

Services are held at **10:30 am** at 61980 Skyline Ranch Road, Bend 97703

UUFCO: 541-385-3908 • www.uufco.org



UUNews October 2016

October 2016 Services



Theme: Healing

October 2 at 10:30am: "The Heroism of Healing"

Rev. Antonia Won

Joseph Campbell, mythologist, taught that spiritual life is a hero's journey, yet healing takes compassion and gentleness. What does it mean to be a hero and how can this help us with our own healing work?

October 9 at 10:30am: "Community, Creativity and Catharsis"

Rev. Antonia Won

This month the cover of our Soul Matters packet asks "What Does It Mean To Be A Community of Healing?" 'Healing' isn't traditional language for UUs. Is it in our religious DNA, or is it a 'trend' we're responding to in society? Are we a 'community of healing' as UUFCO? In Central Oregon?

October 16 at 10:30am: "Meditating on Mystery and Wakening to Wonder"

Lay Speaker: Susan Kinney

Most UUs have heard of the basic principles that we covenant to affirm and promote. But how many have heard of the stated sources from which we draw inspiration? One of the five sources is the "direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and openness to the forces that create and uphold life". Join with new UUFCO member and long-time UU, Susan Kinney as she explores what this might mean for each of us and how it has come home through experiences in her own life.

October 23 at 10:30am: "The State of the Union and Some 'Minor' Issues"

Rev. Antonia Won

There will be tensions and a sense of hopelessness in this country regardless of who wins the election. We started the month focusing on the individual, then our community. To finish, we'll explore some questions that face us as a nation like racism, the politics of division, and to question what we are called to as UUs.

October 30 at 10:30am: TBD

The Reverend's Reflections



Ask someone, “who was the first person you met at church?” and chances are they’ll have a story to tell. These stories are almost always positive because people who have a negative experience don’t stick around to tell theirs. These early and individual connections form our first impressions of a group. Newcomers will immediately know if they feel seen and welcomed in a heartfelt way, or if they feel invisible, unimportant. It doesn’t take much. Someone approaches to say hello or no one does. The effort made in approaching someone, answering a question, or helping find information reveals a generosity of spirit that gives comfort to people who have mustered the courage to walk through an unknown door. How easy it is to forget that out-of-place feeling in strange company.

Whether you found the information someone wished for or answered a question is not the impactful part: it’s the person-to-person, being-to-being connection that matters most. This welcome is what UUFCO has prided itself on and that many feel is its appeal. There is no way of replacing a person-to-person welcome. This will always be true, no matter what size UUFCO is. Even if someone decides this is not the congregation for them, anyone who comes can leave feeling like UUFCO is a warm, welcoming community.

We also strive to be welcoming beyond the first impression, to ensure people get the information they are looking for. With many more people amongst us than just two years ago, the ways we share information and communicate have to grow and change also. We have to find new or more effective ways to get information “out there,” always a struggle in churches. Logically, Sunday worship is viewed as a church’s ‘prime time,’ and there is a tension between the efficiency of getting up to tell everyone at once, and overwhelming the purpose of the gathered community: creating a worshipful experience.

When a congregation is in a ministerial transition as we are, the pressures increase. The Board and the Ministerial Search Committee are committed to keeping people informed about the search process and progress. Not only that, UUFCO is in the midst of other important transitions as well, most significantly the review and update of bylaws, a shift in governance suitable for a larger congregation, and the creation of a coherent set of policies. We are also solidifying new parts of the congregational life structure, formalizing the Sunday Volunteer Teams, Leadership Development Committee, and Program Council. This is one busy place.

Busy as we are, let us remain clear in our priorities, defined by our mission statement: seeking meaning, celebrating life and serving the spirit of love and justice in our world. It is proven again and again that strong worship is the key to maintaining a congregation through big changes. It is proven again and again that connection is what newcomers – and new members – seek and need to become part of the community. No matter how busy we are, no matter that we don’t achieve perfection in our systems and communications, no matter how much we want to stay close to people who are familiar to us, let us remember that we are together for something larger than any of us. Let us remember this and live into it in meaningful, heartfelt ways that we may change the world for someone new.

