

Services are held at 11:00 am at the Old Stone Church, 157 W Franklin Ave., Bend.
 UUFCO: (541) 385-3908 • www.uufco.org • P.O. Box 428; Bend, OR 97709-0428



UUNews



October 2010 Sunday Services

<p>Sunday October 3 11:00 am</p>	<p>Rev. Susan Maginn: “The Slow Revolution”: We are living in a transformational age. The tools of competition and isolation that have built this world are losing their seductive power. A new world will be created by our ability to live a sustainable life. This revolution is known by its slow motion. We are slowing to know our food sources. We are slowing to know our loved ones and our neighbors. We are slowing to hear the Earth's lamentation and fall in love with her again and again.</p> <p><i>Rev. Susan Maginn is a UU clergyperson who has recently stepped away from professional life to slow down. She is learning the power of potluck dinners, canning, neighborhood food buying clubs, knitting clothes, contemplative dance and home schooling her two children.</i></p>
<p>Sunday October 10 11:00 am</p>	<p>Rev. Heather Starr: “Reclaiming Religion for All Our Spirits”: Every day “religion” is blamed for the human problems of the world. Is there anything good to be reclaimed from religion? Can we reinterpret religion as useful and meaningful in our contemporary age?</p>
<p>Sunday October 17 11:00 am</p>	<p>Discussion Sunday with Ellen Mercer (substituting for Tom Wykes): “Immigration.” A sermon delivered by Rev. Peter Morales, President of the Unitarian Universalist Association. (See inside newsletter for details.)</p>
<p>Sunday October 24 11:00 am</p>	<p>Rev. Heather Starr: “The (Lost) Art of Restraint”: There is an artfulness to not doing those things we instinctively want to do – to buy something new, to eat something comforting, to say that things that would be so much better left unsaid. As the November election approaches and campaign rhetoric is heightened, can restraint – ‘not doing’ – somehow help us be our best selves?</p>
<p>Sunday October 31 11:00 am</p>	<p>Dick Falxa and Debby Lynn: "Remembering Our Losses: Day of the Dead": Today we come together as a community for our annual Day of the Dead service. Using candle-lighting, placing items on our altar, private reflection, and more to commemorate what has been lost and found in the year since our last service, we will all share in a community-inclusive time together. A time of remembering those from the fellowship who have passed from our presence also will be included. See inside the newsletter for details about <u>what you might bring</u> and how you might choose to participate in this special annual service of remembrance.</p> <p><i>The recipient of this month's Greater Community Collection is the Bend Community Center for use serving the homeless and hungry in Bend.</i></p>



PRESIDENT'S LETTER

Hello Members and Friends,

Little did I know what was in store for me when my husband Tom and I won the auction item, a visit to Pine Mountain Astronomical Expedition, at last year's UUFCO auction. Hosted by Kay Stein and Vernon Threlkeld, I was treated to a delicious outdoor dinner and a guided tour of the starry sky at Pine Mountain Observatory last month. I don't know which was more magnificent, seeing the individual planets and stars through a high-powered telescope or just sitting back and taking in the full wonder of the sky. It will be a challenge to top that, but I'm definitely looking forward to the next UUFCO auction at the end of this month.

I can feel change in the air. Whether the weather is an indicator or not, summer is over and we're "back to school." That expression covers quite a lot. In our UUFCO world, Religious Education (RE) is back for both children and adults. And it's more than that. Summer days of warmth and extended daylight give us the backdrop or the rationale to take life a bit more lightly. We know that the troubles and weight of global and personal challenges will wait until we're ready to get "back to school." And now being back perhaps means having a more regular schedule, finding that To-do List from last May, reading about upcoming elections or signing up for a course. It's with renewed vigor that we're ready to take it on, whatever it is. And if you'll allow me one more comparison, I add that just maybe we feel a bit wiser since we've completed another year of learning and have that under our belt. So the question is: what are you going to do with this new "school" year? Next summer season is only eight months away. Unless you commit to make an intention, each month will slip into the next quite smoothly. My challenge to you is to take time in the next seven days to decide what one big thing would be most meaningful for you to accomplish in these next eight months. Only you can know what that is. Once you've determined what it is, write it on a piece of paper, place it in an envelope and save it somewhere you'll find it on June 1st. I'll check back with you in a few months to see how you're doing.

