



Sept 11-Sept 17, 2016

## Upcoming Services & Events at the UU Fellowship of Corvallis

### Today, Sunday, Sept 11, 2016

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

*~Registration for Religious Exploration 2016-17 for children and youth is underway at the table in the foyer.*

*~Chalice Circles Information Meeting with Jill and Marcia Olsen in Room 7 today at 12:30 PM.*

*~Partner Church Committee Meeting in the Library today at 12:30 PM.*

*~Art Exhibit Committee Meeting to talk about the future of our gallery and to learn about opportunities for involvement in the Sanctuary today after the second service.*

### The Week Ahead: Sept 12-Sept 17, 2016

- **Office hours – Tuesdays and Thursdays, 9:30 AM-1:00 PM**
- **Exercise/Aerobics**, Mon Sept 12, 8:00 AM (SH)  
*For more information, contact Nichele Deutsch (541-753-4664).*
- **Chalice Group NH**, Mon Sept 12, 7:00 PM (9)  
*For more information, contact Nancy Haldeman (nancy.haldeman@comcast.net).*
- **UUFC Board of Trustees Meeting**, Mon Sept 12, 7:00 PM (SH/K)
- **Women's Lunch Bunch**, Wed Sept 14, 1:00 – 2:00 PM (North Coop)  
*Weekly lunch with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).*
- **Weekly Potluck**, Wed Sept 14, 6:00 PM (SH)  
*Bring a dish with a list of ingredients to share, and your own plate and utensils if possible. All are welcome.*
- **New Jim Crow Book Group**, Wed Sept 14, 6:30 PM (LIB)  
*For more information, contact Anna Sontag (anna.songtag@gmail.com).*
- **UUFC Choir Rehearsal**, Wed Sept 14, 7:00 PM (SFH)
- **Exercise/Aerobics**, Thur Sept 13, 8:00 AM (SH)
- **Capoeira Angola**, Thur Sept 13, 6:00 PM (6ABC)  
*This is an African Brazilian art form. The practice builds physical balance, strength, and endurance. For more information, contact Ann Mbacke (motherearth3710@yahoo.com).*
- **Corvallis Senior House Group**, Thur Sept 13, 6:30 PM (SH)  
*A workshop primarily for those contemplating living in a cohousing community, but open to anyone. Contact Claudia Weintraub (541-602-6127) for more information.*
- **Chalice Circle (KS)**, Thur Sept 15, 7:00 PM (7)  
*For more information, contact Karen Stephenson (541-223-5411).*
- **Insight Meditation**, Fri Sept 16, 10:30 AM (9)  
*Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.*

### Plan Ahead

- **Over 65 Group**, Sept 22, 3:00-4:30 PM (SFH)  
*Discussion Meeting. Artistic Expression: The Role of Arts in Enriching Us As We Age. Contact Ann Pemberton (annpmbtrn126@gmail.com) or Jonathan Lipman (541-210-6297) for more information.*
- **All-Fellowship Building Design Workshop, with Architect**, Sept 25, 1:30-3:00 PM (SFH) *You're invited for a structured process that will help clarify needs and communicate the goals of our Building Enhancement Project.*
- **UUFC Men's Retreat**, Oct 21-23 (Columbia River Gorge)  
*Annual retreat at the Menucha Conference Center. Contact Lloyd Wagenschutz for information (541-753-9071).*

### **Next Sunday: Sept 18, 9:30 and 11:00 AM "A Brave Year"**

*with Rev. Jill McAllister*

So much to worry about? Or so much calling us to be our best selves? Let's step into this Fellowship year with courage and strength, imagining that "we are the ones we've been waiting for." Let it be a brave year for us, acknowledging the way things are, learning more about our strengths and shared capacities, seeing in new ways, deepening our connections, and being present in all the ways we can be for love, for peace, and for justice. Two special events are part of this service: Joining the #BlackLivesMatter movement, and giving a send-off to member Monica Jacobson Tennesen as she begins a two-year internship with the UU congregation in Salem, OR.

The religious life exists between us. As we gather again, let us be mindful of what we need and what we have to give.

## **Religious Exploration Registration for Children and Youth, Open Now**

RE Associate Rachel Kohler will once again be registering children and teens for the start-up of RE, which is next Sunday, September 18. 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. All families are encouraged to register children and youth this week.

## **New Monthly Potluck for families with young children!**

Join us in the social hall with a potluck dish to share and meet other UUFC families. We will meet the third Monday of the month at 6:00 PM. Because of a scheduling conflict, the October potluck will be held on the fourth Monday. Questions? Contact David Servias ([music@uucorvallis.org](mailto:music@uucorvallis.org)) or Jamie Petts ([office@uucorvallis.org](mailto:office@uucorvallis.org)). The upcoming dates are Sept 19, Oct 24, and Nov. 21.

## **Chalice Circles: Introduction and Orientation for Newcomers**

Join us today, Sunday, September 11, for an introduction to Chalice Circles. Chalice Circles are part of the small-group ministry program, which recognizes that in a faith community we each minister to each other. Six to ten people meet twice a month to reflect on a chosen topic to share their own feelings and experience, to listen deeply and respectfully, to share the time equitably, and to focus on what is truly most important. They are a great way for people to connect on a deeper level and we especially encourage newcomers to enroll as a way to develop lasting ties in the Fellowship and their own spirituality. For more information, contact Marcia Olsen at 541-661-0889 or [marcia.olsen29@gmail.com](mailto:marcia.olsen29@gmail.com).

## **Adult Religious Learning and Growth, Fall Term**

The schedule and descriptions of adult RE sessions for the Fall was published in the September UUFC newsletter, so check it out. Many great choices are planned, including classes and groups on aging, racism, compassionate listening, UU identity, and more. Please note one correction to the schedule. The class below has updated dates and times:

**End of Life: Taboo or Opportunity?:** We'll explore our fears and wishes, our abilities to plan and direct in advance, our conversations with others, and more, with resources from the UUA and respected experts in the field, including Stephen Levine and Stephen Jenkinson.

Schedule: Four sessions: Tuesdays, Oct 4-Oct 25, 10:00-11:30 AM; or Saturdays, Oct 22-Nov 12, 10:00-11:30 AM. Location: UUFC - Room 7. Contact: Anna Sontag, [anna.sontag@gmail.com](mailto:anna.sontag@gmail.com).

## **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 the architectural firm chosen by the Building Design Team and approved by the Board of Trustees.

## **Reading and Conversations on Racism**

Thanks to all who are working to learn more about systemic racism, as a way to give grounding to our justice work. Several discussion groups are now planned, through the Connect Up schedule. You can join any of these groups. The suggested reading includes: 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). An additional title is America's Original Sin: Racism, White Privilege, and the Bridge to a New America by Jim Wallis.

## **Walking Meditation with Chanting**

Join Jill McAllister for another early morning meditative walk on Saturday, September 24 at 7 am, at Chip Ross Park. We walk mostly in silence, stopping to sing and chant several times along the way.