The President's Perspective

Mark Hickman



The theme for me this month is *relationship*. It may not seem like it at times, but the role of the board is really about clarifying the ways in which we want to be in relationship with each other, both as a fellowship, and in relationship with our paid staff. Believe it or not,

Bylaws and Policies and Rules are really just ways to document our intended style of relationship with one another in our work as a fellowship.

The Board spent quite a bit of time in the September board meeting talking about three different but related subjects: The new Bylaws, reviewing and updating our existing policies, and talking about key new policy documents that we want to prepare in order to describe the relationship we want with our settled minister.

The main thing I want to talk to you about in this letter is the new Bylaws, the upcoming congregational vote on them (*scheduled for Nov 6 after the service*), and the phenomenal process and level of engagement between the bylaws team and the fellowship that I have seen in the last several months to further refine this fundamental governing document.

First, I want to acknowledge the Bylaws Taskforce members Larry Price, Tom Sponsler, Susan Brody and Don Hartsough, who have been working for the past year on this project. This is tiring and, often, thankless work, so we should all give them a hearty “thank you.”

I also want to thank those who actively participated in the feedback process, ensuring that the voice of the fellowship was heard.

The basic architecture of the new Bylaws document is very well thought out, and is an indication of the legal and practical experience that this team brings. In addition, the degree to which public interaction and comment and feedback has informed this document is unprecedented in my experience. Multiple feedback sessions were held with the Board and with Fellowship committees. Lay leaders were asked for comments and three sessions were held after services on Sunday mornings in June and September for all interested members to learn and comment. Many thoughtful comments were received, and, in an exhaustive process, all comments were recorded, along with responses to all the comments, as the Taskforce reviewed and considered them. Dozens of changes were made in response, and a good document became even stronger, while also building the Fellowship's knowledge and trust in this document.

As we work on things like bylaws, policies and rules, it is easy to get caught up in a legal frame of mind and to forget that this is all about the relationships we have with each other. I believe that the public feedback process is part of what reminds us about the relationship piece. This work is a great example of how we will want to approach other “big picture” documents. The Governance Taskforce is planning some outreach sessions for this reason and I fully support this approach.

As I did last month, I will give you a quick synopsis of last month's board meeting.

- We spent a half hour sharing our thoughts on what we are seeking in a Settled Minister with the Settled Minister Search Committee.
- In our review of current policies, we reaffirmed 5 policies, retired 5 policies, voted to accept modified language for 1 policy, and agreed on ownership and approaches to complete the review process for the remaining 14 existing policies.

- We had a healthy discussion with the Governance Taskforce about how to visualize and describe the desired relationship between the work of the board and the minister, and how to begin the work on writing an important fundamental policy on the delegation of authority by the board to the minister.
- We spent nearly two hours going through some detailed discussion around the new bylaws and particular areas where the board still requested some changes before bringing the bylaws to a vote of the fellowship. We reaffirmed our support for the Bylaws Taskforce and the overall strength of the new bylaws, as well as talking about the remaining work to get to closure and fellowship approval this fall through a congregational vote on Sunday, November 6.

My personal challenge at this time is to find the right balance between being an “efficient doer of tasks” vs being a “chooser of wise priorities.” With all the work we are now doing, and my engineering background, it is easy for me to get wrapped up in doing, and I will need your help and reminders to keep me connected with the ways that we need to **be** with each other. If there are things that you think I should be focusing on, let me know.

Part of how I am planning to stay connected with the fellowship is through monthly “Meet the President” gatherings. I have scheduled the first of these meetings for October 30 at noon, and am looking forward to talking with all of you and addressing your questions.

In connection and openness,

Mark Hickman
Board president

Congregational Life Facilitator

Chela Sloper

To Be or Not to Be... a Member of UUFCO



With our new church year underway -- begun with that fun BANG of our Back to Church Potluck – there are several activities we may expect with reliable predictability.

Take, for example, our Membership Orientation classes. Our two classes, “New 2 UU” and “UUFCO 101” educate newcomers about Unitarian Universalism and also about our congregation. They are designed both to introduce people to our faith tradition, and also to provide useful information for those considering membership.

So, why become a member?

It seems to me that there are “outside” and “inside” reasons ... and privileges.

