



THE WEEK AHEAD

Mar 26 – April 1, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, March 26, 2017

~For more information about Unitarian Universalism and this congregation, join First Steps coordinator, Elona Meyer, at today's First Steps class at 11:00 AM in the Library

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

~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.

~Seven Principles Café discusses the Fifth Principle (democracy) at 12:30 PM in Room 7, facilitated by Michael Molk.

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

The Week Ahead: March 27-April 1, 2017

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

- **Exercise/Aerobics**, No classes this week. Join us again in April.

- **Spiritual Activism Training**, Tue Mar 28, 6:30 PM (9)

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

- **Life Raft Corvallis**, Tue Mar 28, 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 29, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Mar 29, 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.

- **Centering Prayer**, Wed Mar 29, 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).

- **Capeira Angola**, Thur Mar 30, 6:00 PM (SH)

- **Young Adult Group**, Thur Mar 30, 7:15 PM (10)

- **Insight Meditation**, Fri Mar 31, 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 31, 7:00 PM (7)

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

Plan Ahead

~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).

~May 5-7 **Multi-Culturalism Training:** "Braving the Divides," and Interrupting Oppression: Exploring Discrimination
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 working and communicating across the divisions of perspective, opinions and experience which loom so large around us.

Next Sunday: April 2, 9:30 and 11:00 AM

"A Deep Breath and A Long View"

Rev. Jill McAllister

In November UUA President Peter Morales reminded us that "our role as religious progressives committed to democracy, compassion and human dignity, is to help bend our culture toward justice." That things change when attitudes change, and that we still need to lead by example. Today let's take a breath to see where we are, and remind ourselves where we are going.

Spirit of life, bring to our bodies and souls a joy that bubbles forth and renews our hearts.

New to the Fellowship? Welcome!

For more information about Unitarian Universalism and this congregation, join First Steps coordinator, Elona Meyer (elonameyer@msn.com) at today's First Steps class 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.

“Our Shared Future” UUFC Stewardship and Capital Campaign

If you weren't able to join us last week, please 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.

Connect Up

Sign up today, Sunday, 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.

Seven Principles Café: Democracy Today, at 12:30 PM in Room 7

DRE Michael Molck will facilitate this exploration of the 5th Principle of the UUA: The right of conscience and the use of the democratic process within our congregations and in society at large. All are invited.

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.

Climate Justice Email List

For UUFC members and friends interested in receiving information about climate justice education and action opportunities, especially those related to UUFC. If you would like to subscribe, contact Susan Christie, Chair of the Climate Justice Committee, at crypto716@gmail.com.

Environmental Reading Circle: *Walden*, beginning today, Sunday, 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 is today. Contact: Elizabeth at dewaldorf@comcast.net or (541-207-3613).

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

If justice issues interest you, and you are active in this area or looking for ways to become active as part of UUFC, consider attending ReVive! Retreat primarily for UUFC justice workers. A joint effort of the Fellowship Care and Support Team and Climate Justice Committee, it will include respite, renewal and connection through facilitated activities, reflection, and silence. Vans are provided for transportation in order to minimize our carbon footprint. Our facilitator is Rev. Lindi Ramsden, Interim Dean of Students at Starr King School for Ministry, formerly the Executive Director of the California UU legislative lobby. Registration is on a sliding scale (\$130-170), which covers food and lodging; some scholarships are available. Please contact Martha Clemons (clemm12@comcast.net; 541-757-9627) for details.

Adult Religious Exploration – New schedule for Spring Term 2017

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

Anti-Oppression/Multi-Culturalism Training, May 5-7 “Braving the Divides” and “Interrupting Oppression”

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 working and communicating across the divisions of perspective, opinions and experience which loom so large around us, and at examining discrimination. Sign-up for these sessions begins on April 2.