Last night I finished reading the Fall issue of *UU World* and found myself again feeling the energy of being part of a greater body of UUs. It's a magazine that I admit to not initially reading, but a few issues ago I took it on a long flight and I became hooked. If your reading time is limited to tackle the whole issue, I recommend reading "Focus on Immigration" as it's the foundation of our UU four-year Congregation Study/Action Issue for 2010-2014, **Immigration as a Moral Issue**. Our Adult Education offerings this year will assist us to be more knowledgeable on the subject and provide opportunities for us to get involved.

"Our lives begin to end, the day we become silent about things that matter." Martin Luther King, Jr.

Welcome back!

All the best,
Leslie Koc, Board President



EVENTS AND ANNOUNCEMENTS

ANNUAL UUF^{CO} FALL FUN(D) RAISER AND SERVICE AUCTION, SATURDAY, OCTOBER 23, 2010

Here's hoping you all have the date saved on your calendar, and are busy thinking about all the fun you had with last year's items and events, and what you are going to offer for this year. We've secured the **Bend Senior Center** once again for the site of this fabulous evening's fun.

Amy Falkenrath is collecting the auction item donation slips as you fill them out and send them to her via email, or hand deliver them to either of us at a Sunday Service. This is always one of our biggest FUNd raiser events of the year, and its success is totally tied to your participation. Get creative...think fun...all ideas and items/events are welcomed. If you need help deciding on your item or service to offer, feel free to ask us, or run it by one of your friends - ask them if they think they would be interested in what you are offering.

The UUF^{CO} Service Auction is more than just a fund raiser...it is a relationship builder. By that I mean, it is an opportunity to build relationships with fellow congregants in a way that you may not normally. In short, it is a way to offer a service, an event, an opportunity to 'be' with friends and fellow congregants outside of the normal 'church' and circle suppers, to get to know others in a deeper, richer and often a unique way.

You won't want to miss this year's event, for sure! Start thinking about what you can offer. Plan to be there. If you can't be there, pick a proxy who can bid for you. We'll have the final auction item list on the website a few days before the 23rd. **The deadline for getting auction item slips to us is Sunday, October 17th**, so we have time to organize them and get the list finalized and online. **Even if you don't have an item to offer, or don't think your budget will allow you to purchase much, please come and have fun and enjoy the potluck and entertainment that evening. There is also a Children's Auction, with items just for the children to bid on. They LOVE it!**

Thank you...I can't wait to see what will be offered and available this year. See you there!

Grace Kennedy

DAY OF THE DEAD SERVICE: SUNDAY, OCTOBER 31

UUF^{CO} lay leaders Dick Falxa and Debby Lynn will be leading a community-inclusive Day of the Dead service on October 31st. We will be spending some time as a community with a seasonal ritual honoring the great cycle of life. During this service we will all have the opportunity to think about all that has come into being this year and all that has been lost.

Through a variety of experiences everyone is invited to participate in their own way. On that Sunday, you are all invited to bring any small personal items, photos, written pieces, or anything symbolic of the people, creatures, or happenings that have inspired or brought change into your lives in the past year. We will have a time to place these on the altar.

There will also be a special time for acknowledging those of our fellowship who have departed from our presence since our last Day of the Dead service. May you be inspired and comforted as you consider what item or items you might add to our collective display, and ways you might use this time together to remember and honor your losses during this special Sunday service.

BETHLEHEM INN DINNERS:

A GREAT CHANCE TO SHOW YOUR COMMITMENT TO SERVICE

Our next dinners are Thursday Evenings October 28th and November 18th: The pace picks up at the Bethlehem Inn as Summer ends and Autumn Begins. Preparing and serving meals at The Inn is an inspiring experience. For those who have thought about it or who have not volunteered in a while, your participation would be greatly appreciated. We also need a good representation from our “regular” and experienced preparers and servers.

Each month we need food preparers for meatloaf, mashed potatoes, mixed vegetables, gravy, juice, and cupcakes. Because of Bethlehem Inn’s kitchen limitations, our food preparers make their meal component at home and deliver it between 5:00pm and 5:30pm. In addition, 5-6 servers are needed to set up the serving area and then serve the dinner. Servers report for duty by 5:30pm and are finished by 6:35pm. Depending on the time of year, we serve between 55 and 90 meals per month to the Bethlehem Inn’s single and family residents.

You can sign up at Sunday service or contact Leslie Koc or Tom O’Brien at uufco@yahoo.com. Call (541) 385-3908 if you have any questions.

