

Services are held at **10:30 am** at 61980 Skyline Ranch Road, Bend 97703  
UUFco: 541-385-3908 • [www.uufco.org](http://www.uufco.org)

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# UUNews October 2017

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**October 2017 Services**  
**Courage**



**Theme:**

**October 1 at 10:30am**  
**"What the New Minister Believes"**  
**Rev. Scott Rudolph**

Who is that guy up front anyway and where is he coming from? Unitarian Universalists have the freedom to claim their own beliefs. The beliefs we hold shape our actions and lives. Turns out, the minister has a few things that he believes in as well. This morning, Rev. Rudolph will share with the congregation some of his beliefs.

**October 8 at 10:30am**  
**"What Have You Left Out"**  
**Dawn Song, Lay-led**

Dawn talks about her journey from the loneliness of isolation to wholeness and how she let the Light in.

**October 15 at 10:30am**  
**"Everything is Amazing!"**  
**Rev. Scott Rudolph**

Smart phones. Optometry. Cars. The night sky. These are all just part of our normal everyday life. But gadzooks! Those things are incredible! When we get used to things, the novelty wears off and the stuff of life shifts from amazing to normal. The religious life invites us see the profound within the mundane. This keeps life shimmering. Let's take it in together.

**October 22 at 10:30am**  
**"95 Theses"**  
**Rev. Scott Rudolph**

500 years ago in October, 1517, Martin Luther nailed 95 Theses to the door of All Saints' Church, Wittenberg, Germany and started the Protestant Reformation. He was protesting practices of the Church and looking for justice. Our world today is still in need of reformation and justice. We will gather around these ideas in worship rather than nail them to the front door.

**October 29 at 10:30am**  
**"The Courage for Developing Clean Friendships"**  
**Judy Hurlburt, Lay-led**

Judy Hurlburt, a member since 2012, began conversations about the nature of friendships after the recent, sudden death of a dear friend. Judy will share insights from these conversations, and will reflect on the courage it takes for developing and maintaining what she calls "clean friendships"-one whose deep value and benefits she continues to understand since her friend's death.

# Thoughts Scott Begot

Rev. Scott Rudolph

Ever wonder when or why you might reach out to your minister? You are probably not alone. Many years ago a Unitarian Universalist minister named Peter Lee Scott wrote a column called "When to Call the Minister." The column has been passed along and adapted many times over for many years. The following list should be read with the lens that as a minister, I am not a "fixer," but I am a source of care and perspective. Here's my take on it:

- When you don't know me but would like to or you would like to know me better.
- When you're planning to be married.
- When you are going through marital difficulties, separation, or divorce.
- When you are having difficulties in health.
- When you have given birth to a child or adopted. Or wish to have a dedication ceremony.
- When something in your life is going wonderfully and you would like to share that with someone.
- When you have problems or concerns you'd like to discuss — problems with your job, children, partner, health, wellbeing, or anything else where a listening ear might be help. I do not do ongoing counseling or therapy but can usually provide referrals when it is needed.
- When someone close to you has died, is suicidal, or is critically ill.
- When you'd like to plan or make advance plans for a funeral or memorial service.
- When you are pregnant and glad you are or you're pregnant but wish you weren't.
- When you want to know more about Unitarian Universalism or have a friend who is curious.
- When you're considering joining the church, but you still have some questions.
- When you have decided you would like to join the church.
- When you'd like to get involved in church but are not sure how.
- When you would like to offer your time, talent, or treasure to our fellowship.
- When you're upset with me or have concerns and would like to talk about it. Or if you're appreciative and would like to share.
- When you need help, but you're not sure who to call.
- When you have questions you don't know what to do with.
- When you'd like to talk about religion, theology, or spirituality.

This list is, of course, incomplete. There are many other reasons that you might be in touch. But you get the idea. The point is – be in touch. I like to remind people to share good news as well as trials. Joy loves company just as much as misery. In time, I plan to establish a Pastoral Care Team here to expand how we care for one another. And there are always the good people next to you in church, friends established or new, to whom you can reach out.

We are a caring community. We are a place where we hold, nurture, and lift one another up. To do so, we must be willing to offer help and ask for it as well. Talk to you soon.

With Love,

Scott

# The President's Perspective

Max Merrill



At the September Board meeting we invited Larry Price, chairman of the Social Justice steering committee, to talk to us about the current activities of the committee and to advise Larry that the Board is making a commitment this year to increase Board and congregational emphasis on Social Justice.