OUTSIDE. Since we are legally organized as a membership-based non-profit corporation, there are legal rights that belong to all members. Our bylaws spell out those rights, but they include being able to vote on our budget and other congregational business, and – a timely consideration for us this year – to vote on whether to call the ministerial candidate selected by the Settled Minister Search Committee. As I like to say, “That’s not nothing.”

One of the particular “outside” privileges of membership is access to our online directory, Breeze. We’re updating it to include mini-bios of all our members, such as the Membership Committee has been gleaning from new members for the past several years. It’s a fun way to see a snapshot of one another, in addition to finding someone’s contact information. (Existing members can add that bio to their profile!) And, speaking of snapshots: the directory is a photo directory, so you can prompt your memory to learn one another’s names more easily.

INSIDE. Each of us is probably “wired” differently about the commitments we make, why we make them, and what changes in us at different benchmarks of commitment and involvement. So there certainly is no “one size fits all” regarding becoming a member of UUFCO.

But perhaps September’s worship theme of **covenant** helps to clarify the dynamic a bit. Both a noun and a verb, “covenant” refers to a living relationship of mutual engagement. And the dynamic aspects of covenant help to hold us steady through calm and stormy waters, both.

I share a mental picture of the Three (or Four) Musketeers laying their hands on a hand pile: “All for one and one for all!”

Director of RE

Ayla Halberstadt



The theme of the month in Soul Matters for October is healing. We are in a place of unrest in our country right now. We are seeing this unrest in our political system, justice system, and in acts of nature around the country. How can we take this and create space for healing during the swirl of the storm and how can we show the younger generations how important healing is not just when we physically get hurt, but when we have emotional wounds that need healing?

This task can seem daunting but as a community, even the most daunting tasks can be worked on! I originally put that the most daunting tasks can be completed, but I am not sure that this task in particular will be completed. One way the RE program is promoting a culture of healing is this month on September 29th the Children and Youth RE program is sponsoring an event hosted by REALMS magnet school. REALMS (Rimrock Expeditionary Alternative Learning School) is a magnet school of the Bend La-Pine School District that has 150 sixth through eighth graders with a vision to foster scholarship, strengthen community, and inspire stewardship through active learning. One of the ways REALMS is living their vision is by having their seventh and eighth graders participate in Challenge Day.

Challenge Day is an anti-bullying program that goes deeper than the traditional anti-bullying efforts. Challenge day is helping create a safe space for empathy, compassion, and positive change. There will be 100 students and 25 adults participating in a full day workshop. You can learn more about this incredible non-profit at <http://www.challengeday.org/>

Having programs like this to be able to offer healing space to those who need it is so important and I will be participating as one of the 25 adult facilitators in the Challenge Day program on September 29th and look forward to being able to connect and have UUFCCO provide safe an healing space for youth in our Central Oregon community.

Wherever you are in your own healing process I want to offer these words to you.

“Take Courage, friends. The way is often hard, the path is never clear, and the stakes are very high. Take courage, for deep down, there is another truth: You are not alone.” – Wayne B. Arnason

Committee Updates

Governance

Staying Connected to Governance at UUFÇO

Your Governance Task Force is working hard and we want to share both our accomplishments up until now and our process for future congregational engagement. In July the Board endorsed a working statement of what Governance could be at UUFÇO:

Working Statement of UUFÇO Governance Philosophy

The congregation elects a board to function as its governing body and a minister to serve as its spiritual, programmatic, and administrative leader. The intended style of leadership shall be consultative, collegial and inclusive. The board shall delegate authority to leadership in proportion to their responsibilities. As much as possible, the board shall delegate management decision making and devote its own attention to discernment, strategy and oversight. We expect all leaders to practice open decision making, healthy conflict management, and mutual support in their respective roles.

Endorsed at Board meeting on 7-14-16

In August the Board also approved of a contract with Rev. Dan Hotchkiss to work with UUFÇO as a consultant for during this year. Dan Hotchkiss is the author of Governance and Ministry. There are copies of his books in the library. Chris Herrick has written a summary of his book (17 pages single spaced) and this version is available for anyone wanting a concise view of the book.

