

# FELLOWSHIP

WAYSIDE PULPIT

"No matter how hard the past, you can always begin again."

-Buddha



UUFC WEEKLY ANNOUNCEMENTS

January 7, 2018

SUNDAY, December 31

9:30 AM Childcare available  
Worship Service

11:00 AM Childcare available  
Worship Service  
RE Classes

Join us after the services in the Social Hall for coffee and conversation. Introduce yourself to someone you don't know.

The Fellowship Care and Support team listeners are available for anyone looking for support. Ask at the greeter desk.

NEW TO THE FELLOWSHIP? CONTACT  
OUR FIRST STEPS COORDINATOR,  
ELONA MEYER  
([elonameyer@icloud.com](mailto:elonameyer@icloud.com)).

BECOME A MEMBER  
OF THE UUFC!  
Our next MEMBERSHIP CLASS is Jan 27,  
2018. Sign up at the welcome table in  
the foyer for the next class.

*Let us kindle life's flame. May  
it spark in each of us renewed  
connection and commitment  
not only to this living*

Visit the UUFC website to WATCH  
recordings of previous  
SUNDAY SERVICES!

[www.uucorvallis.org/?page\\_id=239](http://www.uucorvallis.org/?page_id=239)

Worship | Two worship services at 9:30 and 11:00 AM

Jan. 7 **"Three Commitments, For Life "** Rev. Jill McAllister

Why bother with New Year's resolutions when you can work to improve your approach to life in general? Buddhist teacher Pema Chodron offers so much wisdom; today we'll consider her lessons on three commitments worthy of faithfulness.

#### Also today:

~ Join us after the second service for January's Action Lunch, benefiting the Institute of Applied Ecology's Sagebrush in Prisons Project, an innovative program that works with prison inmates to grow sagebrush for habitat rehabilitation, restoring hope as well as habitat. Stacy Moore of the IAE will be our speaker and she will present a short summary of the project during the lunch, as well as a 15 minute slide show afterwards, in the sanctuary.  
~ Partner Church Team Meeting, 12:30 PM LIB

Next Week | Two worship services at 9:30 and 11:00 AM

Jan. 14 **"Turning Points"** Rev. Jill McAllister

There's an old Chinese proverb that says "May you live in interesting times". I'd say that we have received that gift big time (!) and that choices for how to live, now, abound. Once again, there is wisdom and inspiration to be found in the life and work of the Rev. Dr. Martin Luther King, Jr.

Upcoming Worship | Two worship services at 9:30 and 11:00 AM

Jan. 21 **"Work That Makes a Difference"** Rev. Jill McAllister with guest Kenny Lowe

Corvallis resident Kenny Lowe has been working, volunteering, and advocating for the 'at risk', low income, and homeless Corvallis community for nearly a decade. He is currently the Housing and Adult Mental Health Initiative Program Lead at Benton County Mental Health Services. He joins Jill today to consider the work of the Fellowship.

# HAPPENING SOON

## **Living with Depression - yours or someone else's**

Next gatherings: **Monday, January 8, 7 PM and Thursday, January 25, 7 PM.** Depression has no favorite time of year, but winter can be especially challenging for many of us. It's always good to remember we're not alone. All are welcome.

## **Discuss the Sunday Sermon: Jan. 14 at 12:30 PM**

Join us in a new opportunity to discuss your reactions to the Sunday sermon. Facilitated by Shikha Ghosh Gottfried.

## **Town Hall #3: Monday, Jan. 15 at 7 PM: Slowing the runaway train and taking care of each other**

If you worry about how climate change will affect our children and grandchildren, plan to attend the next UUFC Town Hall on Monday, January 15, 7-8:30 PM in the Social Hall. We'll briefly review the challenge before us and the successes that are being achieved here and elsewhere. We'll spend most of our time sharing ideas for personal, congregational, and larger community activities and discuss what we can accomplish together.

## **Six Sources of UUism, Jan. 21 at 12:30 PM**

Join the next discussion of our six sources (of wisdom and inspiration) on January 21 at 12:30 in the Gallery (back of the Fellowship Hall). Guided lively discussions have already taken place about the first two Sources. Don't miss out on the next one! The topic is wisdom from the world's religions. No previous experience or sign-up needed. Refreshments provided!

## **Coordinating Council Jan. 21 at 12:30 PM**

Leaders of the RE, Justice, Connections, Finance, Admin and Worship Councils meet together for our quarterly check-in. Topics include a new budgeting process in March, status of by-laws review, and check-in from all.

## **Seminary for a Day, 1st Unitarian Church, Portland, Jan. 27**

Dr. Robin DiAngelo will offer the keynote presentation, "Seeing the Racial Water," as well as a follow-up afternoon workshop. Click here to learn more and register now for the stand-alone morning session (\$20), or the full day including lunch (\$65): <https://t.e2ma.net/click/mjl4eb/i4e2b3/qj7rcp>. Afternoon workshops include: Lectio Divina, Writing As a Spiritual Practice, Anti-Racism and Spiritual Organizing, Sacred Movement: Tai Chi & QiGong, and more. Interested in attending? Let the office know and we'll try to help people connect to share rides.

# FELLOWSHIP CONNECTIONS

## **Chalice Facilitators' Training**

~Tuesday, January 9th, 10 AM-12:30 PM

~Wednesday, January 31st, 6:30-8:30 PM

Interested in attending? It's not too late to join us! RSVP to [elonameyer@icloud.com](mailto:elonameyer@icloud.com). Be sure to tell us which date works for you.

