

Welcome! To sign up for a class please go to the Adult Religious Growth and Learning table after services or send an e-mail to the listed contact person shown on each course. You can also just drop in, but it really helps the instructor to have a head count.

What I Believe: Credo for Adults: This two-session class is an opportunity to explore, clarify and declare your core personal beliefs as a Unitarian Universalist. Your credo serves as a grounding touchstone to give direction and deeper meaning to your life. We will engage in small group sharing, individual writing and reflection and creative artistic expression. Facilitated by Michael Molk.

Schedule: Sundays, 1:00-4:00 pm -- April 23 (Room 9), April 30 (Room 7)

Location: UUFC – Room 7 or 9

To register contact molk@uucorvallis.org

Becoming Our Own Best Friend: This four-session class invites us to embark on an inner journey, which moves us toward being more open to enjoying our lives, more present and responsive to others, and more awakened to our spiritual selves. The class will engage participants through presentation of content, group discussion, guided meditation and creative expression. Facilitated by Alan Kirk and Diana Vezmar-Bailey.

Schedule: Saturday, April 22-9:00--1:00 (SH), Thursdays, April 27 (SFH), May 4 (SFH)—6:30-8:45 pm, Saturday, May 20 (SH)—9:00 am-1:00 pm

Location: UUFC—Social hall or Sanctuary/Fellowship Hall
To register contact dianavb@inbox.com

Wisdom & Wellbeing: Where do They Come

From?: Together in this four session class, we will explore where our experiences of stress and anxiety come from.

How do we gain more reliable access to wisdom and well-being so that we can live out our mission to Explore, Love, and Act? We will look to psychological and spiritual principles for answers. Facilitated by Brooke Bishop

Schedule: Wednesdays, April 26, May 3, 10, 17--7:00-8:30 pm

Location: UUFC – Room 10

Registration is optional brooke@brookebishop.com

7 Principle Café: Have you wanted to know more about our UU Seven Principles? We're discussing them one at a time, discovering how they affect and inform our lives. Join us for some rich conversation.

Schedule: Sundays, April 23, May 28-- 12:30-2:00 pm

Location: UUFC - Room 7

Registration is optional intern@uucorvallis.org

Meeting Your Shadow: for Personal Growth:

A panel of experienced UU therapists, including John Swanson, will aid us in understanding our Shadow side: the part of our personality that is hidden from us. We'll learn more about the benefits of becoming acquainted with this suppressed aspect of our personality and how to access it. This class was inspired by Rev. Dr. Pittman McGeehee's talk, "*Embracing Your Shadow: Shining the Light of Consciousness on the Dark Side of the Soul*" at the Feb. 26 Sunday sermon which is available on the church website. After the panel, we will break into groups for conversation.

Facilitated by Carolyn Madsen

Schedule: Monday, April 24 --7:00-9:00

Location: UUFC – Sanctuary/Fellowship Hall
To register contact carolynzac@comcast.net

Interrupting Oppression—Exploring

Discrimination: Join your fellow UUs for a lively and interactive discussion on engaging in difficult conversations around issues of race, ethnicity, gender, sexual orientation, nationality, disability, religion and age differences. In this workshop, we'll explore both the concepts of prejudice, norms, and privilege as well as the various oppressive comments and actions that can emerge as a result. This workshop will facilitate a space for participants to learn from one another's ideas, perspectives, and experiences. We will explore ways of responding to oppression in our daily life, and participants will walk away better prepared to confront difficult dialogues in our personal and professional lives.

Facilitated by Ryushin Hart

Schedule: Sunday, May 7-- 1:00-4:00 pm

Location: UUFC – Sanctuary/Fellowship Hall
To register contact office@uucorvallis.org

Braving the Divides: Communicating Across

Differences: The need to learn to talk and work with others of different perspectives, opinions and experiences feels overwhelming. Divisions between us are sometimes large and painful. We need new skills for communicating across divides. Dr. Mark Hicks, faculty member at Meadville Lombard Theological School in Chicago, specializes in teaching for social change and cultural intelligence. He will lead us in exercises and reflections aimed to increase our courage and skills for these interactions.

Facilitated by Mark Hicks

Schedule: Friday, May 5—5:30-8:00 pm, and Saturday May 6—9:00am-3:00 pm

Location: UUFC – Fri -Social Hall, Kitchen; Sat - 6BC, 7
To register contact office@uucorvallis.org

Women's Lunch Group (Lunch Bunch): Join us every Wednesday except holidays to relax, have lunch and enjoy excellent conversation.

Facilitated by Elizabeth Waldorf

Schedule: Wednesdays, March 1--May31 --1:00 pm

Location: North Co-op, 2855 NW Grant Ave. Main Building

No registration required.

Insight Meditation: Insight meditation is a 2,500 year old tradition based on the original teachings of the Buddha. The form practiced here in the US was originated by Joseph Goldstein, Jack Kornfield and Sharon Salzberg. It emphasizes mindfulness, abiding in the present moment and deep inquiry into the conditioned mental and emotional constructions that keep each of us (in our own individual ways) from awakening to life as it is. Because these practices do not assume or require any particular belief system, Insight Meditation is highly compatible with the UU philosophy and principles.

Facilitated by Mary Leigh Burke

Schedule: Fridays, March 3-May26--10:15-11:15 am

Location: UUFC - Room 9

No registration required.

Men's Monthly Gathering: The Men's Monthly Gathering is a drop-in group for all UUFC men to get to know one another better and build a sense of community. We share a bit about what's going on in our lives. We listen to each other. We don't give advice. We also reflect on a monthly topic. If you are new to the Fellowship, this is a great way to get to know other UU men.

Facilitated by Alan Kirk.

Schedule: April 8, May 13, June 10--9:30-11:00

Location: UUFC – Library

No registration required alan.r.kirk@gmail.com

Over 65 Group: Through discussion and presentations, we learn about the challenges of aging and discover how we can thrive physically, socially, and spiritually.

Facilitated by Ann Pemberton

Schedule: Thursdays, March 16, April 20, May 18--3:00-4:30 pm

Location: UUFC – Sanctuary/Fellowship Hall

No registration required.

Corvallis Dances of Universal Peace: Simple movements and songs inspired by world religious traditions are used for education, inspiration and meditation. Everyone is welcome; a partner is not required. Wear comfortable clothes and come dance!

Facilitated by David Maxfield

Schedule: Second Thursday of the month--7:00-9:00 pm

Location: UUFC – Sanctuary/Fellowship Hall

No Registration Required.

Capoeira Angola: This is an African Brazilian art form with its roots in Bantu traditions, which were carried to Brazil by enslaved Africans. The practice builds physical balance, strength and endurance. The practice is very communal and practitioners learn about community building, social equality, and it gives many a forum of exploring issues and cultures that make up the African diaspora in the Americas. Facilitated by Robert Asinjo.

Schedule: Thursdays--6:00-8:00 pm (SH)

(Exceptions to SH--4/13, 5/11, 6/8 meet in Room 6)

Location: UUFC – Social Hall or Room 6

No registration required.

Life Raft-Corvallis: This is a confidential discussion group for anyone dealing with a drug addict in their life.

Facilitated by Marcia Chapman

Schedule: 1st and 3rd Tuesdays of the Month--6:30-8:00 pm

Location: UUFC--Room 7

No registration required datawriter3@comcast.net