ANNOUNCEMENT: JOIN OUR UUFCA FACEBOOK GROUP!

Beautiful people, we want to see your faces! If you go online even just every-now-and-then, consider joining Facebook—it’s a great and easy way to share photos, updates, news and links (www.facebook.com). If you’re already on Facebook, look up our “Unitarian Universalist Fellowship of Central Oregon” Facebook page, and click “Join Group.” If you need help getting started, just say the word. And if you’re wary of Facebook but open to encouragement, let any of the following people know and they’ll share with you why they enjoy it—Rev. Heather, Amy Falkenrath, Cameron Clark, Tina Bandy-Rogers, Debby Lynn, Aleta Nissen, Claire Spampinato, Rebecca Fender, Savita Krausse...to name a few of your potential Facebook Friends!

RENEWING OUR COMMITMENT TO BEING CENTRAL OREGON’S MOST VISIBLE & ACTIVE WELCOMING CONGREGATION

This Unitarian Universalist Fellowship is Central Oregon’s most active and visible Welcoming Congregation—one of only 2 congregations in Central Oregon that are explicitly welcoming of gay, lesbian, bisexual, and transgender people. It is time for us to become more “out, loud, and proud” about this role, and also more prepared to support, stand with, and advocate on behalf of our gay, lesbian, bisexual, and transgender members and families. If you are interested in revitalizing and deepening our commitment to being a Welcoming Congregation, please speak with Rev. Heather soon. A small group of us are looking into the Unitarian Universalist Association’s curriculum for deepening this welcoming work, called “Living the Welcoming Congregation.”

This 13-session program will begin in Winter 2011. Please let Ellen Mercer or Rev. Heather know if there is a particular time or evening preference that you have as we consider the scheduling of the sessions.

BECOMING A MEMBER OF THE UUFÇO

Our next New Member Ceremony will take place during the Sunday morning service on **November 7, 2010**. We welcome you into membership when you feel the timing is right for you. Membership with UUFÇO involves:

- Attending a Path to Membership class series, a Newcomer Orientation, or scheduling an individual conversation with our minister, Rev. Heather Starr (uufco@yahoo.com / (541) 385-3908),
- Investigating in what ways you will engage in an ongoing spiritual practice,
- Making a monetary contribution (and/or pledge) of any amount to the Fellowship,
- Signing our membership book, and
- Considering the ways that you can be involved in the ongoing energetic creation of our congregational community.

We welcome you into membership and into more meaningful engagement with this community at the point when you feel ready to join. Please contact Rev. Heather if membership is something you'd like to explore.

The fall Path to Membership classes will be Monday evenings **October 4, 11, and 18**, from **5:00-6:15pm** in the Cottage. Please let Rev. Heather know that you are planning to come. These are fun, informative, wide-ranging sessions and a good opportunity to ask any questions that you have about Unitarian Universalism or our Fellowship in particular.

CONVERSATIONS WITH OUR MINISTER

“Trail Hours” are times each month when I set out on a nearby trail hoping that you will join me in conversation out-of-doors in beautiful Central Oregon. Call me if you have questions or are planning to come so that I know to expect you. Dogs and children are more than welcome.

Trail Hours in October: Pilot Butte, Tuesday, October 12 at 10am. Before it gets icy, let's enjoy the Pilot Butte Trail. I'll meet you in the parking lot near the trailhead. Take Greenwood / Hwy 20 east to the turn-off for the Pilot Butte Trailhead.

Please call or e-mail me if you're planning to come so that I know to look for you! Also, let me know if you'd like further directions.

As always, if there is another time or place that you'd like to go for a walk, have a cup of tea, or that'd be good for me to come by and visit with you in your home, I'd be delighted to do that. Please be in touch! I look forward to talking with you and getting to know you better.

—Rev. Heather (uufco@yahoo.com / (541) 385-3908)

Calling All Empty Ink Cartridges and Used Cell Phones -



Are your empty ink cartridges and used cell phones hiding? Are they in your sofa? Did you put them under your mattress? Please bring them to the Fellowship. We get MOOLAH for them, and the MOOLAH buys office supplies! Bring them in any Sunday and put them in the box in the foyer. How about putting them in your vehicle right now? The Fellowship will thank you!

