

NEWSLETTER

Unitarian Universalist Fellowship of Corvallis



Between Us

Rev. Jill McAllister

We're moving into another time of transition, a new phase of pandemic living (perhaps in the direction of post-pandemic living.) Sometime in this month of November, we will hold our first in-person Sunday service since we shut down in March 2020. Many many many decisions are required in this process, and are underway. You can help by responding to the survey about attending in-person services (link of page 2), which will give us some information about how many people want to attend in-person services, indoors. From there we'll be able to figure out how many services to hold – on Sundays and perhaps other days of the week. Current standard precautions will certainly be in place. The details will be published as soon as possible, so please fill in the survey and stay tuned for more.

The immense number of details involved in re-opening are very much related to, yet not the substance of, the foundations of our religious lives. The Fellowship is first and foremost a religious congregation. We are people who join together by choice, who have entered in to commitments and covenants together, who are bound to one another in and through these commitments. They are commitments to religious freedom, certainly, and as certainly they are commitments to the common good. They are commitments to the well-being of all – all people, all living things, the whole of the living earth. They are commitments that require regular consideration and regular renewal. Commitments can only be sustained when they help align us to the lives we actually live, when they help us live the lives we are capable of, when they help us help each other.

We are entering into a new phase, so we must review and renew our commitments. This is what makes us the Fellowship! This is part of what belonging means.

Monthly Newsletter

About this publication

This monthly newsletter focuses on the life of the Fellowship. Each month we're sharing reports from Fellowship leaders, councils, teams and projects and exploring Unitarian Universalist (and Fellowship) history and practice. We're also sharing important 'save-the-dates' information.

NOVEMBER SUNDAY SERVICES – via Zoom, and probably in-person indoors beginning sometime this month. Details will be published soon!

Live Zoom Sunday Service
at 10 AM:

[https://zoom.us/j/96231448170?
pwd=cUoxaWxyei9wOTE5cVFVZ0t0Qk5
KUT09](https://zoom.us/j/96231448170?pwd=cUoxaWxyei9wOTE5cVFVZ0t0Qk5KUT09)

Phased Re-Opening

The Pandemic Response Team, worship team, admin team, board and others are working through MANY details of a phased re-opening plan for using our building again. We plan to begin with Sunday Worship sometime in November. For the first phase we'll only use the biggest meeting areas in the building – the Sanctuary and Social Hall. Plans for ventilation and air flow, worship reservations, plus safety protocols for worship, Sunday RE for kids and youth, and coffee hour the first order of business. More details are coming, but *we need your help!* To plan for safe indoor worship we need to know how many people will want to attend. We'll almost certainly have a reservation system, and most likely there will be multiple services with limited attendance at each in order to maintain spacing. Please help us with these important details by filling out this [brief survey](#).

Circle of Ministry

At the Fellowship, we're all part of Shared Ministry. And, we're very lucky this year to be supported by a circle of ministerial colleagues working together with Rev. Jill McA. These colleagues were introduced in October:

- Rev. Leslie Chartier, was recently approved by the Board as an official Affiliated Community Minister. Her main work is with a state agency focused on family support. For the Fellowship she provides pastoral care and support especially for elders and for end-of-life issues.
- Jesse Ford, UUFC member who is still in the process of completing requirements for UU ordination, was recently ordained as an Earth Chaplain by the Chaplaincy Institute of Berkeley. Jesse is serving the Fellowship as a Chaplain for Transformative Justice, working primarily with our justice teams, especially on multi-culturalism.
- The Rev. Monica Jacobson-Tennessen (who has moved back to the West Coast) is our consulting minister, offering ministry primarily for families with children, working with our RE Team.
- Jacob King, a ministry student, will join the Care and Support team as part of his training for ministry.

Ministry is work we all share, in whatever ways we can, and we're lucky to have this beautiful circle of support this year.

November Sundays

Pending upcoming decisions about returning to indoor worship, November Sundays will continue to focus on our theme of "radical belonging" in these times of radical change, and especially the climate crisis.

Upcoming Events

Nov 6 Principle 8 Workshop

1-3 PM on Zoom

Nov 27 Online Holiday Fair begins

"I do what I do because I am broken too, and the truth is that if you get proximate, if you change narratives, if you are required to stay hopeful, if you do uncomfortable things, it will break you.

