



THE WEEK AHEAD Sept 18-Sept 24, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Sept 18, 2016

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

The Week Ahead: Sept 19-Sept 24, 2016

- **Office hours – Tuesdays and Thursdays, 9:30 AM-1:00 PM**
- **Potluck Supper for Families with Kids**, Mon Sept 19, 6:00 PM (SH/K)
Bring a potluck dish (with list of ingredients) to share and meet other UUFC families with young kids.
Contact: David Servias (music@uucorvallis.org).
- **Shawl Ministry**, Mon Sept 19, 7:00 PM (LIB)
Contact: Nancy Lindsey (nancyelindsey@gmail.com).
- **UU Identity Class**, Mon Sept 19, 7:15-8:30 PM (7)
Part of our core curriculum for adults, this Overview of Unitarian Universalism will touch on our history, philosophy, tradition and is led by Rev. Jill McAllister.
- **UUFC Justice Council**, Tue Sept 20, 5:00 PM (LIB)
Contact: Susan Christie (crypto716@gmail.com).
- **Addiction Support Group**, Tue Sept 20, 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)
- **Book Study Group: Waking Up White**, Tue Sept 20, 6:30 PM (9)
Facilitated by Marilyn B. Walker (mb.walker@comcast.net).
- **Women's Lunch Bunch**, Wed Sept 21, 1:00 PM (North Co-op)
Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net)
- **Weekly Potluck Supper**, Wed Sept 21, 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.
- **UUFC Choir Rehearsal**, Wed Sept 21, 7:00 PM (SFH)
It's not too late to join the choir! Contact: David Servias (music@uucorvallis.org) or just show up.
- **Over 65 Group**, Thur Sept 22, 3:00 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.
- **Capoeira Angola**, Thur Sept 22, 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 Sr. Housing Group/Aging Gracefully**, Thur Sept 22, 6:30-8:30 PM (SH/K)
This workshop is for those exploring what aging in place means to them, as well as those who have decided they want to live with like-minded seniors in a community. Contact: Claudia Weintraub (ClaudiaCW@comcast.net).
- **Insight Meditation**, Fri Sept 23, 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).
- **Kirtan Meditation Group**, Fri Sept 23, 7:00 PM (7)
- **UUFC Choir Retreat**, Sat Sept 24, 9:00 AM (SFH)

Plan Ahead

- **All-Fellowship Building Design Workshop, with Architect**, Sept 25, 12:30-2:00 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.)

Life in these times calls us to have clear eyes and great love as we work for peace. May we help each other to be brave.

Next Sunday, Sept 25: Building Design Workshop, with Architect

What do **salsa** and a **building design** workshop have in common? We don't have the answer, but please come enjoy both at the upcoming workshop on **Sunday, Sept. 25** starting at (note this corrected time) **12:30 PM**. The Building Design Team will provide tortillas (GF too), cheese and beans and hope you will bring some salsa, homemade or store-bought, for a light lunch together before the workshop. Childcare will be provided for this event – please let the church office know if you need childcare, so that we can plan appropriately.

The workshop will be hosted by **Brian Melton, Lead Designer** and **Stephanie Fitzhugh, Project Manager**, from Di Loreto Architecture in Portland, to help them develop a schematic design for a building enhancement of our beautiful space. Di Loreto Architecture has extensive experience with building remodel and expansion projects. Eighty percent of their work is with nonprofit and spiritual communities in the northwest. In addition to their practice of integrating sustainable design and building practices into every building project, they place a high value on using architecture as a tool for building community (<http://www.diloretoarchitecture.com>).

This first workshop will focus on the following questions: **“What do we need?” How are we currently using our building? What hopes do we have for future work together?** Our **capital campaign consultant, Jeff Susor**, will also be present to **share results of our feasibility study** for funding a potential building project. We hope you will be involved in this workshop and in future opportunities, as our congregation creates a space that will further our mission now and in the future. Please contact any of our committee members with questions: *Marcia Shaw, Kelley Kendall, Chris Bentley, Peter Sanford, and Keith Martin*.

Connect Up: Sign-Up Sunday, September 25

Connect Up offers opportunities to gather in small interest-based groups to better get to know one another. SIGN UP on Sunday, September 25th, to participate in or to host an activity in October. Contact Wendy Sutton to get connected: connect@uucorvallis.org or visit Connect Up on the UUFC website: http://uucorvallis.org/?page_id=3776.

Walking Meditation with Chanting

Join Jill McAllister for another early morning meditative walk, 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. Please let her know if you plan to join (minister@uucorvallis.org).

Chalice Circles

Chalice Circles are now regrouping for the fall. Several existing groups have openings, and we hope to also start a group on the 2nd and 4th Sundays at 12:30-2pm to reflect on the sermon topic/theme of that day. Sign-up forms are in the foyer, to the left of the sanctuary doors. Indicate the days and times when you are available and we'll find a group for you. Place in box there; Contact Marcia Olsen with the information and/or your questions, concerns (marcia.olsen29@gmail.com or 541-661-0889).

We need Chalice Circle facilitators, and there is a training session from **9-11 AM on Saturday, September 24th**. Anyone can become a facilitator, and everyone who has been or is in a Chalice Circle is encouraged to attend. If you're interested in attending, please contact Marcia Olsen (marcia.olsen29@gmail.com or 541-661-0889) so we'll have materials for you. Signup by 9/19.

Religious Exploration for Children and Youth – Register Now

RE classes for children and youth begin today, Sept. 18, during the 11 am service. Children, youth and teachers are invited to come first to the service, then leave together for their class sessions. Parents, please fill out registration forms for your children and youth, today, in the foyer.

Next Sunday: Sep 25, 9:00 and 11:30 AM “Return Again”

with Rev. Jill McAllister

Election seasons are always a challenge, and the challenges of this election season are certainly formidable. We are called to speak out for our deepest values, and we have to take care to remember the differences between individual and congregational actions. How can we navigate this season in the best possible ways, to nurture hope, and strengthen ourselves and others?