COMMITTEE REPORTS

CARING COMMITTEE

Co-chairs: **Jerrie Jones**, (541) 385-3908, uufco@yahoo.com
Helen Seidler, (541) 385-3908, uufco@yahoo.com



Medical Equipment Available on Loan:

The Caring Committee has a small collection of medical equipment that is available for loan. Most of the equipment, listed below, is kept in the Cottage. It includes: 2 walkers; 1 pair crutches; 1 cane; 1 wheelchair; 1 reacher/grabber; 1 raised toilet seat with arms; 1 shower transfer bench; 1 sock donner.

We also have access to a rolling walker with a seat donated by Martha Lussenhop and stored at her house. We have a second cane available at Dori Mortensen's house, and we have a bar stool at Pam Allyn's house that can help with seated work at the kitchen counter. No equipment is out on loan at his time.

To make a request to borrow equipment, contact Jane Mitchell prior to your procedure or as soon as you are aware of your needs. She can be reached at uufco@yahoo.com or at (541) 385-3908. For your safety, proper fitting of the equipment and training in its use by a health care professional is required. Please notify Jane when equipment is returned so she can maintain a current inventory.

Resources on Dealing with Death, Dying and Grieving: We have a collection of short, beautifully written booklets on this topic that we would like the congregation to know about. One of them is entitled "Dreams, Visions and Visitations of the Dying," which explores whether or not there is life after death. Hospice patients share their extraordinary experiences in the weeks to days before death, and the booklet is intended to help reduce the fear of dying. You can find it on the entry table in the foyer along with display copies of the other booklets in the series. Speak to Jerrie or Helen if you are interested in purchasing any of these booklets.

And also take note of our resource rack with the the UUFSCO Nursing & Recovery Care Resource List; Feeding the Hungry resources; the UUFSCO Emergency contact form; and the Caring Committee Outreach form that can be used to request assistance or sign up to become a member of the Care Team.

Mid-August through mid-September 2010 Activities of Care Team: In the past month the Care Team sent cards and made calls eight times and prepared Rev. Heather's home for her return from Portland.

Caring News and Notes from Rev. Heather: In this busy Fall time of transition, there is still as much as ever going on in our personal lives and the lives of those we love. Consider lighting a candle in your home for those you are thinking of, or writing their names down on a card for reflection.

Thanks to each of you for sharing what's going on in your life and the lives of those you love, and to all of you for reaching out to care for and connect with one another. Please say the word if there is anything that we can do to support you. You can contact your Caring Committee Chair if you need the support of either our Care or Resource Teams—we are here, as our weekly Covenant states, in order to love and "to help one another."

GOOD TIMES ACTIVITIES FOR OCTOBER

Please check out all the sign-up sheets Sunday mornings so that you can be notified by email of upcoming events for your activity interests. Look for the 3-ring binders on the entry tables for all the sign-up sheets.

NEW!! Book Group Forming: Chris Herrick has volunteered to lead a book group, proposing to meet the first Wednesday of each month. The first meeting will be on **Wednesday, Nov. 3** from 2:00-4:00pm at Chris' home. Host homes and discussion leaders will rotate. A list of books is currently being developed for consideration. If a number of people are interested, it is possible to start other groups, meeting at other times. Please use the sign-up sheets to indicate your preferences, and contact Chris if you are interested (uufco@yahoo.com / (541) 385-3908).

Circle Suppers: Jerrie Jones has taken on the organization of the circle suppers. Next Circle Supper dates to look forward to are: **Nov. 13**, and **Dec. 11, 2010** and **Jan. 8** and **Feb. 12, 2011**. Sign-up sheets for November 13 will be on the entry table during October. If you would like to pre-sign up to be a host on any of these dates or if you have questions contact Jerrie Jones (uufco@yahoo.com / (541) 385-3908).

Hiking/XC Skiing: Contact Duncan Brown or Lyn Mattei for information about future hikes, or upcoming xc ski events (uufco@yahoo.com / (541) 385-3908).

Biking: Toni Morris is willing to offer a class in bike etiquette and maintenance. Please contact her if you are interested in a class later in October. Call (541) 385-3908.

Drum Circle Group: Led by Chandra Smith, this group will resume meetings in the fall. No details are available at present. Please let Chandra know of your interest for future meetings at uufco@yahoo.com, or (541) 385-3908, or by signing up at the entry tables.

Card Players: Jim & Becky Dobrowski are hosting card playing evenings monthly. This month, the event will be held on **Saturday, Oct. 16** at 6:30pm. All skill levels are welcome and a variety of games are offered. No need to sign up, but e-mail or call Jim or Becky if you have questions (uufco@yahoo.com / (541) 385-3908).