We are beginning to formulate our process as our work continues. We will be using consultation with Dan Hotchkiss as we draft our questions, formulate our process and eventually draft policies. We are researching the UUA website and other publications. Rev. Antonia will be supporting us with ministerial consultation. We are reviewing other church policies as well as part of our research. We continue to meet monthly with the Board.

And we definitely want to connect with you....members and friends of UUFÇO. We plan to interact with UUFÇO committees offering information and receiving input. We have met with the Search Committee in the month of September. During October and November we plan to set up meetings with the Healthy Congregations Team, Leadership Development Team, Council of Committee members, Adult RE, to name a few. We will also be having group conversations with members and friends this fall. Look for schedule of gatherings in the weekly ACE and Fresh Sheet. The monthly newsletter, the ACE and the bulletin board are other avenues of communication.

Yes we hope to reach out to everyone. Feel free to communicate with us via email. As co-chair you can write to me at whoward610@gmail.com. I will bring your comments to the team!! Other GTF are John Rhetts, Judy Hurlburt and Jan Lindeman.

Social Justice Committee

Project GRACE Action Teams Kickoff

Opportunities for More Volunteers



On Sunday, September 25, six Project GRACE Action Teams shared their proposals for actions to address escalating inequality of income, wealth and opportunity. The proposals include:

- Funding for Student Sports and Activities. Supporting ongoing efforts by organizations in Central Oregon that assist students and families in covering the fees and charges imposed by schools for students to engage in sports, band, orchestra and other activities.
- Wildcat Wizards Tutoring Program. Our one-year old program tutoring third-graders at Juniper Elementary in Bend. Additional tutors and substitutes are needed to match one-on-one with students who need a helping hand with math and reading—and just spending time with a caring adult.
- An Innovative, inclusive early learning program. We will be further exploring developing an innovative early learning program for 3 – 5 year olds that would utilize UUFSCO's outstanding educational space, working in collaboration with OSU-Cascades.
- Conscious, Compassionate, Consumer Choices. Developing handouts and other information to help UUs (and others) make purchasing choices that support businesses that support workers and that are socially responsible.
- Changing the Narratives. A group committed to using the arts and other means to bring the true story of inequality to light. This group plans to work in collaboration with some of the other Project GRACE groups to highlight the issues of concern.
- Fair Taxes for All. This group is sponsoring a forum on October 9 at UUFSCO on Measure 97. If there is interest, they will work further on issues of tax fairness.

More detailed descriptions of these proposals are available at the Project GRACE table in the Pete Seeger Gathering Hall. All of these efforts can benefit from more volunteers. This is an opportunity to live our UU Principles. To assist, please contact John Horwich.

Requiem for the American Dream

Friday, October 28 at 6:30pm
Linus Pauling Hall

As part of the Social Justice program, we are beginning a yearlong conversation on "Changing the Conversation" with this documentary, from Noam Chomsky, one of America's most respected and influential social theorists, who offers us sobering insights on the nation's extreme economic inequalities and the true cost of projecting U.S. power worldwide.

Please join us at 6:00 p.m. in the Linus Pauling Room for this powerful film.

As usual, please bring a light snack to share and a beverage of your choice. The movie will begin at 6:30.

The Shared Ministries Committee



The Shared Ministries Committee (SMC) and the Healthy Congregations Team (HCT) are starting off this fall engaged in an immersion program **Creating a Culture of Right Relationship – The Power of Covenant-based Collaboration and Conflict Resolution**. This is an eight-week series convening each Monday evening via Zoon video conferencing for ninety minutes. The sessions are led by Rev. Cathleen Cox, a UU minister whose work focuses on Spiritual Guidance and Development and Community Ministry. Those participating in this initial series include program committee chairs, Board representatives, SMC, HCT, Leadership Development Team, Rev. Antonia and staff. At the completion of the initial eight-week series, there will be six monthly practice sessions to put these ideas into action.

The purpose of the program is to introduce the ideas, principles and practices of right relationship and healthy communication to a core group with the intent of sharing the experience with the congregation in the future. As our congregation is going through a period of great change and growth, we need to renew our understanding of how we can help each other develop a culture of right relationship. This program gives us a sound place to begin. The Healthy Congregations Team will be communicating the ideas and experiences of this immersion with you as we proceed throughout the fall.