But I also realized . . . that there is a power in brokenness.

It is the broken among us who can teach us the way compassion works. It is the broken who understand the power of mercy. It is the broken who understand the power of justice. It is the broken that yearn for redemption. It is the broken who yearn for reconciliation. It is the broken who need to teach us how we love despite our brokenness. And it's in brokenness that I realized I'm not just fighting for the condemned. I'm fighting for myself."

Bryan Stevenson



Board of Directors

Greetings from the UUFC Board of Directors! In our October board meeting, each board member took some time to identify strengths, weaknesses, threats, and opportunities for our congregation. Here are some of the results.

Strengths

- Devoted congregation
- "The best" minister and staff
- Strong financial position
- Active teams making contributions in our community and world

Weaknesses

- Aging congregation
- Erosion of recent pledged giving
- Loss of income from in-person fundraisers
- Lack of in-person gatherings: shift to "cool and distant" remote meetings versus "warm and personal" face to face interaction

Opportunities

- Reaching a wider audience through remote meetings
- Vaccine provides potential to reduce risk
- Taking steps to embrace the UUA's Widening the Circle and to explore the 8th principle as we welcome all

Threats

- Decline in membership
- Covid pandemic disruption
- Loss of continuity in religious exploration, particularly for children and youth

The board will periodically revisit this exercise and will be keeping these thoughts in mind as we move through the church year. We will be looking for ways to strengthen our strengths, bolster weaknesses, and realize opportunities while reducing threats. Some things we have done already include providing funding for additional family outreach, supporting opportunities for exploration of the 8th principle, and brainstorming ways to get our revenue back in line with our budget. Meanwhile, the Pandemic Task Force is considering ways to open our building safely for in-person gatherings. Feel free to share YOUR ideas for keeping our congregations strong with us.

UUFC Emergency Aid Fund

The Emergency Aid Fund makes financial aid available to Fellowship members, and sometimes to friends of the Fellowship, up to once per year, for up to \$500. During the pandemic we have helped UUFC members with emergency needs for housing, transportation, and medical costs, especially when incomes were lost. We have supported the needs of several refugee / immigrant families. The Emergency Aid Fund is maintained entirely by contributions from Fellowship members and friends. As the holiday season begins, please consider making a contribution to help keep this work possible. Checks can be made to UUFC with "Emergency Aid Fund" on the memo line. Requests for aid should be addressed to Rev. Jill McAllister, minister@uucorvallis.org, for review by the Emergency Aid Fund team.

Facilities Council

BUILDING EXPANSION PROJECT UPDATE

Building Update 10-18-21 ---- Since completion of the tree assessment, the Building Construction and Ground Stewards teams have conducted two walk-about tours of our property for UUFC members. About 35 members participated and heard about changes to the landscape. Among the topics covered were the footprint of the new addition, the removal of the incense cedars along the eastern property line, proposed construction of a new garden and storage shed on the northeast side of our existing building, plans for moving the Memorial Garden, and planting of a new hedge on the Circle Ave. side north of the Apinefu oak tree.

The initial meeting to discuss the Energy Trust's Path to Net Zero program has been delayed until further design work is completed by the architect. Prior to that meeting, building systems (heating, electrical, energy generation, structural, and lighting) need to be proposed for discussion and energy performance evaluation. The architect and the executive committee of the Building Construction Team have interviewed and approved working with Burch Energy Services, Lafayette, OR, to conduct the evaluation when the necessary information becomes available.

TWELVE STEPS FOR BETTER MENTAL HEALTH

The first six on this list are from Dr. James Phelps, director of mental health for Samaritan Health. The last six are from Fellowship member Mark Weiss, teacher/counselor for Linn-Benton Community College.

1. At least 8 hours of sleep, and at a very regular time
2. A diet low in refined carbohydrates
3. Exercise. Any kind, any amount
4. Social contact, regular and abundant
5. Fish oil (1 gram, spa)
6. Light therapy. The Blue Light Machine and/or a Dawn Simulator
7. A few minutes of meditation or prayer every day
8. Always do the most important things first
9. Do something for anyone less fortunate than yourself
10. Express yourself: Creatively, personally, meaningfully
11. Keep a journal of any kind
12. Experience the natural world. Be with it, in it, part of it

Note: Self-blame stops you from taking care of yourself and makes it difficult to solve the problem of depression, because you no longer want to do the things that make you feel better.

