

FALL 2004 ACTIVITIES



UNITY CHURCH OF CORVALLIS

Now that summer is nearly over, at least here in Corvallis, it is time to look forward to the fall season. We, at Unity of Corvallis, offer all truth seekers an open hearted spiritual home. We offer a progressive community-based Sunday Service along with a number of alternative evening services for those seeking a more experiential worship experience. We also invite guest speakers and workshop presenters to Corvallis to enhance your opportunity to connect. In addition we present our own classes and seminars as well as fun social activities.

We look forward to seeing you and serving you.

GUEST MUSICIANS

We extend a warm welcome to the wonderful array of guest musicians that will be inspiring and uplifting your hearts and ears.

September 5 The Free Range Chix

Free Range Chix, a Corvallis-based musical group, will bring its lively banter, humor and a capella melodies to Unity of Corvallis on Sept 5th. Nancy Beaudry, Barbara Case, Vicki Hannah Lein and Stephanie Long, who make up the Free Range Chix, describe themselves as "relevant, irreverent, musical mid-life Mamas."

September 12 Boundless

Boundless has played to packed houses all summer. Their musical selection is much like Agape, lively and inspiring. They are also scheduled for additional dates throughout the fall.

September 19 Dawning of the Day

Dawning of the Day, a local group performing Celtic music joined us for one of our services this summer. Given the wonderful response, we could not wait to have them return. Their rendition of "This Little Light of Mine" alone is worth hearing. If you like lively music and exceptional talent, be sure to join us.

September 26 Mark Olmstead

Mark Olmstead, guitarist, singer and songwriter from Portland will be playing and singing his original music for us.

October 24 Jefe

Jefe, another local group, will play an interesting mix of music and come highly recommended.

October 31 Juliet Wyers

Juliet is an unfolding star. She has been recently been invited to perform at 6 national songwriting competitions, all based at major music festivals. She is just back from her first big tour (in the Northeast) where she played to great acclaim. We are looking forward to her debut here!

November 14 Solstice

The incomparable Solstice will be returning to Unity of Corvallis after a long absence. They are led by Suzannah Doyle, and feature singers Paul Bezanson and Kitzie Stern. For years they were the backbone of the music program here at Unity of Corvallis and we are glad to have them for a return engagement.

WORKSHOPS & GUEST SPEAKERS

Over the summer we had several successful workshops, including *Spiritually Street-Smart* by Dr. Susan Shumsky, *Creating your Miracle Consciousness* by Anakha Coman, and John Maluso presenting on building connection and discerning communication styles through characteristics of the eye/iris. This fall's guest speaker line-up includes:

Sunday, September 5
Vickie Lein

Vickie is a natural singer songwriter, storyteller and speaker and brings her unique blend of talents to work with all ages. Legally blind herself, she helps people look at what they need to "see" in order to have the most power in their lives. Vicki speaks to groups around the country and in Europe. She has won awards from the Oregon School Counseling Association, the Oregon Elementary Principal Association, and the Oregon Department of Education. Her topic will be *Follow Your Bliss or It Will Pursue You*.

Sunday, October 17
Meir Schneider

Meir Schneider will speak at our Sunday service, and lead a workshop that afternoon. Meir is the leader of the School for Self Healing in San Francisco. Self-Healing is body-mind work. It offers powerful combinations of massage, movement therapy, visualization, breathing exercises. The method grew out of Meir's experience in overcoming his own congenital blindness as a teenager.

Sunday, October 24
David & Faye Fields

We will host David and Faye Fields, authors of *The Invisible Wedding*. They will speak at our Sunday service and hold a workshop that afternoon. Integrating both Eastern Thought and Western Psychology, *The Invisible Wedding* references the ultimate connection available whenever people enter relationship. It is a powerful book and the work shop promises to be helpful to all in a relationship or looking forward to one.

ALTERNATIVE SERVICES

Here at Unity of Corvallis we know that a traditional Sunday service does not meet the spiritual needs of everyone, even if it is a progressive community-led service. Thus, at least once a month, we offer an evening service that has very little in the way of sermon and a lot in the way of expression and experience of the divine in each of us. This past year we have done such events as hosting a drumming circle, chanting, singing songs of peace and social activism (as part of our Season of Non Violence), and our Labyrinth/Taize Service celebrating the changes of the season on the solstice and equinox. This fall we have an extensive line up of alternative services, which we call Earth Circles.

Fridays, September 10, October 15, November 12, and December 3
7:00 - 8:30 pm
Earth Circle: Dances of Universal Peace

As part of Unity's desire to offer alternative expressions of worship, we will be hosting Dances of Universal Peace (also known as Sufi Dancing) one evening per month this fall. The dancing includes song and live guitar music to accompany us. We will meet in the Game Room at the Chintimini Senior Center.

Friday, September 17
6:00 - 9:00 pm
Earth Circle: Treasure Mapping

Treasure mapping is an experiential visual and artistic prayer and meditation practice. It is amazingly effective at unlocking your possibilities and is a key step in the manifestation process. It is also fun, so if it is your first time, bring a smile. (If you have picture magazines that can be cut up, bring them too.) We will meet in the Craft Room at the Chintimini Senior Center.

