gluten free tofu turkey and gravy. You bring a potluck dish. PLEASE RSVP. Sign-up sheets are in the foyer after Sunday services. Call Rich Brainerd (541-740-2961) with questions or to be a volunteer.*
- **Holiday Bazaar, Different this Year**, Fri Dec. 2, late afternoon and evening.  
*Fellowship artists, specialty foods, greens, café, music, and more.*

## **Next Sunday: October 30, 9:30 and 11:00 AM**

**"White Fragility is Where I Start"**

*with Rev. Jill McAllister*

As a white person who considers myself not a racist, I'm wrestling with accepting my part in the system which keeps racism strong and alive. Luckily for me, I'm not alone in the struggle.

*Love calls us to do our part to meet the needs around us.*

## **Homelessness in Our Community – How We Can Help?**

Thanks for asking! First, all are invited to an Open House/Reception at the Men's Winter Shelter operated by Corvallis Housing First, today, Oct. 23, 2016 from 3:30 to 5:00 PM, at 530 SW 4th street, Corvallis. Also, the Corvallis Drop-in Care Center requests that we donate one of our monthly outreach offerings toward one month rent (\$2400) for their facility. And Corvallis Housing First's program to house homeless families is looking for grass-roots monthly donations. All of these are critical needs, and there are more. Shall we form a UUFC task force on homelessness to help us engage in as many ways possible? Let Jill know if you are interested.

## **Election Night Gathering on Nov. 8, UUFC Social Hall, 7:30 PM until ??**

Let's take in the returns together, to remind us that we are not alone in this wild world! Bring snacks to share, if you can. We will watch, talk, cheer, sigh, sing, dance, celebrate what we can, and get ready for the next day and everything it brings.

## **Change in Dates for Book Group (*The Third Reconstruction*)**

*The Third Reconstruction: Moral Mondays, Fusion Politics, and Rise of a New Justice Movement* book group will meet Nov. 1, 15, 22, and 29<sup>th</sup> at 7:00 PM in Room 9. NO meeting Nov. 8<sup>th</sup> because of Election Night. Copies of the book will be available for purchase. Contact Susan Breckenridge with questions (sbreck@peak.org).

## **Young Adults – A Chance to Meet Each Other**

New to the Fellowship, or not so new, all young adults are invited to get to know each other and find out what you have in common, especially in regard to the Fellowship. "Young Adult" includes people roughly from ages 18 – 35 – a very wide range. College students, grad students, singles, couples, families with children – let's find some ways to connect. Sign-up on the green sheet at the in the foyer on Sunday if you are interested.

## **New to the Fellowship? Welcome! Orientation Session 11:10 AM Oct. 23 (today)**

Once a month – today! – 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 the new time of 11:10 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.

## **Connect Up**

Don't forget to sign up on OCTOBER 30th to participate in or to host an activity in NOVEMBER! Contact Wendy Sutton: connect@uucorvallis.org. Visit Connect Up on the UUFC website [http://uucorvallis.org/?page\\_id=3776](http://uucorvallis.org/?page_id=3776).

## **UUAnnounce Email list Update**

A reminder that we updated our UUAnnounce email list. You still send announcements to announce@uucorvallis.org and they will still be approved by our moderators before being sent out. Those who were already on the list should have been added to the updated UUAnnounce group list automatically, although depending on your personal email settings, you may have received an email asking you to join. If you do receive a request to join, please do! Everyone else, watch your inboxes for an invitation to join the updated UUAnnounce email list serv. It's a great way for us to communicate announcements with you!

## **Seven Principles Café**

The first meeting of the Seven Principles Cafe takes place October 30 at 12:30 PM (7). Food will be offered. Jill McAllister facilitates. Please join us. Offered by the Adult RE Steering Committee.

## **UUFC Thanksgiving Day Events      Thursday, November 24**

### **Soccer Game, 1:00 PM, Garfield Elementary School**

An intergenerational pick-up soccer game, to be played rain or shine. All are welcome.

### **FestEvent Thanksgiving Gathering, 4:30 PM Social Hour, 5:30 PM Dinner    All Are Invited!**

Thanksgiving Day is less than a month away. The UUFC always has its own large festive communal Thanksgiving dinner. We cook four turkeys, mashed potatoes, gravy; and a vegan and gluten free tofu turkey and gravy. You bring a potluck dish such as salad, bread, DESSERT, stuffing, sweet potatoes, vegetable side (or main) dish or anything that is important or nostalgic from your past. You also volunteer for one of the small tasks that make this happen. Suggested donation is \$5.00 per person to cover costs, but no one is turned away if they are in financial hard times. We typically have 100 people, so come to be sociable. PLEASE RSVP so that we know how many to plan for. Sign-up sheets are in the foyer after Sunday services. Call Rich Brainerd (541-740-2961) with questions or to be a big-time volunteer. Social Hour Hosts, a Table Decorating Captain, and After-Dinner Activities Hosts are still needed.