We know that there is considerable interest in the congregation to have us engage in more social justice activities. You have been heard. This is in no way meant as a criticism of the many successes of the committee to date. To the contrary, we currently have numerous existing programs, both short and long term, which will be enthusiastically continued. Our intent is to elevate the awareness of the congregation to the opportunities to help our neighbors in need which are now available and to focus upon a project or two which will receive a more sustained and visible emphasis at UUFCO. The result of this elevated awareness should encourage participation in these activities by a larger segment of the congregation.

With these increased opportunities to be involved comes the obligation to actually BECOME INVOLVED! I often hear “We should do this” comments but there are rarely follow up comments like this: “and I would like to head up the group that makes this happen.” Larry Price has just done this by volunteering to head up the Social Justice steering committee. He deserves our full support and I can assure you he has the full support of your Board of Trustees. Now is your opportunity. The Board will be suggesting ways in the weeks and months ahead as to how you can volunteer your time and effort in making a difference in these programs.

I am therefore urging all of you to spend some time individually or as a family discussing what each of you is willing to commit to this social justice initiative. It need not be a huge time commitment or a giant financial donation but I hope we will ALL be willing to devote some time and/or resources to this effort.

Also, if you have ideas about social justice programs that you believe might be appropriate for UUFCO to take on, please give the Board your suggestions.

I am excited that we are going to devote some substantial congregational time and effort in these endeavors. Some projects might be taken on by us alone. Others may involve other like-minded religious communities in our area. I can personally attest to the satisfaction that I have had in working with individuals from many other religious entities in Central Oregon on the Neighbor Love project. We are establishing contacts and allies through our mutual work there which may lead to cooperation on other important social issues. I also know that there will be many opportunities in the next months to contribute your time meaningfully to help our Latino immigrants in Neighbor Love.

Let's pull together and make this effort the huge success I know it can be. In making a success of this outreach effort we will take the first major step in more fully incorporating one of our Unitarian Universalist core values, social justice, into our UUFCO culture. Our covenant says “and service is its law.” Service is doing and the time for doing is now.

More specific information will be coming to you in the next weeks and months. As they say in the cartoon strips “stay tooned.”

Let us strive together to continue to help our many neighbors, young and old, who need our support.

# Director of RE

Ayla Halberstadt



This past month I participated in an online masterclass from the Fuller Youth Institute. This class was about growing young and youth ministry. In this class, the presenters brought up five keys I want to share with you.

- **Key 1** -Start with reality: If you are honest about where the church culture is, it is easier to start from a realistic place.
- **Key 2**- People support what they create: If we as a congregation create a program, we see where we belong and fit in the ministry and will be more willing to volunteer time and effort into something they have helped shape.
- **Key 3** -Ask why: When you are silent there is no progress.
- **Key 4** - Craft a compelling vision: Scott Cormode writes “Vision is a shared story of future hope.” Let us work towards a vision we can get behind and work towards.
- **Key 5** - Maintain disciplined attention: Check in every 3 weeks on how the programs are going and what rough edges we can attend to.

I would love to talk about this with a group of all ages interested in growing UUFCO’S children and youth program. I want to hear what you think our realities are, what programs you would like to see and help create, and what visions of hope for the future you have for UUFCO. Would some of you be willing to set aside an hour of your time to have this conversation with me?

I have so many beautiful visions for UUFCO, but my visions alone will not be realized. We are all in beloved community together and our shared visions will be so much more powerful than a single vision. Sometimes we can silo ourselves in ministry when we are working in one specific field and need to be guided back to the larger vision that we have all lovingly created together. Leadership starts with listening and I am eager to listen to our congregation and help us all create a program that we are passionate and excited about.

In faith and love,

Ayla Halberstadt

# Care Committee



Central Oregon Council on Aging and the UUFCA Care Committee co-sponsor two Family Caregiver Support Groups that meet at the church on Monday's. The group is facilitated by a staff member of COCOA, and Ginny Sponsler of UUFCA.