Ministerial Search Update

Our last focus group, where we will gather additional information through small group discussions, will be offered on:

- Sunday, October 2, 12:00pm-1:30 pm

Childcare will be available, and this Sunday session will have light snacks. Please RSVP to [Noreen Halberstadt](#) and specify if you will need childcare.

Beyond Categorical Thinking (BCT) Workshop is scheduled for **November 13** following Sunday service. The BCT workshop is designed to promote inclusive thinking and prevent unfair discrimination during a congregation's search for a settled minister. We'd like your participation in this workshop, so please plan to attend. Lunch and childcare will be provided.

Stay tuned, more to come...

Events & Announcements

NUUrishment Night Potluck Wednesday, October 5 at 5:00pm Pete Seeger Gathering Hall

Our NUUrishment Night program wants to nourish you -
with food for the body, heart and mind!

The monthly potlucks, scheduled for the first Wednesday of the month, allow us to share good food with one another, and get to know one another a little better - nourishing body and heart. The potlucks are family-friendly, and everyone's invited to come on out!

See you next Wednesday!

UUFCA Membership

Are you considering membership at UUFCA? You are invited to attend our two membership orientation classes which will be held in October to help you in your discernment:

- 1. New2UU - October 13 from 6:30pm – 8:45pm:** This class explores the origins of the Unitarian Universalist faith; what this UU faith means to us as individuals, as a fellowship, and as a light within the larger community of our world.
- 2. UUFCA 101- October 20 from 6:30pm to 8:45pm:** This class provides a brief history of our fellowship and how it has evolved into the vibrant community it is today. We also introduce you to our governing structure (e.g., Board of Trustees, committees, etc.), and talk about finding meaningful ways to get involved with the congregation.

If you feel you might be interested in sharing your heart and mind with UUFCA or simply want to know more about us, you can sign up for the upcoming membership orientation classes at the Kiosk in the Pete Seeger Gathering Hall or through our website [here](#).

Board Meeting Thursday, October 13 6:30pm in Conference Room

If you are interested in having time on the agenda please contact Mark Hickman. You are always welcome to come to a Board meeting.

Meet the President

**Sunday, October 30
12:00pm in Linus Pauling Hall**

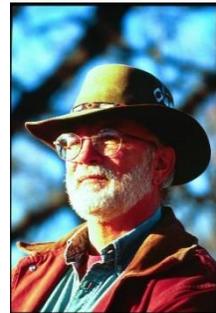
Please join us for our first monthly "Meet the President" gatherings. Mark Hickman looks forward to talking with all of you and addressing your questions.

**Bill Staines
Sunday, October 9 at 7:00pm
UUFCO**

After touring and playing concerts for over 41 years, you would think that musician and songwriter Bill Staines might think about slowing down, but that's just not the case. Bill continues to perform more than 175 shows a year and drives close to 70,000 miles getting to them. He is one of the most durable and beloved singers on the folk music scene today.

His music is sung at campfires and folk music gatherings, in homes and churches, all around the country. Songs like "All God's Critters," "The Roseville Fair," "Child of Mine," and "River," have become folk music classics.

On stage, Staines is an intimate, compelling performer, out of the folk scene of the 60's, encouraging his audience to sing with him on his chorus songs. He will mix in traditional tunes with his own contemporary folk ballads.



Photograph by Larry Minton

"I have always wanted to bring something of value to people with my songs. I think that is important, to try to write beyond myself, to write to the great things that we all experience in our lives." For Bill, that is what folk music is all about—a music rich in the human experience and spirit.

Tickets are free, with a suggested donation of \$15

**Women's Spirit Circle
Tuesday, October 18 6:30pm to 8:00pm
Linus Pauling**

The first meeting of our Evening Women's Spirit Circle will be coming this October. This month's meeting will be in a Topic Discussion format as we start to get to know each other. Chandra Smith will facilitate this opening session. Some months will have a ceremonial format. Group purposes identified by the planning committee are - opportunities to share more deeply with one another, sharing different spiritual practices, opportunities to discuss topics and issues that are of particular interest for women, and an opportunity to attune with others in our congregation.

Childcare will be provided. Please RSVP to Kristel Masterson by Oct. 16 if you wish to use childcare. Please call Kristel a 541-350-7845 if you have questions about Women's Spirit Circle. Hope you can join us.