Religious Exploration Council

BLACK LIVES MATTER MURAL PROJECT

The RE Council continues our search for an artist who would like to design the concept for a Black Lives Mural. If you or someone you know is interested in contributing to the effort, please contact Skyla King-Christison.

THANK YOU FOR YOUR SUPPORT!

Thank you to all who participated in the survey on intergenerationalism at the fellowship! We had more responses this year than last, which is no small thing after a year of mostly remote connectedness. It's delightful to witness your interest in building a more intergenerational fellowship community!

WHEEL OF THE YEAR

A small team has formed to offer a buffet of activities in the week leading up to each special date on the Wheel of the Year, as well as an interactive, all-ages service. These activities are intended to support the development of a deeper sense connectedness to the rhythms of life through fun ritual, and reflection. Samhain was the first round of offerings with the ancestor tree, ancestor feast, salt dough sculptures, and interactive service followed by a Fellowship Trick or Treat gathering. If you have wheel of the year ideas you'd like to see incorporated, send them our way!

Connections Council

CARE AND SUPPORT TEAM

The Fellowship Care and Support team is at the center of our Fellowship-wide network of care and support. This is part of what shared ministry means, and what it looks like. The team welcomed three new members in October – Linda Zittel, Jacob King, and Marla Karow. They join continuing member Lorene Hales, Susan Christie, Jim Good, Beany Kunis, Susan Breckenridge, Nancy Haldiman, Nancy Lindsey, David Maxfield, Janet Farrell, and Wendy Sutton. Mary Anne Sellers and Sandy Piper serve as co-coordinators.

When can you call on the Care and Support team? When you need or want someone to talk to, even if you're not sure exactly what you need. At times of birth and death, for the sometimes and here/there needs of errands, medical appointments, household needs, etc. The full list of what the Care and Support team aims to help with (and what it doesn't / cannot help with) is available on the Fellowship website.

The network of Care and Support includes all of us – helping each other when we can, how we can. The Care and Support team keeps a list of Fellowship volunteers who are able and willing to help – with meals, transportation, errands, small household jobs, etc. Please join in our network of care and support by adding your name to this [list](#).

Justice Council

CLIMATE SOLUTIONS HAPPENINGS: OREGON INTERFAITH SOLAR CAMPAIGN

Faith Communities Join Forces to Address Climate Change

The Oregon Clean Power Cooperative has teamed up with Ecumenical Ministries of Oregon and the Corvallis Sustainability Coalition to help churches and other faith-based organizations in Oregon make the switch to renewable energy. The **Oregon Interfaith Solar Campaign** envisions building visible rooftop solar arrays at churches and synagogues all over Oregon by empowering local communities to work together. Individuals and faith organizations can participate in the Campaign in five ways:

- **Invest** in the Campaign's projects, which will include solar projects at faith communities, disadvantaged communities, and Tribes.
- **Donate** to help fund solar projects for Oregon Tribes and other organizations.
- **Buy** your power from an Oregon Clean Power Cooperative community solar project.
- **Install** solar on your organization's roof, when it makes sense to do so, with technical and financial help from Oregon Clean Power Cooperative.
- **Educate** others about the Campaign.



Faith communities can lead the way for the widespread adoption of community-owned, locally generated renewable energy in Oregon. Together we make a difference!

From Oregon Clean Power Cooperative,
Shared by Deborah Clark, Member UUFC
Climate Action Team

IMMIGRANT AND REFUGEE SUPPORT TEAM

The Immigrant and Refugee Support Team had a very successful Pumpkin Patch at Elaine Kahn's farm and on a rainy Sunday at UUFC. Elaine supplied lots of jars of yummy treats, as well as the pumpkins. The money raised will go to support Afghan refugees.

Along with the Interfaith Immigrant Support Group we held a Zoom meeting with Linda Carroll, founder, and Lulu Arias Trujillo, social worker, with One Story at a Time, and our own family seeking asylum, the Perlas. Hearing directly from those involved in the refugee crisis was inspiring.

Thanks to the generosity of members and friends, the Perlas now have warm clothes and comforters to see them through an Oregon winter. The donations are gratefully appreciated. If you would like to be involved with immigration issues, contact Nancy Kyle n.kyle12@gmail.com

Justice Council, cont.