These are no fee, on-going groups for family caregivers (anyone caring for a family member or friend with a chronic condition who lives with them, nearby, in a facility, or far away). Family Caregivers are **unpaid** caregivers. Family caregivers may be doing hands-on care, case management, advocacy, or all the above. The care receiver may live with the caregiver, nearby, or far away. The care-receiver must have a chronic condition...dementia, MS, Parkinsons, brain damage, cancer, mental illness, or any other condition with an unpredictable pattern, no "cure", and an unpredictable life span prognosis. We currently have men and women in the groups caring for family members, loved one, s and friends. Some have been caregivers for 8 or more years. Others are new to their role that they never trained or signed up for!

The 1:30-3:00 group has met together for over three years. Last month we started a second group that meets from 11:30-1:00. **The 11:30-1:00 group has openings.** Anyone with questions can contact [Ginny Sponsler](#), Care Committee Chair.

We have several UUFCA members in our groups. Ginny and Tom are long-distance family caregivers to an elderly mother and a mentally ill sibling. Their understanding of the challenge of family caregiving has led to Ginny's interest in having the Care Committee advocate for this group.

Come join us. It is a very welcoming, educational-support group. The focus is on YOU, the caregiver -- your mental, physical, social, and spiritual self. This is not a drop in group so please be in touch with Ginny Sponsler or Wes Vaughn (COCO A 541-678-5483) if you have questions or interest in registering.

# Healthy Congregations Team



In the August newsletter, the Healthy Congregations Team (HCT) reviewed its purpose for being. Yet we continue to be asked- “What exactly is the HCT about?” “What exactly does the HCT do?” In a nutshell, the HCT exists to safeguard the wellbeing of UUFCO by nurturing the health and robustness of how we live out our UUFCO Relational Covenant. The “formal” description as it exists now states “The UUFCO Healthy Congregations Team is a resource for promoting and facilitating open, respectful, productive communication and addressing conflicts in our congregation in the spirit of our Mission and Relational Covenant.” What the HCT is doing or what that looks like on the ground will be continually changing as we are a dynamic community in perpetual growth. Last year we were all focusing on what our renewed mission statement means in all our endeavors. Now, although we say our Covenant together routinely, we have not taken on the larger task of asking ourselves (So, how ARE we doing?) and by the way “What do those words we say actually look like?” That seems to be the conversation that is relevant to us right now.

The HCT has been looking at ways to support the continuation and growth of healthy communication. Compassionate Communication (Non-violent Communication) seems like a good fit for us to engage as a tool we can use together and initial planning was underway to begin exploring that together. On reflection however we felt it would be more meaningful for us to begin by re- engaging with our Relational Covenant and what that means for our future. What are we doing well and how can we use that to help us achieve what we set out to accomplish in the community and world? Paying heed to the cart before the horse story we changed course and recognized we need to return to the Relational Covenant for clarity, guidance and direction before delving into the tools best suited to get us there.

So you will see the HCT focusing this year on supporting Rev. Scott’s immersion into conversations with the congregation and getting to truly know us. We look forward to covenantal conversations ahead. We will continue to be a resource to facilitate healthy conflict through open communication as will inevitably occur in any dynamic community.

For you wanting to engage with Compassionate Communication (NVC) this fall/winter the Center for Compassionate Living with whom we’ve been consulting is offering 7 different opportunities to engage – some multi-week sessions and some single sessions. See the flyer on the community bulletin board or contact <https://compassionatecenter.org/classes/>

We would love to hear from you – your new ideas, your questions, your suggestions.

Contact anyone on the HCT – Ellen Mercer, Don Hartsough, Susie Hickman, Nancy Hodge, Tom McCullough, James Simmons, Nancy Stevens, Judy Trask, Pam Wilson

# Social Justice at UUFCO

## Want to Light Sparks in Young Learners? Become a Firefly!



Our Social Justice Project GRACE FIREFLIES Team is seeking additional team members to assist us with both ongoing and new initiatives. After our successful summer book bag project at Juniper Elementary last spring, we are looking to again serve Juniper, but are also considering expanding to serve at least one additional school. We need volunteers who are willing to assist with fundraising projects, as well as coordinating with schools and other potential partners.

The FIREFLIES Team will also be working to expand UUFCO's involvement in early learning, including the potential for an affordable, high-quality program in our RE space, and possible summer programs. We need volunteers interested in developing program proposals and budgets, and in exploring funding options.

If you are interested in working on either of these efforts, please contact [John Horwich](#).

## Community Land Trusts – A New Approach to Affordable Housing in Central Oregon

Please join Amy Warren, the Executive Director of KOR Community Land Trust of Bend, in a discussion about how community land trusts are addressing the challenge of affordable housing and in particular the new partnerships and projects KOR Community Land Trust has in the works for Central Oregon. This exciting approach is one more tool in the toolbox of a comprehensive program to provide more affordable housing.