Stitching Group: For those interested in stitching crafts (quilting, sewing, knitting, crocheting, etc.), Gretchen Grivel will lead the group, starting up again soon for the fall season. Please use the sign-up sheets to indicate your interest, and contact Gretchen for details (uufco@yahoo.com / (541) 385-3908) about upcoming meetings. Time and place have not yet been set.

Family Fun!: Bend offers plenty of great activities your entire family can enjoy, like dinners, gatherings, outings, concerts, camping, snowshoeing and more! Meet other UUFCA families (kids ages 0-18ish) by joining the Family group, or better yet, offering to organize it! Contact Nan Williamson for more information (uufco@yahoo.com / (541) 385-3908).

COMMITTEE MEETING: **A meeting of the Good Times Committee** is scheduled for **Sunday, Oct. 3** following the service. If anyone is interested in joining the group, and/or is willing to lead or organize an activity, please join us at the meeting. We welcome all new ideas!

WATCH!! For announcements, new sign-up sheets, emails, etc. so you don't miss the startup dates for fall activities. As soon as the snow flies, we will be doing outdoor activities, like XC skiing and snowshoe outings. It promises to be another season of really Good Times!



SOCIAL ACTION COMMITTEE

Charles & Wilma Campbell, Co-chairs ((541) 385-3908/ uufco@yahoo.com)

The next two Greater Community Collection recipients will be: October, *Bend Community Center* for use serving the homeless and hungry in Bend; November, *Guest at Your Table*, a Unitarian Universalist Service Committee effort to foster justice, equity, and compassion in human relations. You can nominate a local non-profit by requesting a nomination form from Wilma Campbell. The Social Action Committee discusses all nominations and selects new recipients at each month's meeting. These meetings are usually held in the Cottage on the second Tuesday of the month at 2:00pm and all are welcome to attend.

WORSHIP COMMITTEE

Our next Worship Committee meeting is Friday, October 1 at 1:00pm in the Cottage. All are welcome.

Special Service Invitation: "Bless All Who Serve"

In honor of Veteran's Day this year, we would like to coordinate a special service on November 14 highlighting the reflections of UUFCA members and friends who are veterans. This may take the form of a "Reflections on Service" panel or sharing. If you are in town on November 14 and would be willing to share some of your thoughts as a military veteran with the congregation, please speak with Rev. Heather as soon as possible—you can e-mail her at uufco@yahoo.com.



DISCUSSION GROUP

On the third Sunday in October in lieu of service, UUFCA will hold a discussion meeting. Everyone is welcome at 11:00am in the Old Stone Church. This month, Ellen Mercer will lead the discussion for the vacationing Tom Wykes. The article(s) will be distributed by email about 2 weeks in advance of the October 17th date via Tom Wykes' list. If you would like to be on this UUFCA Discussion Group email list, please contact Tom Wykes at uufco@yahoo.com

October topic: "Immigration" – a sermon by Rev. Peter Morales

The Unitarian Universalist Association (UUA) selected *Immigration* as the moral issue to be studied as the new Congregational Study/Action Issue; the selection was made by delegates at the UUA General Assembly this summer. This year, the UUFCA Adult Religious Education and Social Action programs will focus on this issue. The article referenced above, which will be the focal point of our discussion, is the text of the May 30, 2010 sermon preached at the Unitarian-Universalist Congregation of Phoenix by the Reverend Peter Morales, President of the Unitarian Universalist Association. Reverend Morales examines this issue in the context of history and the context of our core religious values. He speaks to the confusion surrounding arguments of legal rights and moral rights and challenges us to invoke the path urged upon us by our Unitarian Universalist principles and those of every other major religion. This sermon will be distributed through Tom Wykes' email list. If you are not already on the Discussion Group email list, contact Tom Wykes at uufco@yahoo.com to receive a copy of this sermon.



