



THE WEEK AHEAD

Jan 15 – Jan 21, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Jan 15, 2017

~Today's service is an intergenerational service, so no RE today, but infant/toddler care and Pre-K/K care is available.
~Join us after services in the Social Hall for coffee and conversation. Introduce yourself to someone you don't know.
~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.
Childcare available and a light lunch for participants at 12:30 in the Social Hall.

The Week Ahead: Jan 16-Jan 21, 2017

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

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **Insight Meditation**, Mon and Wed, 10:15 AM (7) *please note the schedule change this week

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).

- **Potluck for Families and Kids**, Mon Jan 16, 5:45 PM (SH)
- **Living With Depression: Yours or Someone Else's**, Mon Jan 16, 7:00 PM (7)

An adult RE offering for those living with depression. Facilitated by Linda Carroll.

- **Shawl Ministry**, Mon Jan 16, 7:00 PM (LIB)
- **UUFC Justice Council**, Tue Jan 17, 5:00 PM (LIB)
- **Life Raft – Corvallis**, Tue Jan 17, 6:30 PM (9)

Support for those living with addiction – yours or someone else's.

- **Women's Lunch Bunch**, Wed Jan 18, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Jan 18, 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.

- **We Care**, Thur Jan 19, 11:00 AM (7)
- **Over 65 Group**, Thur Jan 19, 3:00 PM (SFH)

We continue our discussion of Generativity, begun in November.

- **Capeoira Angola** Thur Jan 19, 6:00 PM (6BC)

An African Brazilian art form which builds physical balance, strength, and endurance.

- **Songs of Hope, Struggle, and Change**, Thur Jan 19, 6:00 PM (SFH)

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.

- **Oregon Humanities Conversations**, Thur Jan 19, 7:00 PM (SH)

The Space Between Us: Immigrants, Refugees, and Oregon. The first of three Oregon Humanities Conversations hosted by UUFC this winter. OHC Moderator will be Manuel Padilla.

- **Kirtan Meditation**, Fri Jan 20, 7:00 PM (7)

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

- **Annual Mystery Dinner**, Sat Jan 21, 5:00 PM (SH/K)

(for those who purchased it at the Services Auction).

Plan Ahead

Jan 22 The Seven Principle Café will meet in the Gallery at 12:30. We are discussing the third UU principle.

Jan 28 Seminary for A Day, at First Unitarian Church in Portland.

Feb 16 Over 65 Group with Diana Vezmar-Bailey on Compassionate Listening

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 22, 9:30 and 11:00 AM

Spiritual Firefighting

Rev. Jill McAllister

In December I mentioned the idea of learning to be prepared to be called, by grounding and strengthening ourselves spiritually. Fascinating discussions have resulted. Let's think about this some more.

Let us know ourselves to be deeply interconnected, and let that connection help us to free each other and ourselves.

New to the Fellowship? Welcome!

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.

Becoming UU Climate Stewards

This class begins today, Sun Jan 15. Join us for a light lunch beginning at 12:30 PM, followed by discussion beginning at 12:45 PM. 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. Childcare is available.

Adult Religious Exploration – 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.

Singing Together on the Eve of A Big Change January 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.

Insight Meditation Schedule Changes

NO Insight Meditation group on Fridays, Jan 20, 27, or Feb 3. Instead, Insight Meditation will meet at the following days, at 10:15 AM in Room 7: Jan 16, 18, 23, 30 and Feb 1. Insight Meditation returns to its normal Fridays at 10:15 on Feb 10.

The Space Between Us: Immigrants, Refugees, and Oregon January 19, 7-8:30 PM

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.

Connect Up: January Activities

Sign up today to participate in an activity in JANUARY, or on the UUFC website 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). Committee members will be available between the two Sunday services on Jan 22 to answer questions and get your input about the grant process. Contact us at uufcjusticeoutreach@gmail.com.

“30 Days of Love 2017” Launches Tomorrow, from ‘Standing on the Side of Love’

Standing on the Side of Love is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcome to join. In the face of this new journey in our country, SSL is exploring what it means for Unitarian Universalism to be a nurturing, humble and steady hand on the side of justice in 2017. Each week SSL will share tools and resources to help congregations reflect, learn and act around themes of fortification. From small group ministry resources to a calendar for activities across ages, visit the SSL web site to find ways to be involved. <https://www.standingonthesideoflove.org/>

Corvallis Gathering: Inaugurate Social & Eco Justice Friday, Jan. 20 at 3:00 PM

Corvallis area citizens, activists, social justice and environmental groups, service organizations, people of faith, families and students are invited to take part in "Jan 20 Inaugurate Social & Eco Justice!" This community and family-oriented event will include a March, Rally and Community Gathering, beginning at OSU's SEC Plaza at 3:00 PM on Inauguration Day, Friday, Jan 20.

Plan Ahead: Resistance, Resilience, and Radical Gratitude: A workshop with Barbara Ford

February 4, 1:00 – 4:30 PM at the UUFC. Group sharing, ritual, movement, and music will be the portals for this experience, building community and personal strength for the road ahead. The deadline for registration is January 21, 2017 (2 weeks before the event). To register, email Susan Christie: crypto716@gmail.com.

To Honor the Life of the Rev. Dr. Martin Luther King, Jr. – A Reading for All

from Rev. Jill McAllister

I continue my practice of several decades, reading more from or about MLK, Jr. each year around his birthday. This year I offer to you this reading, an article by Cornel West, based on his book *The Radical King*. (Beacon Press 2015). West says: "King's revolutionary witness—embodied in anti-imperial, anti-colonial, anti-racist, and democratic socialist sentiments—was grounded in his courage to think, his courage to love, and his courage to die. Could it be that we know so little of the radical King because such courage defies our market-driven world?" Read the whole article at the following link, or find it in the UU World, Spring 2015 edition, pg. 24.

http://www.uuworld.org/articles/radical-mlk?utm_source=newsletter&utm_medium=email&utm_campaign=jan10