This program, sponsored by Project GRACE, will be held in Linus Pauling Hall following the service at noon, Sunday, October 29.

## A Social Justice Issue: The Corruption of Our Democracy

Delegates at the 2016 General Assembly in Columbus, OH, selected "The Corruption of Our Democracy" to be the 2016-2020 Congregational Study/Action Issue (CSAI) of the Unitarian Universalist Association of Congregations.

A Congregational Study/Action Issue is an invitation for UU congregations to take a topic of concern and engage it, reflect on it, learn about it, respond to it, comment on it, and take action—each in their own way.

This study action issue invites us to learn a new narrative and work to create a truly inclusive democracy that builds the common good and our collective future.

This CSAI asks us to consider how the legal notion of corporate personhood corrodes our cherished democratic process.

The current state of our democracy demands that we look at how political power in the history of the United States has been based on many oppressions.

Without a narrative that confronts the myths that underlie American democracy, any efforts to create a true democracy will be limited.

There are several activities addressing these issues that can be scheduled. Please contact [Charles Campbell](#) for more information.

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## Events and Announcements

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### Histories and Hopes

Rev. Rudolph has been meeting with small groups of members and friends of UUFCO over the past month to hear different perspectives on our shared history and to learn more about what we hope to see our community become in our future. So far, there have been nine gatherings around town, in surrounding communities, and at the church. In effort to make sure that everyone was able to participate that wanted to, we are gathering names for another meeting. The meeting will take place the week of October 1 with the time and date to be agreed upon by the people interested. If you would like to take part, please sign up at the Kiosk in Peter Seeger Hall or call the fellowship office at 541-385-3908.

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**Sunday October 8, 7:00 p.m.**

**Acoustic Eidolon**

**in concert at UUFCO**



"...the music of Acoustic Eidolon stands alone in its elegance and unusual sound. The music is passionate, ethereal and lush. Joe's unique double-neck instrument sounds like a guitar at times, but it can also sound like a mandolin, a hammered dulcimer or a banjo - and Hannah's cello playing is simply magnificent."

Celtic, classical and contemporary folk, unique cover songs and highly creative original pieces. Lively conversation with their audience is positive, uplifting, soulful, humorous and inspiring. Just what we need these days!

**Guitar, cello, vocals**

**\$15-20 suggested donation at the door**

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**Board Meeting  
Thursday, October 12  
6:00pm in the 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.

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***Save the Date!***  
**"From Beethoven to Brubeck"**



***A special evening with Phil Miscovich at the piano!***

**UUFCO  
Friday, November 3 at 7:00 p.m.  
Free concert - All are welcome!  
(donations will gladly be received for the UUA Disaster Relief Fund)**

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## **Fun Activities from UUFCO Religious Exploration!**

This year, children and youth RE wants to build intentional multigenerational community! We have activities in October, November, and December open to anyone at UUFCO!

### **Saturday, October 14 - Family Food Truck Night**

4:00 p.m. to 6:00 p.m.

Join us at The Lot located at 745 NW Columbia St. in Bend for a fun evening at the food trucks.

### **Saturday, October 21 - UUFCO RE Sleepunder**

UUFCO from 5:00 p.m. to 9:00 p.m

Lets have an RE pajama party! Waffle bar for dinner followed by games and a movie. All the fun of a sleepover, but we all sleep in our own bed and houses.

### **Sunday, October 29 - Halloween Hangout**

UUFCO at 12:00 p.m.

Come paint pumpkins, be a mad scientist, and show off your Halloween costume! Make your own quesadilla station for lunch.

### **Saturday, November 11 - Family Potluck Night**

UUFCO from 4:00 p.m. to 6:00 p.m.

All are welcome to have a potluck with our UUFCO family! Board games will be provided for after dinner fun.

### **Saturday, December 23 - Cookie Decorating**

UUFCO 3:00 p.m. to 5:00 p.m.

Let us decorate cookies for our Christmas Eve services. Holiday songs, cocoa, cider, and goodies will be provided.