RELIGIOUS EDUCATION

Rebecca Fender, Director (uufco@yahoo.com) / (541) 385-3908)

“October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again.”~ Hal Borland

Happy October! Just as the leaves collect on the ground mulching the soil for the winter, our Religious Education activities have heaped up providing an enriching start to our RE year. I am more than pleased to announce that 12 (yes, TWELVE) members or friends of UUFCA have answered the call to be RE Teachers for the 2010-2011 church year. They are: Shannon Adams, Anita Elliott, Dick Falxa, Amy Foster-Wexler, Jerrie Jones, Grace Kennedy, Teresa Martin, Ellen Mercer, Bill Morris, Chela Sloper, Clif Sunnarborg, and Dave Taylor. These folks have committed to volunteering one Sunday per month in the Cottage during our regular service in order to do the important work of exploring religion and spirituality with our children. The next time you see them, make a point of thanking them for serving our congregation in such a profound and meaningful way.

Thanks to the generous number of volunteer teachers, our RE program is growing. Our new Sunday Morning RE Experience is outlined below along with the curriculum each class will be using for the year.

The First Sunday of each month, UUFCA hosts three classes:

Preschoolers & Kindergartners gather in the Cottage and participate in lessons from *Celebrating Me and My World*.

Grades 1 – 3 gather in the Cottage and participate in lessons from *Around the Church, Around the Year*.

Grades 4 – 6 gather at The City Church space and participate in lessons from *Riddle and Mystery*. The City Church offices are located on NW Hill Street a short, 30-second walk from The Old Stone Church.

The Second Sunday of each month all children from Grades 1 – 6 gather together for Children’s Worship and Luminary Sunday. Worshiping together is an important part of our religious education program, and our Children’s Worship involves rituals, stories, songs, and reflections on religious and/or spiritual themes. During our worship, we invite a luminary from our congregation to share their talent or skill with our children to serve as spiritual inspiration.

The Third Sunday of each month is Discussion Sunday and there are no RE classes.

The Fourth Sunday of each month, UUFCA hosts two classes:

Grades 1 – 3: Gather in the Cottage and participate in lessons from *Around the Church, Around the Year*.

Grades 4 – 6: Gather in the Cottage and participate in lessons from *Riddle and Mystery*.

Childcare is provided every Sunday downstairs in our Childcare Room.

Growing our program is an exciting and substantial step for our congregation. There are many ways and opportunities to be involved. Speak with Rebecca Fender, DRE for Children & Youth, to discover how you can share your talents and skills with our RE program.

It is with sadness and deep gratitude I must announce that Cameron Clark is stepping down as our Youth Group Advisor. Cameron’s warmth, leadership and soulful connection with our youth have been immensely valuable. You will be missed, Cameron, and your service to our youth is appreciated. Our Youth Group will continue to meet every **second Sunday** of the month in The Cottage from 5:00 - 7:00 pm. All youth ages 13-20 are welcome to attend and will find a space of genuine acceptance, deep questioning, personal

reflection and FUN. If you have any questions about our Youth Group, or would like more information, please contact Rebecca Fender, DRE for Children & Youth.

Last, but not least, the children from our RE program will be performing at this year's Annual Fall Fun(d) Raiser and Service Auction on **Saturday Oct. 23** at the Bend Senior Center. There also will be a children's auction and childcare will be available. In order to prepare for our performance, please plan to have your child(ren) stay on **Oct. 3** following the service from 12:30pm – 2:00 pm for a rehearsal. Thanks to Amy Falkenrath and Grace Kennedy for inviting our RE kids to perform and for organizing an intergenerational evening!

With gratitude and joy,
Rebecca Fender, Director of Religious Education

ADULT EDUCATION – OCTOBER UPDATE

In a single-question poll sent out September 15th in an e-announcement of congregational communication and events, the congregation was asked to respond to this question: Which of the following would you be most likely to participate in as a focus of our Adult Religious Education program this year? The choices were: (1) Environmental Issues and Solutions; (2) Immigration As a Moral Issue; or (3) National Economic Reform. At General Assembly this summer, UUA selected *Immigration As a Moral Issue* as the new Study/Action Issue. So many members of UUFCO are actively engaged in a variety of issues in multiple ways -- both personally and as members of other organizations. As a congregation, we have the opportunity to work both individually and collectively to engage in a comprehensive, in-depth study of an issue, to make connections to our Unitarian-Universalist principles and to act with confidence when engaging in reform activities. Of course we are all interested in all of these issues, but felt we needed to poll our interest in participation as a congregation before committing to a Study/Action focus for 2010-II. Thanks to all who responded to the poll. Your results will be made known the first week of October and both our Adult Education and Social Action programs will follow our congregational lead and direction.