NUUrishment Nights Have Returned!

The following Wednesday evening fellowship and learning opportunities begin on October 5 (note this is a new start date). Sessions run from 7:00pm- 8:30pm. Potlucks are offered the first Wednesday of each month and begin at 5:30pm

Please note our first potluck will be held on **October 5**.

Spirit of Life: An Exploration of Unitarian Universalist Spirituality

Facilitated by Chela Sloper and Kathleen Harrington

This Tapestry of Faith curriculum of the UUA invites us to explore aspects of spirituality, based on the lyrics to our Chalice Lighting Hymn, "Spirit of Life".

- Start date: October 5 (first potluck)
- Location: UUFCO
- Length: 9 sessions (weekly)
- Limited to 30 participants
- Cost: Free
- Register with [Chela Sloper](#) by October 2

The Shared Pulpit: A Sermon Seminary for Lay People

Facilitated by Rev. Antonia Won, this 8-session series is a complete workshop to help lay people gain experience writing and preaching a full-length sermon for their congregation. In a supportive environment in which participants offer one another helpful feedback, we'll learn about the theory and theology of preaching, then practice writing and speaking with authenticity, gradually building toward composing quality 20-minute sermons.

- Start date: October 5 (first potluck night)
- Location: UUFCO
- Length: 8 sessions (between October 5 and April 5)
- Limited to 8 participants
- Cost: Book purchase \$14 (assistance available)
- Register with [Chela Sloper](#) by October 2

Judy Hurlburt has agreed to be the "Grand Poohbah" for Sunday Volunteer Teams. For the past year, you've likely been contacted by a team captain by email or phone about volunteering on Sundays. After services for the next few Sundays, Judy will be at the Kiosk to answer your questions about the process and the needs each Sunday. Watch as well for training opportunities on scary things like the dishwasher, coffee makers and ushering. All are easy and fill a sense of purpose for each of us as we serve. Watch for her in the Grand Poohbah crown after service. She'll happily give you the run down and make sure you know you're needed and wanted!

By the way -- are you on [October's list](#)? If you are, please use this [link](#) to sign up. Thanks in advance!

Social Justice at UUFCO

Measure 97 Discussion

**Sunday, October 9
12:00pm in Linus Pauling**

Come join this lively discussion with presenters from both sides of Measure 97.

Bethlehem Inn Serving Your Community in Bend Thursday, October 27

You can prepare turkey meatloaf, mashed potatoes, mixed vegetables, cupcakes or 1% milk ... or be a server! No experience necessary.

Sign up using this [link](#), at the Sunday sign-up table, or by emailing [Leslie Koc](#).

Jericho Table Serving Your Community in Redmond Saturday, October 29

Please come and help other UUFCO'ers as we bring food and serve a "party" dinner for the Jericho Road/Table program once each month. Sign up at the link below to provide a main course, a fruit/veggie salad, drinks, or a dessert for 45 hungry people. We also need servers to help with the meal. Please join us!

Sign up using this [link](#) or by emailing [Pam Horwich](#).

GCC for October

Volunteers in Medicine

Volunteers in Medicine (VIM) Clinic of the Cascades provides healthcare on a donation basis to working adults in Central Oregon with no medical insurance or means to pay for care.

VIM uses a community approach, where 300 in-clinic volunteers and over 400 local medical partners collaborate to provide patients with necessary primary and specialty medical care, prescription medications, mental health care, and/or basic dental care.

VIM's patients are age 18 - 64. The majority have one or more chronic conditions such as diabetes, hypertension, high cholesterol, or mental health diagnoses. All of these conditions are manageable with medical oversight and access to care.

This is where VIM comes in. At VIM, patient costs of about \$71 per month are funded by patient donations along with local and regional supporters.

Requiem for the American Dream

Friday, October 28 at 6:30pm
Linus Pauling Hall

As a part of Social Justice, we are beginning a yearlong conversation on "Changing the Conversation" with this documentary, from Noam Chomsky, one of America's most respected and influential social theorists, who offers us sobering insights on the nation's extreme economic inequalities and the true cost of projecting U.S. power worldwide.

