



THE WEEK AHEAD

October 11-18, 2015

Upcoming Services & Events at the UU Fellowship of Corvallis

Today: Sunday, October 11, 2015

- **Glass Bead/Memory Wire Workshop**, 12:30 PM, UUFC Rm 8
Free one-hour workshop in fashion jewelry making using glass beads and memory wire. Open to all, donations welcome but not required. Diane will provide all materials/tools and instruction; this easy class welcomes beginners!
- **Child Care Training**, 12:30 PM, UUFC Rm 7
Training for for any UUFC teens who would like to provide childcare, for pay or as service to our community.
- **Membership Class**, 12:30 PM, UUFC Library
Third in the 3-part Path to Membership classes for those interested in becoming members of the UUFC. Participants will learn about the rights and responsibilities of membership, and have the opportunity to formally become members of the UUFC. Sign up at the Welcome Table.

The Week Ahead: October 5 – October 11, 2015

- **Escalating Inequality**, Monday, October 5, 7:00 PM, Corvallis Public Library
Our regular discussion moves to the public library to view the film “White Like Me”, by Tim Wise. The film considers race and racism in the USA thru of white privilege. UUFC’s Ann Mbacke will lead the discussion.
- **Shawl Ministry**, Monday, October 5, 7:00 PM, UUFC Library
Come knit or crochet shawls for UUFC members who are in distress or celebrating great joys. All levels welcome.
- **UUFC Weekly Potluck**, Wednesday October 14, 6:00 PM, UUFC Social Hall
Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All welcome.
- **Insight Meditation**, Friday, October 16, 10:30 AM, UUFC Rm 9
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required - all you need is a desire to end suffering.
- **Kirtan**, Friday October 16, 7:00 PM, UUFC Rm 7
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Vegetarian Potluck**, October 18, 5:00 PM, UUFC Social Hall
Bring a vegetarian or vegan dish large enough to share, with a list of all. Bring your own utensils and dinnerware to minimize kitchen use. For more information, contact Bob Scott (541-753-1941).

Plan Ahead

- **Multicultural Competence: Working With Our Differences**, October 24, 9:30 AM, UUFC Rm 6
This class offers an introduction to multi-cultural competency, or how to effectively live and work with differences – cultural, ethnic, racial and more. Learn about a developmental model of competency which will be a great foundation for justice work in the coming years. For more information, contact DRE Ann Mbacke (reassociate@uucorvallis.org, 541-752- 5218 x226).

Next Sunday: October 18, 9:30 & 11:00 AM

“Outward from the Heart”

Rev. Jill McAllister

A well-known Taoist admonition states “If there is to be peace in the world ... there must be peace in the heart.” It is clear that there is plenty of room for more peace in the world, but we have just barely begun to address the dearth of peace in hearts, upon which peace in the world depends.

The word “ministry” comes from the Latin word for service.

In our shared ministry, let us strive always to serve each other and the world in love.

Multicultural Competence (Working with Our Differences): Saturday, October 24, 9:30 AM

Join Jill McAllister and Ann Mbacke for an introduction to multi-cultural competency, or how to effectively live and work with differences – cultural, ethnic, racial and more. We'll learn about a developmental model of competency which will be a great foundation for justice work in the coming years. This work supports our entire mission: explore, love, and act. UUFC Room 6, 9:30 AM-3:00 PM. Questions? Contact DRE Ann Mbacke (reassiate@uucorvallis.org, 541-752- 5218 x226).

Our Whole Lives (OWL) Parent Orientations

Starting in January of 2016, we will be offering Our Whole Lives (OWL) Sexuality Education classes for Kindergarteners through 12th Grade. Our Whole Lives is age-appropriate curriculum developed by Unitarian Universalist and United Church of Christ-Congregationalist educators.

This year, OWL classes will be open to children from our area even if their parents are not affiliated with the UUFC. Please invite those you know who might be interested.

In order for children and teens to participate in OWL, parents are required to attend an orientation in advance, to learn about the program and pre-register their children and youth. Parent orientations will be held in room 7 on Sunday afternoons in November, after second service worship. See the schedule for dates. Contact DRE Michael Molk to arrange for childcare, or for more information (molk@uucorvallis.org, 541-752-5218 x225).

OUR WHOLE LIVES PARENT ORIENTATION SCHEDULE

9th-12th Graders

Sunday, November 1st, 12:30-2:00 PM

5th/6th Graders

Sunday, November 8th, 12:30-2:30 PM

7th/8th Graders

Sunday, November 15th, 12:30-3:00 PM

K/1st Graders

Sunday, November 29th, 12:30-2:30 PM

“Over 65” Discussion Group: Thursday, October 15, 3:00 PM, UUFC Sanctuary

Dr. David Grube will speak, focusing on the message provided by *The Conversation* about end-of-life care. Dr. Angelo E. Volandes, M.D., wrote this book after witnessing patients who faced terminal illness and were faced with a confusing assault of medical interventions at the very end of life. His premise is that there needs to be an essential conversation about end-of-life care with the active and fully informed participation of the patient, family members and the personal physician. These discussions empower patients to receive whatever medical care they wish—but it must be considered while the patient's mind is still clear, not drugged to deal with pain or other effects. Dr. Grube comes to us with years of relevant experience and a compassionate heart. You are invited to bring friends and family who might also benefit from the discussion with Dr. Grube. Contact: Carolyn Madsen, carolynzac@comcast.net

Nature-wise Information Session: Monday, October 19, 6:00 PM, UUFC Social Hall

Interested in the Wheel of the Year, or in nature-based rituals? This year Nature-Wise instructor Jessica Heiler will offer a year-long immersion program in the Nature-Wise approach to creating nature-connected rituals and community.

There will be an information session and potluck dinner on Monday, October 19, in the Social Hall. Come to hear information about the program and give input on how this program may be structured. Bring a dish to share, utensils and plate, and, if you feel inspired something beautiful from nature to celebrate autumn. For more information, contact Cliff Pereira (peartree15@comcast.net, 541-760-4541) or Jessica Heiler (contact@jessica-heiler.com).

Energize Corvallis: Free Light Bulbs and Water-Saving Aerators

Energize Corvallis is offering free energy-efficient light bulbs and faucet aerators to Pacific Power and NW Natural customers who live in single-family homes in Corvallis. Visit <http://www.corvallisenvironmentalcenter.org/energize/> and click on “Direct Install” to request a package of supplies to make your home more water- and energy-efficient. Some options are also available for those who live outside Corvallis or in multiple family residences.