



# THE WEEK AHEAD

Jan 1 – Jan 7, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

## Today, Sunday, Jan 1, 2017

~10 AM Simple dance meditation, for all ages.

~Join us after the 11:00 service in the Social Hall for coffee and then a little free-form dancing to move into the new year, if you like. Introduce yourself to someone you don't know.

## The Week Ahead: Jan 2-Jan 7, 2017

**Office hours:** Monday and Wednesday 10:30 AM – 1:30 PM; Tuesday and Thursday 9:00 AM – 2:00 PM.

- **NO Exercise/Aerobics** this week. We will resume January 9.
- **Shawl Ministry**, Mon Jan 2, 7:00 PM (LIB)
- **UUFC Justice Council**, Tue Jan 3, 5:00 PM (LIB)
- **Life Raft**, Tue Jan 3, 6:30 PM (9)

A support group for families living with addiction. For information contact Marcia Chapman (541-757-3809).

- **Women's Lunch Bunch**, Wed Jan 4, 1:00 PM (North Co-op)

Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf ([dewaldorf@comcast.net](mailto:dewaldorf@comcast.net)).

- **Weekly Potluck Supper**, Wed Jan 4, 6:00 PM (SH)

Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.

- **Capoeira Angola**, Thur Jan 5, 6:00 PM (SH)

This is an African Brazilian art form. The practice builds physical balance, strength, and endurance.

- **Climate Justice Committee**, Thur Jan 5, 7:00 PM (LIB)

- **Insight Meditation**, Fri Jan 6, 10:15 AM (9)

Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.

Contact: Mary Leigh Burke ([maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)).

- **Kirtan Meditation**, Fri Jan 6, 7:00 PM (SFH)

Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

## Plan Ahead

### **Jan 8**

12:30 PM Action Lunch in support of Corvallis Housing First, and the winter men's homeless shelter.

12:45 PM Becoming UU Climate Stewards. An adult RE class to convene and train a strong, cohesive, hopeful and knowledgeable UU Climate Action group, focused primarily on making a difference in our local communities.

### **Jan. 28**

Seminary for A Day at First Unitarian Church in Portland.

### **Feb. 25**

PNW UU District Assembly – hosted by UU congregation of Eugene. Includes forum by UUA Presidential candidates to be elected in June 2017.

## **Next Sunday: January 8, 9:30 and 11:00 AM**

Which Way to Turn?

with Rev. Jill McAllister

We can turn away, we can turn reclusive, we can turn bitter, we can turn toward inward, we can turn to our neighbors, we can turn to creative resistance, we can turn again toward love. We cannot turn back. Which way shall we turn?

*In times of change, may we learn to lean into the motion of life and shape it from within.*

### **Reminder: No RE or Childcare on Sunday Jan 1.**

One service only. All ages are welcome. Regular RE sessions resume on Sunday January 8.

### **New to the Fellowship? Welcome! Membership Orientation Classes January 8 and 9.**

For more information about the Fellowship contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). If you're thinking about what UUFC membership might mean for you, register for upcoming Membership Orientation classes at the Welcome Table on Sunday.

### **Adult Religious Growth and Learning – Winter Term 2017**

The schedule of new classes, events, and discussions is available from the Adult RE table in the foyer, and is available on the UUFC website here: [http://uucorvallis.org/?page\\_id=223](http://uucorvallis.org/?page_id=223).

### **Becoming UU Climate Stewards**

This class begins Sun Jan 8, 12:45 AM (7), after the Action Lunch. The interactive class goal is to convene and train a strong, cohesive, hopeful and knowledgeable UU Climate Action group, focused primarily on making a difference in our local communities. Please let Rachel Ozretich (541-758-3221) know if you need childcare in order to attend.

### **Potluck and Program Jan 12 : Senior Cohousing**

For all who are nearing or older than age 55 and interested in creating a senior co-housing community in Corvallis. Thursday, Jan 12, from 6 to 8 pm in the Social Hall. Bring a dish to share (with a list of ingredients, please). After the meal we will hear reports from several task groups working on critical steps such as legal status and site search. For more information contact Andrea Dailey, 541-908-6232 or [andreadailey@gmail.com](mailto:andreadailey@gmail.com).

### **Singing Together on the Eve of A Big Change Jan. 19, 6-7 PM**

Join MC Squared (Mark Weiss, Cliff and Chere Pereira) and guests, for an hour of singing classic and not-so-classic songs of resistance, resilience, justice and peace, on the eve of the presidential inauguration. "Gonna keep on moving forward... never turning back."

### **Exercise/Aerobics**

Exercise class resumes on Monday January 9 and meets in the Social Hall on Mondays, Wednesdays, and Fridays from 4:00 to 5:00 PM. Activities include cardiovascular conditioning, strengthening, balance, and flexibility, plus some laughter and fun. All levels are welcome. Visit to see what it's all about or just show up. Fee. For more information, contact Nickie Deutsch at 541-753-4664 or [nandad@peak.org](mailto:nandad@peak.org).

### **Living With Depression: Yours, or Someone Else's - First Session January 9**

Again this year, a gathering to share and explore what it means and what it takes to live with depression, and to support each other. Open to all. Facilitated by Linda Carroll. Mondays, January 9, 16, 23, 7:00-8:30 PM at the UUFC in Room 7.

### **The Space Between Us: Immigrants, Refugees, and Oregon January 19**

The first of three Oregon Humanities Conversations hosted by UUFC this winter. OHC Moderator will be Manuel Padilla. Global displacement is on the rise. We'll consider questions of up-rootedness, hospitality, identity, perception, and integration and how we might build more informed, responsive, resilient, and vibrant communities. Thursday, January 19, 7:00-8:30 PM in the Social Hall.

### **Dances of Universal Peace - January 12**

No musical skills or dance experience required. Everyone is welcome; a partner is not required. Wear comfortable clothes and come dance! Facilitated by David Maxfield. 2<sup>nd</sup> Thursdays, monthly, 7:00-9:00 PM in the Social Hall.

### **Connect Up: January Activities**

Sign up today to participate in an activity in JANUARY! Questions: contact Wendy Sutton ([connect@uucorvallis.org](mailto:connect@uucorvallis.org)). Visit Connect Up on the UUFC website [http://uucorvallis.org/?page\\_id=3776](http://uucorvallis.org/?page_id=3776).

### **UUFC Justice Outreach Fund**

The Grant Committee will review completed grant applications received before **January 31** for small grants up to \$500. More information and the grant application is available on the UUFC website ([http://uucorvallis.org/?page\\_id=4013](http://uucorvallis.org/?page_id=4013)). Committee members Beth Hoffman, Dina Lindquist, and Chareane Wimbley-Gouveia will be available between the two Sunday services on Jan 8 and Jan 22 to answer questions and get your input about the grant process. Contact us at [uufcjusticeoutreach@gmail.com](mailto:uufcjusticeoutreach@gmail.com).