Please join us at 6:00 p.m. in the Linus Pauling Room for this powerful film. As usual, please bring a light snack to share and a beverage of your choice. The movie will begin at 6:30.

Watch the trailer [here](#).

Come and be part of our conversation!

Art at UUFCO

CALL FOR ARTISTS "ON PAPER"



We are pleased to announce the first greater Bend art show "On Paper". Please stop by to enjoy this show in the Linus Pauling Hall.

Requested Donations or Volunteers

Potluck Hosts for NUUrishment Nights Beginning in October

Once again we will have NUUrishment Nights -- fellowship and learning opportunities -- on Wednesday evenings beginning in the fall. Stay tuned for announcements in August about courses to be offered by our Adult Religious Exploration program.

We will be having a potluck **once a month** on a NUUishment Night. If you would like to become a Potluck Host, please contact [Chela](#). Responsibilities are: come early to set up tables for food, set out plates and silverware, welcome friends as they arrive, oversee clean-up.

Sunday Volunteers - are you on Team C?

October still has many slots to be filled by Team C volunteers. Click [here](#) if you are unsure if you are on October's team. Please use this [link](#) to sign up if you haven't already done so. No training required!

RE Classroom Volunteers Needed!

RE classroom volunteers needed! To ensure our Religious Exploration program is up to safe church guidelines and that we are protecting both our adults and children in the program, we need two adults in each class a week! Volunteering in Religious Exploration as a classroom assistant requires no prep work and is a meaningful way to get to know the children and youth in our congregation. You would be assisting our lead RE teachers with discussions and activities during our 30-45 minute RE classes. Please contact [Ayla Halberstadt](#), Director of Religious Exploration to sign up today!

Adult RE Offerings in October

Spirituality Book Club

Meets 2nd Tuesday of each month in the Linus Pauling room. Next meeting is October 11 from 5:30 to 7:00 pm. Drop-ins are welcome. No suggested reading for October. Instead, we will practice Non-Violent Communication (NVC) exercises - no prior experience needed. Contact [Robin Slocum](#) with any questions.

Yoga and Relaxation

Wednesdays 9:30 to 10:30am

Teacher: Daisy Layman

Come experience creative and supportive yoga practice with Daisy who has previously taught at UUFCO this spring. Daisy brings a dynamic blend of care, enthusiasm and energy into her teaching style that allows her to relate to both beginning and experienced students.

New Evening Yoga Offering!

Monday evening Yoga 5:30 to 6:30pm

Teacher: Kyra Kadhim

We are excited to offer a late afternoon, early evening yoga class. Kyra is a young and professional teacher who taught classes at UUFCO this summer. She brings an attentive and caring blend to her teaching practice which supports flexibility, strength and relaxation.

For questions about yoga class please contact [Wendy Howard](#).

Come a few minute before class begins. Bring your own mat if you have one. We do have yoga props to share with students. A liability form needs to be signed for all new students. Classes are offered on a donation basis and donations help us acquire yoga supplies and also provide an honorarium to our teachers.

Dances of Universal Peace

Chela Sloper hosts the monthly gathering of Dances of Universal Peace - celebrating traditions through song and movement. Join us October 25th at 6:30pm.

ONGOING IN OCTOBER

Chinese Essence Qigong

Offered Tuesday mornings from 9:00am to 10:00am. Contact Steven for more information.

Sunday Morning Meditation

Chandra Smith invites you to a weekly Sunday morning meditation before worship in the Founders Fireside at 9:00am. We are returning to a fall schedule of seated meditation inside. All are welcome. Email Chandra with any questions.

Joys & Sorrows

Joys and Sorrows shared in October

- **Annis & Jim** - Celebrating our 51st anniversary today. 51 years of loving with lost of FUN and effort...
 - **Gwen Yuill** - "I was fortunate enough to be a part of Woody Steven's 87th birthday celebration on Friday. She was happy and surrounded by loving family."
 - **Keith Matthews** - "I may not have a lot of money, be behind on our mortgage and eat from food banks, but I am the richest man alive because I have been married to the love of my life for 12 years this September 14."
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Good Times Activities in October

Card Night

If you are interested meeting people and playing cards, join us on Saturday, October 8 at 6:30pm. Call Ken Wilhelm at 541-280-0591 for additional information.