Thursday, September 23
7:30 - 9:00 pm
Earth Circle: Labyrinth Walk and Taize

We will celebrate the equinox outside, in the pavilion at Starker Arts Park in Corvallis, with Andie Andrews and Suzannah Doyle.

Thursday, October 28
7:30 - 8:30 pm
Earth Circle: Ayurvedic Chanting

This will be facilitated by Suzannah Doyle in the Cline Room at the Chintimini Senior Center.

CLASSES & ACTIVITIES

This summer we had a full array of classes and activities, from our now annual camping trip, to our 4th of July Garden Party, to Naive Art—an expression of the divine, a 3 week program called Conversations on Sexuality, as well as other classes and workshops. For the fall we have a number of interesting and helpful activities.

Thursday, September 9 Unity's 22th Annual World Day of Prayer

Unity has sponsored World Day of Prayer since 1994. Its purpose is to raise the spiritual awareness of humankind through a united expression of faith. Call the church office for more details.

Sunday, September 12 End-of-Summer Fun

Please join us here for a potluck and then an afternoon of fun in the park immediately following the service. In planning what wonderful dish to share, remember that there will be no stove or microwave available for cooking or heating that day. We will, however, have refrigerator access for keeping food chilled during the service. After we eat, we'll head outside to frolic in the park behind the Chintimini Senior Center. We can play volley ball, croquet, badminton or just visit with each other and enjoy the afternoon in the shade of the trees.

Sometime this fall Community Service

Each fall we find a community service project as a way to give back to the community. We planted bulbs at the Farm Home two years ago and last year worked on trail maintenance at Chip Ross Park. This year we look forward to another fun way to use the law of circulation via community service.

Mondays, September 13 & 20 7:00 - 8:15 pm Projection, Shadow and Loving What Is

Come join us in the Conference Room of the Chintimini Senior Center for an in-depth class on the book, *Loving What Is* by Byron Katie. This will be a book-study and an experiential class, led by John. *Loving What Is* will help you learn to locate your own shadow and your own projections through a simple process of asking yourself four basic questions. It may help you to clarify your own thinking about how you see the world, which can lead to improved health, relationships and quality of life. We recommend that you purchase the book ahead of time and do some reading before-hand to get the most from the class.

Thursday, September 23 6:00 - 7:00 pm Pet Blessing

We will celebrate the divine presence in the animals in our lives outside, in the pavilion at Starker Arts Park in Corvallis. At 6:00 pm we will bless canines and at 6:30 pm we will bless felines and all other pets. Bring your pet or a photo if you have too many pets to bring or if they are too big... e.g. those with horses!!

Mondays, September 27 and October 4 7:00 - 8:15 pm Basic Spirituality Class

This introduction to Unity principles is the perfect opportunity to become clearer about your own understanding of your higher power. You are welcome to bring your challenging questions to clarify your own beliefs. We will also talk about the Unity shared agreements. This class is not an indoctrination class, and is typically held in a conversational tone to facilitate the focus on your questions and spiritual dilemmas. We will meet in the Conference Room at the Senior Center.

Tuesdays, October 5 through November 16 7:00 - 8:30 pm Voluntary Simplicity

Our Fall Program this year will again focus on the juxtaposition of spiritual principles and ecology. This will be a discussion course, focusing on how to live an outwardly simpler, yet inwardly richer lifestyle. We will explore the material and psychological distractions that prevent us from caring for the earth, and acknowledge the connection between our lifestyle choices and the condition of the earth. We will meet at the home of Sue Crawford and Bill Ripple at 1425 NW Dixon Street in Corvallis. Please plan to purchase a book in advance and come to the first session having read the first chapter. Books are available for \$15 by calling the church office.

Unity of Corvallis thrives because of the support and interest you provide. We are a progressive community based church and are so grateful for your willingness to be a part of co creating our church services and programs. Thanks to all that provided alter decorations, inspirational reading, hospitality, platforming, etc. It is your light and love that makes us such a unique community. We also thank the board members for their continued leadership and vision.

Each of you are a blessing to us all.

– John

Voluntary Simplicity

We invite you to join us in exploring the following engaging topics this fall in our next Spirituality & Ecology class. See inside schedule for details.

The Meaning of Simplicity

The concept of simplicity, as a religious practice or philosophy of life, has a long history. Inner simplicity and outer simplicity are both involved.

Living More with Less

Accumulating material possessions is part of the American Dream. For some, the dream has become a nightmare. When do material possessions add meaning to our lives and when do they detract?

Your Money or Your Life

A growing number of people wish to resolve the conflict between the desire to make and spend money and the desire for a simple life. Why is that so difficult in our culture?

Do You Have the Time?

In modern society, our minds are focused on the "busyness" of the day,

our current problems, and our future challenges. Are there alternatives to the fast pace of our mainstream culture?

How Much Is Enough

As a society, we engage in patterns of material consumption that are damaging the environment. How much do we really need?

Swimming Against the Tide

Our country's current guiding economic principles push growth, consumption, and technological advance as inextricable and desirable goals. In our efforts to live simply, we may feel like we are swimming against the tide.

The Practice of Simplicity

There are countless practical benefits in moving toward simplicity. What steps can be taken to move toward a life simple in means, rich in ends?



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