



Umpqua Unitarian Universalist Congregation
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Umpquest

The Voice of UUUC
October 04, 2018

HAPPY BIRTHDAY

Happy October Birthday to our wonderful members and friends! Here are some **October Birthday fun facts** for you to enjoy: You have two birthstones—opals and tourmaline. It is said an opal will crack if worn by someone not born in **October**! Your birth flower is the Calendula, which is in the marigold family, and is valued for its medicinal and healing properties. If you are not on this list or we have the date wrong, please let our office administrator know.

Kari Zeedyk – 10/03
Lorrie Agost-Caley – 10/05
Larry Flanagan – 10/07
Pat Zemlin – 10/10
Katie Young Seidemann – 10/12

Margaret McGilvra – 10/16
Merlin Hill - 10/20
Kathy Vejtasa – 10/20
Nell Moser – 10/25
Lillene Fifield – 10/28

UUUC Landscape Volunteers Needed

On Saturday, Oct 20th from 10:00 am - 1:00 pm, we will be gathering to do a landscape clean-up on the grounds outside UUUC. Please bring gloves, hand tools, rakes and a wheelbarrow (if you can). Those interested in the firewood that is there, please come and we will help load it. Thanks much!!!
For questions contact Dana MacDonald: 541-580-6987.

Upcoming Sunday Service

“Courage to be Free”

Donna Smith

If you want to be free of disturbing thoughts, emotions and energies, you must allow them to pass through you instead of hiding them inside of you. You must have the courage to move outside your comfort zone.

After Service Cleaning Efforts

Sunday Oct 7th from 12:15 to 2:30 pm Board members will be culling, cleaning and organizing the Children's RE area. We would appreciate boxes if you could donate some. As you know we will also be helping with the UUUC yard clean-up on Oct 20th. So, PLEASE come and help us either this Sunday or on the 20th. Thanks, Connie

Recurring Events

(All events are held at the church unless otherwise noted in the announcement.)

- Second and Fourth Sundays at 9:15 am **Men's Discussion Group.** All men 18 years and older are invited to come downstairs and join in discussions of interest.
- Wednesdays 10:00 am **Non-Violent Communication** meets downstairs in the small meeting room. Contact Jacie Pratt 541.784.5906 for more information.
- Wednesday Women's BUUK Group is reading My Grandfather's Blessings by Rachel Naomi Remen, MD (no book required). We will also discuss choices for our next book. Please contact Margaret McGilvra for more information at 971-570-0933 or marggoggie@gmail.com.
- Fridays at 11:00 am **Choir Practice**
- Medical Qigong & Taiji are offered weekly on Monday and Thursday afternoons. Please call 541-733-5678 for more details.
- Last Sunday of the month The Care & Concerns Committee will meet after service.

Coming Up in the Weeks Ahead

OCTOBER

Sunday, October 7, We welcome Donna Smith to the pulpit with a sermon titled, "The Courage to be Free." Lillene Fifield will be your service leader.

Columbus Day is Observed on Monday, October 8th

Sunday, October 14, Rev. Stephen Landale is back speaking on, "To God or Not to God." Jacie Pratt will be your service leader.

Friday, October 19, Sunday Service Music Committee meets at UUUC at 2:30.

Sunday, October 21, Elaine Balderston leads today's service with a topic of, "Living, Vital, Love." Jan Woodward will be your service leader. There is a **Board Meeting** after service.

Sunday, October 28, Michael Wheeler presents the sermon, "Dia de los Muertos." Martha Sinkula will be your service leader.

Halloween is celebrated Wednesday, October 31st

UPCOMING BOARD MEETINGS

➡ October 21, after service

➡ November 18, after service

If you have an event coming up please let the office know as soon as you can so we can get it on the calendar and avoid a double-booking situation. The absolute deadline for all announcements is Noon the Wednesday before publication. Thank you!