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**Changes Group**  
**October 29**  
**4:00 p.m. to 6:00 p.m.**  
**Linus Pauling Hall**

On Sunday, October 29th from 4pm-6pm, UUFCO member, Tara Breitenbucher and her colleague, Steven Biesmann, will facilitate Bend's first monthly Changes Group for people interested in participating in Focusing exchanges. This group will welcome people of various levels of experience with Focusing - from those who have been Focusing for years, to those who have minimal practice with it and are interested in learning more.

Focusing is a mindfulness-like practice performed alone or with a companion, allowing an individual to attend to and engage with their inner experience, helping us to clarify and resolve places that are stuck or out of balance. This group is intended for those who have some previous instruction in Focusing, in order to be able to engage in an exchange with another person - each taking a turn as Focuser and Companion. There will be time for a short group discussion around the Focusing process after exchanges. People new to Focusing will be invited to observe and resources for further instruction will be provided. All participants are asked to RSVP with Steven Biesmann 541-410-9039 or Tara Breitenbucher 206-303-0653.

The Changes Group will be held the second Sunday of each month from 4:00 p.m. to 6:00 p.m.

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## Membership

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**NEW2UU- Saturday September 30, 9:30 a.m. to 12:00 p.m.**

Are you ready to learn more about the fascinating history of Unitarian Universalism and our Seven Principles? We'll be glad to have you during this class as we explore how the UU faith came to be and why, what it means to us as individuals, as a fellowship, and as a light within the larger community of our world. Sign up at the kiosk in the Gathering Hall or email Mayme Trumble, [maymet@mac.com](mailto:maymet@mac.com).

**UUFCO 101-Saturday October 7, 9:30 a.m. to 12:00 p.m.**

If you're enjoying Sunday mornings and wondering how to get more involved in UUFCO, please join us for this membership class. We will provide a brief history of our Fellowship and how it has evolved into the vibrant community it is today. Sign up at the kiosk in the Gathering Hall or email [Mayme Trumble](#).

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## Social Justice at UUFCO

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### **Social Justice at UUFCO Sunday, October 22 Following Service**

UUFCO is doing quite a lot in its Social Justice Ministry! Many people are not fully aware of this, even though they may have heard about Project GRACE, Fireflies, Wildcat Wizards, Bethlehem Inn, Neighbor Love, Climate Change initiatives, and more. They all add up to a rich Social Justice program for UUFCO. Should we be doing even more? Of course! And maybe you have the ideas and/or enthusiasm to make new things happen or enrich what we are already doing.

Sunday October 22, 2017 will provide an opportunity to learn and think about Social Justice at UUFCO. First, Rev. Scott and the Worship Committee will build the service around this topic. You are invited to a one hour program on Social Justice following the service, which will highlight what is already underway and provide an opportunity to suggest and think about possible new directions. Throughout, there will be an emphasis on how everybody can take part and help make Social Justice truly a priority for all at UUFCO. Please join in!

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### **Community Dinners Make a difference and volunteer!**



### **Bethlehem Inn Dinners Bend Thursday, October 26**

Our dinners are back to the fourth Thursday of the month. You can prepare turkey meatloaf, mashed potatoes, mixed vegetables, cupcakes or 1% milk...or be a server! Or both! No experience is necessary. Thank you!

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 28**

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 by emailing [Pam Horwich](mailto:pam@uuuco.org).

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**Social Justice Movie Night**  
**September 29 at 6:30 p.m.**  
**Linus Pauling Hall**

["Under The Same Moon"](#)

This film tells the parallel stories of nine-year-old Carlitos and his mother, Rosario. In the hopes of providing a better life for her son, Rosario works illegally in the U.S. while her mother cares for Carlitos back in Mexico. Unexpected circumstances drive both Rosario and Carlitos to embark on their own journeys in a desperate attempt to reunite. Along the way, mother and son face challenges and obstacles but never lose hope that they will one day be together again. Rigger's film is not only a heartwarming family story; she also offers subtle commentary on the much-debated issue of illegal immigration.

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**Wildcat Wizards Tutoring Program**



**We still need a few more volunteer tutors! Training is October 3, so if you are interested in helping out, contact Christine Walsh ASAP.**

The Wildcat Wizards Tutoring Program is a partnership between our UU Social Justice group and Juniper Elementary. Last year we served twenty students and contributed over 400 hours. We are actively seeking new tutors and substitutes for this school year.

At the end of last year, the Vice Principal said that students who participated in the tutoring program saw more gains in their reading level than a typical peer who didn't participate. Struggles with reading correlate with an increased risk of high school dropout.

