



THE WEEK AHEAD

Jan 29 – Feb 4, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Jan 29, 2017

- ~Join in the Social Hall for after each service coffee and conversation. Introduce yourself to someone you don't know.
- ~The Building Design Team is available after the second service in the Gallery to answer questions.
- ~The class "Becoming UU Climate Stewards" is meeting at 12:45 in the Sanctuary. Newcomers are welcome.
- ~ All are invited to read and to sign, if you will, the Declaration of Conscience from the UUA and UUSC, in the foyer.

The Week Ahead: Jan 30-Feb 4, 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 Jan 30 and Feb 1, 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).
- **Spiritual Firefighting: How we can move forward**, Mon Jan. 30, 7:00 PM (7)
The question "what can we do now?" has many possible answers, for both inner and outward work. All who are interested in coordinating our efforts are invited to join in this beginning conversation. Facilitated by Alice Lyman and Susan Sanford.
- **Women's Lunch Bunch**, Wed Feb 1, 1:00 PM (North Co-op)
Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).
- **Weekly Potluck Supper**, Wed Feb 1, 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.
- **Capeoira Angola** Thur Feb 2, 6:00 PM (SH)
An African Brazilian art form which builds physical balance, strength, and endurance.
- **Climate Justice Committee**, Thur Feb 2, 7:00 PM (LIB)
Connect with other Fellowship young adults ages 18-35.
- **Kirtan Meditation**, Fri Feb 3, 7:00 PM (7)
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Resilience workshop with Barbara Ford**, Sat Feb 4, 12:00 PM (SFH/SH/K)

Plan Ahead

Feb 6 Leadership Supper – all leaders of Fellowship councils, committees, tasks groups and events

Feb 12 "Our Shared Future:" Stewardship and Capital Campaign Kick-off

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.

March 16 Over 65 Group with a speaker from the Oregon Long-Term Care Ombudsman's Office.

New to the Fellowship? Welcome!

For more information about Unitarian Universalism and this congregation, contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). And if you're thinking about what UUFC membership might mean for you, register for upcoming Membership Orientation classes at the Welcome Table in the foyer.

Next Sunday: Feb 5, 9:30 and 11:00 AM "Fear of Failure" Elizabeth Sollie and Rev. Jill McAllister

Nearly everyday, most of us have a chance to practice courage as we face the fear of failure. It's a challenge, since often we are not even able to acknowledge that fear, while new fears of failure, writ large, emerge, in the form of social and environmental collapse. Our student minister Elizabeth Sollie will preach at 9:30 AM and Jill will preach at 11:00 AM. Come hear both.

May you rise within each of us, Spirit of Truth, and speak the words that must be heard.

Invitation to Sign the UUA / UUSC Declaration of Conscience

UUA president Peter Morales and UUSC President Tom Andrews invite all UUA congregations, ministers, and members to join in a pledge of commitment to justice and inclusion, which begins: "At this extraordinary time in our nation's history, we are called to affirm our profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society." Read the full declaration, and sign it if you can, in the foyer, beginning today.

Reminder From the UUFC Building Design Team

Today, **Sunday, January 29**, is another opportunity to ask questions or provide input to the Building Design Team. We will be available in the gallery at the back of the sanctuary following the second service to talk with individuals or groups. You can also call or email any of us directly with your questions, comments or concerns. Look forward to more information on this project in the upcoming Capital Campaign Newsletter which will be mailed out in early February. Thank you for your continued engagement with this process. Please contact any of our committee members with questions: *Marcia Shaw, Kelley Kendall, Chris Bentley, and Keith Martin.*

Connect Up in February

Sign up today, January 29, to participate in or to host an activity in FEBRUARY! Questions: contact Wendy Sutton connect@uucorvallis.org. Visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776. February events will be posted shortly after the Sign Up.

Spiritual Firefighting: How we can move forward Monday, January 30 at 7:00 PM (7)

The question "what can we do now?" has many possible answers, for both inner and outward work. All who are interested in coordinating our efforts in this work are invited to join in this beginning conversation, facilitated by Alice Lyman and Susan Sanford.

Leadership Supper – Monday, February 6 at 6:00 PM

Council, committee, task group and all other Fellowship leaders are invited to the second leadership supper of the church year at 6:00 PM on February 6. We'll continue to think about fellowship communication, and the upcoming Stewardship and Capital Campaigns. Pasta bar supper provided, with gluten free options.

Senior Co-housing Potluck Feb. 9

Want to learn about the Corvallis Senior Co-housing Project--building a community for adults age 55 and older? Join our potluck Thursday, Feb 9, from 6 to 8 PM in the Social Hall. Bring a dish to share (with a list of ingredients, please) and hear the latest reports on our progress. Questions? Contact Andrea Dailey (541-908-6232 or andreagdailey@gmail.com).

Attend / Volunteer at the UU Pacific Northwest District Assembly, Sat. February 25, Eugene

Hosted by the Unitarian Universalist Church in Eugene, this annual district assembly will include a forum for the three UUA presidential candidates with UUA moderator Jim Key, two workshop sessions, worship, lunch, and a brief annual meeting. The UUFC is supporting this event by promising five volunteers to help from 7:00 AM - 5:00 PM. Volunteers are asked to register for the meeting (\$75, advance registration until 2/15). There will be time for volunteers to attend one of the two workshop sessions (and probably get most of a second one as well). Eugene congregants are also offering to host volunteers overnight on Friday, Feb 24 because of the early start time. Contact Linda Hardison at bellaroost@gmail.com, or 541-207-5835. FMI: <https://pnwduuu.org/district-assembly/>

Adult Religious Exploration – Winter Term 2017

The schedule of classes, events, and discussions is available from the Adult RE table in the foyer, and on the UUFC website: http://uucorvallis.org/?page_id=223.

Insight Meditation Schedule Change

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

Final Call for UUFC Justice Outreach Fund Proposals

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 at (http://uucorvallis.org/?page_id=4013). Contact us at uufcjusticeoutreach@gmail.com.

"30 Days of Love 2017" from the UUA's 'Standing on the Side of Love'

Find information and resources to support your courageous work at <https://www.standingonthesideoflove.org/>