



THE WEEK AHEAD

March 19 – 25, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, March 19, 2017

~No worship service at 9:30 AM. Instead, there is an “Ask Your Minister” session, in the UU tradition of the “question box” sermon, focusing on questions related to religion, spirituality, UUism and the Fellowship.

~**Today is Pledge Sunday.** Join us in the Social Hall after the 11:00 AM service for a celebration of the culmination of the Stewardship Campaign.

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

~Interfaith Potluck Supper at First Congregational Church UCC, West Hills Road. 5:30 – 7:30 PM. All are Welcome

The Week Ahead: March 20-March 25, 2017

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

- **Exercise/Aerobics**, Mon and Wed, 4:00 PM (SH); Fri, 4:00 PM (6C)

- **Potluck for Families & Kids**, Mon Mar 20 5:45 PM (SH/K)

A potluck and conversation for families and kids. Please bring a dish to share.

- **Shawl Ministry**, Mon Mar 20, 7:00 PM (LIB)

- **Listening Skills Practice Group**, Mon Mar 20, 7:00 PM (7/8)

- **Fellowship Care and Support Team**, Tue Mar 21, 9:30 AM (7)

- **Spiritual Activism Training**, Tue Mar 21, 6:30 PM (9)

Training offered by the Spiritual Firefighters Task Force. Contact: Susan Sanford (susanwulfe@gmail.com).

- **Life Raft Corvallis**, Tue Mar 21, 6:30 PM (7)

Parents, family members and friends dealing with a loved one's drug addiction are welcome to come share a confidential discussion. Questions, call Marcia Chapman (541-757-3809).

- **Women's Lunch Bunch**, Wed Mar 22, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Mar 22, 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.

- **UUFC Justice Council**, Wed Mar 22, 6:00 PM (10)

- **Centering Prayer**, Wed Mar 22, 7:00 PM (7)

Class begins with a brief reading, then silence, journaling, and an opportunity to share the experience with others. Come to as many classes as your calendar and interest allow. Diana Vezmar-Bailey (dianavb@inbox.com).

- **Capeoira Angola**, Thur Mar 23, 6:00 PM (SH)

- **Young Adult Group**, Thur Mar 23, 7:15 PM (10)

- **Insight Meditation**, Fri Mar 24, 10:15 AM (7)

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).

- **Kirtan Meditation**, Fri Mar 24, 7:00 PM (7)

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

Plan Ahead

~March 26 **UUFC Health Care for All** social justice committee invites you to a short **film** “Now Is the Time” and discussion of what Oregon can do to address health care needs. North end of the Social Hall. 12:30 to 1:30 PM.

~March 26 **Seven Principles Cafe:** The Fifth Principle, 12:30 PM, facilitated by Michael Molk (7)

~April 28-30 **ReVive Retreat for Social Justice Activists** at the Shalom Prayer Center in Mt. Angel, Oregon.

Opportunity for social justice advocates/activists to gather for respite, renewal, and connection through facilitated activities, reflection, and silence. Registration is open! Contact the planning committee for a registration form (Susan Christie, Martha Clemons, Anna Coffman, Jesse Ford, Claudia Keith, Kelley Kendall (Chair), and Diana Vezmar-Bailey).

Next Sunday: March 26, 9:30 and 11:00 AM

“Laughing Matters”

UUFC Member Dan Shapiro

Scientifically, we know that laughter is a powerful force. When we laugh, our bodies release endorphins and dopamine, nature's feel-good chemicals. The result? We can better cope with stress, find hope, and see problems in new ways.

Together we bring our wisdom, our strength, and our hopeful love to build the future we envision.

New to the Fellowship? Welcome!

For more information about Unitarian Universalism and this congregation, contact First Steps coordinator, Elona Meyer (elonameyer@msn.com) or come to our First Steps class next Sunday at 11:00 AM in the Library. Register for upcoming Membership Orientation classes at the foyer Welcome Desk. Next class sessions are April 8 and 9, and new members will be introduced on Sunday, April 23.