Movie Night

Friday, October 28 at 6:30pm. *Requiem for the American Dream* in Linus Pauling Hall. Please bring a snack to share and a beverage of your choice.

UU Knitters

TBD

Hiking Group

Hikes to be announced in the weekly ACE.

Contact Karen Maier to be added to the email list or if you need more details on the hikes above.

Circle Supper

Scheduled for **October 21**. Sign up at the Kiosk in the Gathering Hall. Contact Pam Wilson for more information.

Book Club Numero Uno (#1)

After a summer break, UUFCA Book Club "Numero Uno" has resumed our gatherings! *We invite new people to join Book Club Numero Uno.* We read a variety of books, both non-fiction and fiction. We meet on the first Wednesday of the month from 2:00 - 4:00pm in the Founders Fireside room. Please call Bo Hanson (541-550-7656) or Wendy Howard (541-598-4794) for more information.

Happy Birthday to....YOU!

Lynn Beck

Herb Blank

Greg Byrne

Carol Ann Cary

Toni Colotte

Linda Crouse

Alice Elshoff

Annis Henson

Carolyn Herb

Chris Herrick

Andrea Hopkins

Pam Horwich

Randy King

Susan Kinney

Joe Maier

Max Merrill

Brad Porterfield

Charles Scamahorn

Barbara Scott

June Slaugenhaupt

Virginia Sponsler

Gwen Yuill

September

October, 2016

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
39 September	September	September	September	September	September	1 08:00am First Pres 10:30am Breastfeeding S ...
2 09:00am Mindfulness Med ... 10:30am Sunday Service 12:00pm Art Reception 12:00pm MSC - Focus Gro ...	3 01:00pm COCOA 01:00pm MSC 05:15pm Gentle Yoga 06:00pm Cat Cox Trainin ...	4 09:00am Qigong	5 09:00am Yoga 12:00pm Writing Group 02:00pm Numero Uno Book ... 03:30pm Potluck - NUURI ... 06:00pm Choir 07:00pm NUUurishment Nig ...	6 06:00pm Board Meeting 06:30pm Membership Ori ...	7 08:00am (TENTATIVE) OND ...	8
9 09:00am Mindfulness Med ... 10:30am Sunday Service 12:00pm 7-9th Grade Par ... 12:00pm MSC 12:00pm Measure 97 Pres ... 12:30pm Men's Group 06:00pm (TENTATIVE) Bil ...	10 01:00pm COCOA 05:15pm Gentle Yoga 06:00pm Cat Cox Trainin ...	11 09:00am Qigong 05:30pm Spirituality Bo ...	12 09:00am Yoga 10:00am Finance Commit ... 06:00pm Choir 07:00pm NUUurishment Nig ...	13 06:00pm Board Meeting 06:30pm Membership Ori ...	14 08:00am (TENTATIVE) OND ...	15
16 09:00am Mindfulness Med ... 10:30am Sunday Service 12:15pm Soul Matters - ... 12:15pm Soul Matters - ...	17 01:00pm COCOA 01:00pm MSC 05:15pm Gentle Yoga 06:00pm Cat Cox Trainin ... 07:00pm Soul Matters - ...	18 09:00am Qigong 01:00pm Soul Matters - ... 01:00pm Soul Matters - ... 06:30pm Women's Spirit ...	19 09:00am Yoga 12:00pm Writing Group 06:00pm Choir 07:00pm NUUurishment Nig ...	20 Newsletter Dead ... 06:30pm Membership Ori ...	21 06:00pm Circle Supper	22
23 09:00am Mindfulness Med ... 10:30am Sunday Service 12:00pm MSC	24 01:00pm COCOA 05:15pm Gentle Yoga 06:00pm Cat Cox Trainin ...	25 09:00am Qigong 06:30pm Dances of Unive ...	26 09:00am Yoga 06:00pm Choir 07:00pm NUUurishment Nig ...	27 05:00pm United Way Even ... 05:30pm Bethlehem Inn D ...	28 06:00pm Movie Night	29
44 09:00am Mindfulness Med ... 10:30am Sunday Service 12:00pm Meet the Presid ...	31 01:00pm COCOA 06:00pm Cat Cox Trainin ...	November	November	November	November	November



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