Volunteer tutors work one-on-one with a student referred their teacher for extra help. The program runs from October through May, and meets on Tuesdays from 4:00-5:00pm. Tutors work one-on-one with the student on homework, reading and math. Substitutes allow continuity for the students when tutors aren't available.

We will be partnering with Trinity Episcopal Church's Social Justice Committee this year to recruit tutors and substitutes among their congregation. This should allow us to expand the number of students we serve.

Ellen Peterson and Gloria Rasmussen have joined me in coordinating the program. They and others who tutored or substituted will have "Ask Me About Tutoring" attachments on their UU nametags if you'd like to learn more about the program.

Or contact me, [Christine Walsh](#).

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## **ART (Art Resource Team)**

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### **Members and Friends Art Show**

The Art Resource Team invites members and friends of UUFCO to enter our next show to be installed on Saturday, November 4. You may submit up to three pieces for consideration. Painting, mixed media, fiber, photography and printmaking are accepted. Each piece must be prepared for hanging on our installed hardware. No 3D art at this time. All work must be original. Work submitted might not be chosen

for the show. The ART reserves the right to make those decisions. If you are interested in submitting your work, please contact Karen Maier with digital images of the work you wish to submit by October 16th. If your work is accepted, a contract will be sent to you with further information. Contracts must be filled out and returned by Monday, October 23 to:

**UUFCO**  
**Attn: ART**  
**61980 Skyline Ranch Rd**  
**Bend, OR 97703**

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## **Labyrinth Project**

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On Saturday, September 30 at 10:30 a.m. the Labyrinth Project Team will need some help with site prep -- weeding and planting.

[Ginny Sponsler](#) is heading the Labyrinth Project Team. The initial goal of the Project is to complete the initial clean-up and planting by the end of 2017. If you would like to be on the contact list for activities related to the Labyrinth Project please send your contact information to [Ginny](#).

Adults and youth are welcome. Watch future Newsletters and ACE publications for more information about the longer term goals of the Labyrinth Project.

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## **Requested Donations or Volunteers**

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### **Weed Pull Therapy October 7** **UUFCO**

Want to work off your frustrations in a productive manner? Come on out with us and help pull the final crop of weeds at our fellowship site before winter sets in. Even though we removed a lot of weeds a month ago and many of the remaining ones have already gone to seed, some of the most noxious ones are still blooming their little hearts out. So, before the tumbleweeds tumble down the hill, and the knapweeds begin their winter nap, let's move them off of our site and to the local

landfill. Please join us:

**When: Saturday October 7**

**What Time: 9:00 a.m. to about Noon**

**Where: Meet at the front door of the building**

What to Bring: Gloves (everything seems to have stickers), a shovel, and lots of energy. ALSO, if you have an electric tea kettle, please bring it to boil water for the weeds that are growing in the gravel pathways around the building (they're really difficult to dig out, and boiling water works well).

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## **Sunday Service Volunteers**

**September is Team C's** turn to help out with volunteering at Sunday services. This is a valuable way to contribute to our UUFCO congregation. Please check your calendars to sign up for one or two Sundays. Please click [here](#) to access SignUp, UUFCO's online volunteer sign up sheet.

Not sure if you are on Team C? Check [here](#).

If you would like to lend a hand on Sundays and have not yet been recruited (or assigned) to a team, please contact [Chela Sloper](#), Congregational Life Facilitator. Volunteering on Sunday is a simple way to meet new people in the congregation.

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## **Adult RE Offerings**

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### **New Offering!**

#### **Poetry Workshop**

**November 1**

**2:00 p.m. to 4:00 p.m. in the Linus Pauling Room**

Numero Uno Book Club invites you to join us for a Poetry reading and Workshop on November 1, 2017. Ellen Waterson, a local writer, will provide a time to engage with poetry and share selections from her newest and fourth volume of poetry "Hotel Domilocos." A quote from another author Jimmy Santiago-Baca says: "I love it when a poet connects poems into a narrative lyric that connects lives and makes the people real with sorrow and joy, hardships and achievements..." Ellen is a

literary arts advocate and teacher. She is founder of The Writing Ranch where she offers workshops and retreats for writers. She is also the Executive Director of Playa which is a residency retreat for artists and scientists in Summer Lake, OR. Please join us for this free offering.