## **UU Path Class, Sat, Jan 27 9 AM**

All newcomers who are interested in becoming members of the Fellowship are welcome at this first of two orientation sessions. Sign up at the Greeter / Welcome table in the foyer.

## **Childcare givers, once-a-month**

Blaise and Gisele can use the help of a few childcare givers to be with Shanti and Josh, (ages 3 and 1), a few times a month. Let Jill know if you're available.

## **UUFC Leadership Supper: Mon, Jan. 29 6PM**

The second of three leadership suppers in the 2017-18 church year. All leaders of councils, teams, task forces, committees and events are invited, as well as anyone interested in the work of the Fellowship. We start with a good supper, followed by check-in from each group and updates on Fellowship projects and events.

## **Christmas Eve Collections for Refugees**

With thanks for heartfelt and beautiful generosity, we raised \$3000 to support our Burundian refugees here and in Africa. A report on this work is available on the UUFC web site.

# THE WEEK AHEAD:

## Jan 8 - Jan 13

# FELLOWSHIP CONNECTIONS

Monday, Jan 8	Immigration Team Meeting	2:30 PM Room 9
	Living with Depression	7:00 PM Room 10
Tuesday, Jan 9	Chalice Facilitator Training	10:00 AM LIB
Wednesday, Jan 10	Women's Lunch Bunch <i>Friendly conversation with women of the Fellowship.</i> Contact: Elizabeth Waldorf ( <a href="mailto:dewaldorf@comcast.net">dewaldorf@comcast.net</a> ).	1:00 PM N. Coop
	Weekly Potluck <i>Please bring a dish (with a list of ingredients) to share. All are welcome.</i>	6:00 PM SH/K
Thursday, Jan 11	Corvallis Transgender Support	7:00 PM Room 7
	Dances of Universal Peace	7:00 PM SFH
	UUFC Board of Trustees Meeting	7:00 PM Room 9
Friday, Jan 12	Insight Meditation <i>This is a simple yet profound practice originally taught by the Buddha. No experience is required. Contact: Mary Leigh Burke (<a href="mailto:maryleigh.burke@gmail.com">maryleigh.burke@gmail.com</a>).</i>	10:15 AM Room 7
	New World Kirtan Band	7:00 PM SFH
Saturday, Jan 13	Men's Monthly Gathering	9:30 AM LIB

### **"Braving the Wilderness" Class and Discussion, starts Jan. 22**

Using social scientist Brene Brown's latest book, "Braving the Wilderness" we will explore the four practices of true belonging through reading the book, discussion and reflective activities. Each practice challenges how we think about ourselves, show up with one another, and find our way back to courage and connection. Each participant will need to purchase a copy of the book & read the first two chapters before the first meeting. The class will meet 6:30-8:30 pm on Mondays for 6 weeks, Jan 22, 29, Feb. 5, 12, 19 & 26 in rooms 6 B&C. Contact Susan Sanford - 541-521-7416 ([susanwulfe@gmail.com](mailto:susanwulfe@gmail.com)) & Alice Lyman 541-753-8125 ([aliceklyman41@gmail.com](mailto:aliceklyman41@gmail.com)) to sign up for the class.

### **Young Adults**

Interested to meet other UUFC young adults? Send a note to [office@uucorvallis.org](mailto:office@uucorvallis.org) and we'll get you connected with other young adults!

### **Thanks for Sunday Refreshments!**

Many thanks to all who contribute baked goods and snacks to our refreshment table on Sunday mornings. This table is always a fundraiser for the Social Concerns outreach of the month. Please contribute as you enjoy the snacks -- all amounts are welcome! (Help kids learn too -- give them change to add to the basket.)

Help us, help you! The Fellowship has created a new system for communicating about life transitions or emergencies, especially if help is needed. If you have an important transition (e.g. illness, death, birth, engagement, etc.) that you'd like us to know about or to announce, please email: [transitions@uucorvallis.org](mailto:transitions@uucorvallis.org).

# FIND US ONLINE

Connect with us online to stay updated and keep in touch.

 UUCF Website  
[www.uucorvallis.org](http://www.uucorvallis.org)

 FACEBOOK  
[facebook.com/uucorvallis](https://facebook.com/uucorvallis)

 TWITTER  
[twitter.com/uucorvallis](https://twitter.com/uucorvallis)

## Words for Reflection

Jan 7, 2018

*From "Instructions for Life", by the Dalai Lama*

- ~In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
- ~Share your knowledge. It's a way to achieve immortality.
- ~Be gentle with the earth.
- ~Remember that not getting what you want is sometimes a wonderful stroke of luck.
- ~Judge your success by what you had to give up in order to get it.
- ~Live a good, honorable life. Then, when you get older and think back, you'll be able to enjoy it a second time.

## Unitarian Universalist Fellowship of Corvallis

2945 NW Circle Blvd  
Corvallis, OR 97330  
[uucorvallis.org](http://uucorvallis.org)



### WANT TO INCLUDE AN ANNOUNCEMENT IN THE WEEKLY ANNOUNCEMENTS?

If you would like to include an announcement for your group, please email them by noon Wednesday to [office@uucorvallis.org](mailto:office@uucorvallis.org) with the subject line: weekly announcement.

# NEED TO CONTACT US?

CHURCH OFFICE  
Ph. 541.752.5218  
[office@uucorvallis.org](mailto:office@uucorvallis.org)

OFFICE HOURS  
Monday 10:00 AM - 2:00 PM  
Tuesday, Wednesday, Thursday  
9:00 AM - 2:00 PM

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