EDI/ANTI-RACISM TEAM INVITES YOU TO THESE UPCOMING OPPORTUNITIES!

Your Equity, Diversity, and Inclusion (EDI) team and your Indigenous Connections Team (ICT) invite you to join us for a special workshop, 1-3:00 PM, Saturday, November 6th, to learn more about the Proposed 8th Principle.

Perhaps you've been wondering what the proposed "principle 8" is all about? Who created this principle & why? Why does this principle matter? And for whom? What difference could it make for us? We'll explore this and more at our workshop.

To receive the materials and Zoom link, RSVP to elonameyer@icloud.com. Questions? Contact Elona Meyer

EDI, your Equity, Diversity, and Inclusion Team invites you to join us in whatever way you can.

EDI team members & friends come to learn, to share perspectives, and to take action whenever possible. Have you been wondering about oppression? What is it? Who is affected, how & why? Have you been worried about racism and other oppressions embedded in our institutions. Do you wish there was SOMETHING you could do? Have you wanted to learn more, to hear what Black, Brown and Indigenous voices have to say? EDI welcomes you to discover what we're about and to learn and grow with us; become a member or a friend of EDI & receive opportunities in your inbox. For a copy of our Mission and Goals, contact Elona at elonameyer@icloud.com.

- Attend our quarterly meetings, 6:30-8:00 PM, the 4th Thursday of January, March, and June (Our Fall meeting is TBA)
- Join one of our Anti-Racism Meetings, 7-8:30 PM, the second and fourth Tuesday of each month
- Join us for a podcast, documentary, or book group discussions; watch UU Announce for details!
- Join with us in attending monthly NAACP meetings; our local chapter is incredibly informative & helpful.
- No one person can "do it all." Together, we can accomplish much more than we might think possible!

Interested in learning more? Contact elonameyer@icloud.com and we'll put you on our mailing list.

Unitarian Universalism

THE INVISIBLE THREAD

"Maybe the purpose of being here, wherever we are, is to increase the durability and occasion of love among and between peoples." —June Jordan

I don't have any particular affinity for school buses... My toddler, on the other hand, LOVES them... For as long as he could make sounds he would squeal with delight when he saw one. Over time, "buuuuu" has transformed to "school bus." I find myself seeking them out even when he isn't around.. Why do I do this? I do it because I love my son. It makes him happy, and I like seeing things that make him happy. I have not argued with him about the carbon output of poorly maintained buses. I have not discussed the problems of overfilled underfunded schools. I have simply grown to notice a thing that brings him joy. Doing that brings me joy.

Sometimes love is simply letting someone else like what they like. It's the invisible thread that tethers your heart to someone dear through something as mundane as a school bus. This thread will transcend my mortality. It transcends intellectual discourse. The thread—between me and my son; between any of us who searches for what brings joy to another person—exists because we love.

—Rev. Nathan Ryan, UU minister, Baton Rouge, LA, in *Braver/Wiser*

Black Lives Matter

HOW TO LEARN FROM OUR WHITE ANTIRACIST ANCESTORS: LESSONS FROM THE LIFE OF ANNE BRADEN

Date: Saturday, November 13, 2-4 p.m. online, free

In this virtual workshop, we will develop a vision of how we can best learn from the lives and lessons of some of the greatest White antiracists in U.S. history, using Anne Braden's life as a foundation for reflection. Before the workshop we will use readings accompanied by guiding questions to journal about what we can learn from her. This will include reflecting on Braden's growth process to better understand our own, and examining her strategizing to reflect on lessons we could adapt to our current organizing. The workshop will be facilitated by educator and author Lynn Burnett, who is building a project to tell the stories of the White antiracist past, and to get the lessons from that history into White antiracist spaces. (Note: for those unable to do the reading, there will be an alternative activity to learn about Braden's life during the breakout group.)

The workshop is presented by Corvallis SURJ (Showing Up for Racial Justice) corvallissurj.org and co-sponsored by the Unitarian Universalist Equity Diversity and Inclusion team, NAACP, and the Race Matters group of First Congregational United Church of Christ.

Register [here](#). We will send the readings and a Zoom meeting link to those who register. Capacity is limited. Thank you for your commitment to racial justice! Questions: corvallis.surj@gmail.com.

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