### **New Class!**

#### **Introduction to the Enneagram**

**10-Week Series: Wednesdays through November 22**

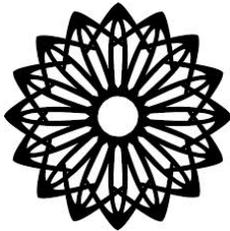
**7:15 p.m. to 8:45 p.m.**

One of the most profound spiritual questions is the simple, yet mysterious "Who am I?" The Enneagram is a powerful awareness tool that explores 9 different ways of viewing and relating to the world. Although we all share certain core emotions and needs, the 9 Enneatypes hold different worldviews, offer different challenges and gifts, and rely on different "default" talking styles when under stress. As a result, we unwittingly find ourselves in a box that limits our understanding of and ability to work and play well with others. Join us for this fascinating and fun class series!

Register [HERE](#) if you can, or come early to the class to register. General Registration: \$100 (Class series); Pledging Members of UUFCO: \$60 (Class series); Student rate: \$35 (Class series). Drop-in rate per class: \$12.

Book: *Riso & Hudson, Personality Types: Using the Enneagram for Self-Discovery (1996)*. Available through Amazon, or at a local bookstore.

Any questions, contact [Robin Slocum](#).



#### **Soul Matters**

We resume our monthly explorations with the Soul Matters theme packets. Each 10-14 page packet provides exercises to engage the theme in our daily lives, reflection questions, and pages of resources -- quotes, links to videos and podcasts, movie and song recommendations -- that help to provide different angles of considering the monthly theme.

September's theme is **welcome**: *What does it mean to be a people of welcome?* You may sign up by sending an email to [soulmatters@uufco.org](mailto:soulmatters@uufco.org). Please indicate if you would like to participate in a Soul Matters small group as well. The small groups are 7-10 people who commit to meet once per month -- generally the third week of the month -- to share their experiences and reflections in an atmosphere of deep listening.

#### **Spiritual Book Club**

Next meeting is October 10 from 5:30 to 7:00 p.m. in Sophia Fahs Commons (RE). Drop-ins are welcome.

Any questions, contact [Robin Slocum](#).

## **Dances of Universal Peace**

[Chela Sloper](#) hosts the monthly gathering of Dances of Universal Peace -- celebrating spiritual traditions through song and movement. Join us the 4th Tuesday of the month: October 24 at 7:00 p.m. in Linus Pauling.

## **Spiritual Practices available at UUFCO**

### **YOGA: Tuesday mornings from 9:30 a.m. to 10:30 a.m.**

Mindful Yoga for Every Body is a yoga practice is designed to settle the mind and open the body through a practice of postures and breathing techniques. Suitable for all levels.

Join teachers who have experience guiding students of varied physical abilities through a gentle, accessible practice using props to assist each student to go at their own pace. This practice will include standing and moving up and down from the floors.

The class is offered on a donation basis and suggested donation is between \$5 and \$10. If you have any questions about the class you can email [Wendy Howard](#).

### **Sunday Morning Meditation: Sunday Morning at 9:00 a.m.**

Chandra Smith invites you to a weekly Sunday morning meditation before worship in the Founders Fireside. We have returned to a seated meditation inside. All are welcome. Email [Chandra](#) with any questions.

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## **Good Times Activities**

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### **Family Dinner Night**

Come join other UUFCO families and friends for a potluck! Everyone is invited! Bring a dish and a smile to share. Contact [Megan Michell](#) for more information. **Next dinner is Saturday, November 11 at 4:00 p.m.**

### **Camping**

TBD

### **Hiking**

Thursday hikes will be happening throughout the fall unless otherwise indicated. Contact [Karen Maier](#) to be included in the email list. Announcements will also be made in the ACE.

### **Card Night**

If you are interested in playing cards on a regular (monthly) basis, email [Jim Dobrowski](#) or call 541-410-4887.

### **The Yarn Connection**

The knitting group will meet weekly on Thursdays at 3:30 p.m. in the Founder's Fireside Room. We welcome any knitters as well as crocheters who care to join us. Contact [Susie Linford](#) (541-306-3096) for more information or to be added to their contact list.

### **Circle Supper**

Circle Supper is October 20 at 6:00 p.m. Sign up at the kiosk in the Gathering Hall. Would you like to host a Circle Supper? You open your home and the guests bring the food. Contact [Betsy Dickinson](#) for additional information.