“GATHERINGS” Program – A UU Small Group Ministry for Men

Mondays, Sept. 27 through Nov. 15 6:30 – 8:30 pm The Cottage

This eight-week session is currently underway and enrollment is closed for this session. If you are interested in a future group, contact Bob Barber (541) 385-3908 or uufco@yahoo.com.

PRINCIPLED ECONOMICS

Thursdays, Sept. 30 and Oct. 7 6:00 – 7:30 pm The Cottage

The purpose of principled economics is to create actions that can be taken locally to help the economy become more sensitive and responsive to the needs of all stakeholders. Session I (Sept. 23) focused on where and how cultural behavior differs from UU principles; Session II (Sept. 30) looked at strategies that have been tried to address the problem.

Session III (Oct. 7): A look at developing a possible action plan for promotion of a more principled economic outlook.

Where can we go from here and where have others gone? Everyone is welcome. It is not necessary to attend all sessions; come when you can. Contact Charles Campbell (541) 385-3908.

EMBRACING NON-VIOLENT LIVING**Sundays, Oct. 3, 10, 17, & 24****2:00-4:30 pm****First Presbyterian Church**

This is an opportunity to connect with members of multiple interfaith groups in Bend. This four session series focuses on Living Soulforce: Peace in Daily Life. The theme: compassionate communication and conflict transformation as keys to interpersonal nonviolence. Another series of four sessions will be offered in the spring focusing on Putting Soulforce into Action: Nonviolence as a Tool for Transforming Society. Each series is designed to be complete in itself. Members of the Peace Center of Central Oregon will facilitate the Fall session. UUFCA is one of many co-sponsors. Contact Ellen Mercer (541) 385-3908 uufco@yahoo.com.

PATH TO MEMBERSHIP**Mondays, Oct. 4, 11, & 18****5:00-6:15 pm****The Cottage**

Led by Rev. Heather Starr. Learn about Unitarian-Universalism and what it means to become a member of UUFCA.

***UUNews Advertising***

UUFCA welcomes advertising submissions from members on a case-by-case basis (based on size & number of submissions). Donations to the Fellowship are requested for this service. Ads must be one/half page or smaller & sent to newsletter editor, Rebecca Boyer, by the second to last Monday of each month: 70555 NW 89th Place, Terrebonne, OR 97760; uufco@yahoo.com; (541) 385-3908

The Computer Whisperer

Computer Sales & Service. PC's, Networks, Printers, Servers, Wireless, Virus / Spyware Protection & Removal and Just Plain "HELP".

35+ Years Professional Experience in Computers & Related Technologies. Almost 60 Years as a Human Being.

Email Owen@LavaEdge.Net or call 541-389-5400.





LETTER FROM OUR MINISTER

Dear Friends,

After spending the month of August immersed in my father’s health and dying process, I have been startled to notice that it is suddenly, somehow, Fall. I note the gathering presence of leaves on the ground as I walk around the neighborhood and marvel at the crispness of the air and the already occasional early morning frost on my windshield. “Really?!” I gasp. “Already?!”

The seasonal change is a time of transition and so is the school year, the coming holidays, markers of another year beginning to wane. Amidst many kinds of change and transition, we rely on daily practices, routines and familiar rituals to help us get centered once more.

Daily and weekly practices ground us in what we know to be true and good and essential about life. Tea with a neighbor. A walk in the dusky twilight. Lighting a candle each morning as we get dressed. Writing a letter—a real, old-fashioned letter, penned on paper and mailed with a stamp. Making a pot of soup and taking some over to a friend. The simple comforts of life that nourish body and soul.

In the midst of dramatic change in our larger world, these human, intentional acts can also help us to remember and connect to the universal commonalities of human experience—a drink of water, a walk to the store or market, harvesting food for dinner from a garden plot. Perhaps much of what causes us stress or anxiety in our lives is unnecessary. Perhaps being human is really extraordinarily simple. Even if we can only let go of our worries for a moment—still, that moment of respite is a chance for our spirits to feel lighter, to breathe more deeply. Taking time to clear our minds and notice the essence of being human can be a gift to ourselves and to all those around us.

Each of us knows the daily or weekly practices that resonate with us personally and rejuvenate our spirits. Have you been making time for these crucial moments?

The beauty and pain of life go hand-in-hand, and so must we—we must walk together, hand-in-hand, through it all, marveling and weeping and taking care of ourselves and one another as gently and tenderly as we possibly can. May it be so.

Rev. Heather (uufco@yahoo.com) / (541) 385-3908