Today is Pledge Sunday for “Our Shared Future” UUFC Stewardship and Capital Campaign

Join us today, Sunday, March 19, at our **one service, at 11:00 AM, to turn in pledge cards** and to celebrate afterwards with lunch and an announcement of preliminary campaign results. As always, we aim for 100% participation by UUFC members and friends. Please, if you can't join us today, do mail or bring your pledge form to the Fellowship as soon as you can! Or call the office (541-752-5218) if you need help.

Interfaith Potluck today, 5:30-7:30 PM at First Congregational Church

Join in a vegetarian Interfaith potluck, designed simply to build relationships across traditions, with members and friends of more than 10 Corvallis faith groups, today at First Congregational Church (UCC), 4515 SW West Hills Road. Bring labels, if possible, to indicate gluten or dairy-free. If it's easy, bring your own plate/cup/silverware, although they will have some, and will have paper plates if needed. Let us create and strengthen friendships among our faith communities. Let us be the peace and love we wish to see in the world.

Connect Up

Sign up on March 26th to participate in or to host an activity in APRIL! Questions: contact Wendy Sutton (connect@uucorvallis.org). Visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776. April events will be posted shortly after the Sign Up.

Spiritual Activism Training through Tikkun

The UU Spiritual Fire Fighter task force is sponsoring an opportunity to participate in a Spiritual Activism Training: Beyond Resistance - Strategies in the Age of Trump, offered by the Network of Spiritual Progressives and Tikkun magazine. For more information www.tikkun.org/training. Or contact Alice Lyman aliceklyman41@gmail.com or Susan Sanford susanwulfe@gmail.com.

Centering Prayer

The fifth of seven sessions meets on **Wednesday, March 15**, 7:00 - 8:30 PM in Room 7. This practice is based on an ancient form of meditation in the Christian tradition. We will begin with a brief reading followed by 20 minutes of silence, journaling, and an opportunity to share the experience with others in the class. Come to as many classes as your calendar and interest allow. You may bring your own journal, although paper and pens will be provided. Diana Vezmar-Bailey will facilitate. Questions? Contact Diana at [541-740-9006](tel:541-740-9006) or dianavb@inbox.com.

Environmental Reading Circle: Walden, beginning March 26

Interested folks are invited to join us as we begin to read *Walden* by Henry David Thoreau. This historic book recounts pencil-maker Thoreau's life in a one room cabin near Walden pond. With climate change imposing changes on us, we need to distinguish what is essential to a full life. We meet the second and fourth Sundays of each month from 2 to 4 PM at 3840 NW Lincoln Ave. in Corvallis. Our first session will be March 26th. Contact: Elizabeth at dewaldorf@comcast.net or [541-207-3613](tel:541-207-3613).

ReVive Retreat for Social Justice Activists: April 28-30, 2017, Shalom Center, Mt. Angel, OR

UUFC social justice advocates/activists will gather for respite, renewal, and connection through facilitated activities, reflection, and silence, with facilitator Rev. Lindi Ramsden of Starr King School for the Ministry in Berkeley, CA. Registration is now open! Contact a planning committee member for more information and a registration form (Susan Christie, Martha Clemons, Anna Coffman, Jesse Ford, Claudia Keith, Kelley Kendall (Chair), and Diana Vezmar-Bailey).

Adult Religious Exploration – Winter Term 2017

The schedule of classes, events, and discussions is available in the foyer on Sundays, and on the UUFC web site at http://uucorvallis.org/?page_id=223.

Multi-Culturalism Training on May 5, 6, 7: “Braving the Divides”

Dr. Mark Hicks, of Meadville Lombard Theological School in Chicago, and Ryushin Hart, of Community Outreach Inc., in Corvallis, will lead participants in exercises and reflection aimed toward increasing our skills for communicating and working across the divisions of perspective, opinions and experience which loom so large around us.