### **Book Club Numero Uno (#1)**

*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 - 4:00 p.m. in the Founders Fireside room. Please call Bo Hanson (541-550-7656) or Wendy Howard (541-598-4794) for more information.*

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## **Happy Birthday to....YOU!**

### **October**

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Lynn Beck  
Herb Blank  
Greg Byrne  
Corol Ann Cary  
Toni Colotte  
Linda Crouse  
Alice Elshoff  
Annis Henson  
Carolyn Herb  
Chris Herrick  
Andrea Hopkins  
Pam Horwich  
Bryce Jordan



Randy King  
Susan Kinney  
Joe Maier  
John Marvin  
Max Merrill  
Bradley Porterfield  
Charles Scamahorn  
Barbara Scott  
June Slaughaupt  
Virginia Sponsler  
Lois Wilson  
Gwen Yuill

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# UJFCO Calendar of Events

Calendars October 2017

Event	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Adult RE Private Event Public Event Tentative UJFCO	40 Sun Oct 1, 2017 9am - Mindfulness Meditation 10:30am - Sunday Service	2 Mon 11:30am - COCCOA 2pm Kitchen Training	3 Tue 2pm - Nimmato Uno Book Group 4pm - Neighbor Love UJFCO 7:15pm - Intro to the Encounter	4 Wed 3pm - Girls Photography Day 3:30pm - Yarn Connection 7:15pm - Intro to the Encounter	5 Thu 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - UJFCO Board Meeting	6 Fri 9am - Oregon Statewide Trails Summit 10:30am - Mova Night 8:30am - Men's Art	7 Sat 9am - Mindfulness Meditation 10:30am - Sunday Service 12:15pm - Soul Matters - B/B 12:15pm - Soul Matters - C/C 12:15pm - Soul Matters - A/A
	8 Sun 9am - Mindfulness Meditation 10:30am - Sunday Service 12pm - Sirena Workshop 4pm - Kipson Training 7pm - Concert: Acoustic Eddison	9 Mon 11:30am - COCCOA 6:30pm - Worship Committee 8:30pm - Sordial Book Club	10 Tue 8pm - Choir Rehearsal 7:15pm - Intro to the Encounter	11 Wed 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - UJFCO Board Meeting	12 Thu 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - UJFCO Board Meeting	13 Fri 9am - Oregon Statewide Trails Summit 10:30am - Mova Night 8:30am - Men's Art	
	15 Sun 9am - Mindfulness Meditation 10:30am - Sunday Service	16 Mon 11:30am - COCCOA 4pm - Moby Carol Book Release	17 Tue 8pm - BUJWear 12pm - Adult RE 4pm - Deschutes Land Trust Con 7:15pm - Intro to the Encounter	18 Wed 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - Worship Meditation	19 Thu 12pm - NEWS LETTER DEAD 4pm - Circle Supper	20 Fri 9am - Oregon Statewide Trails Summit 10:30am - Mova Night 8:30am - Men's Art	22 Sun 9am - Mindfulness Meditation 10:30am - Sunday Service 12:15pm - Soul Matters - B/B 12:15pm - Soul Matters - C/C 12:15pm - Soul Matters - A/A
	23 Mon 11:30am - COCCOA 2pm - Soul Matters: Live Story 7pm - Dances of Luvareal P	24 Tue 1pm - CAFO Food & Agriculture 4pm - Choir Rehearsal 7:15pm - Intro to the Encounter	25 Wed 3pm - Girls Photography Day 3:30pm - Yarn Connection 5:30pm - Bethlehem In Paris	26 Thu 3pm - Girls Photography Day 3:30pm - Yarn Connection 5:30pm - Bethlehem In Paris	27 Fri 9am - Oregon Statewide Trails Summit 10:30am - Mova Night 8:30am - Men's Art	29 Sun 9am - Mindfulness Meditation 10:30am - Sunday Service 12pm - for Landline UJFCO 4pm - Chorus Group	30 Mon 11:30am - COCCOA
	31 Tue 2pm - Nimmato Uno Book Group 4pm - Neighbor Love UJFCO 7:15pm - Intro to the Encounter	Nov 1 Wed 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - UJFCO Board Meeting	2 Thu 3pm - Girls Photography Day 3:30pm - Yarn Connection 5pm - UJFCO Board Meeting	3 Fri 9am - Oregon Statewide Trails Summit 10:30am - Mova Night 8:30am - Men's Art			