



# THE WEEK AHEAD

January 10-17, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today, Sunday, January 10, 2015**

- **Action Lunch**, 12:30 PM, UUFC Social Hall  
*Lunch available for purchase, \$5/person, proceeds support Corvallis Housing First.*

## **The Week Ahead: January 11-16, 2016**

- **Establishing a Daily Meditation Practice**, Mon Jan 11, 3:30 PM, UUFC Rm 7  
*Introductory class series around beginning regular meditation. First of four sessions.*
- **UUFC Board of Trustees Meeting**, Mon Jan 11, 7:00 PM, UUFC Social Hall  
*Monthly meeting of the Board of Trustees.*
- **Living with Depression**, Mon Jan 11, 7:00 PM, UUFC Rm 6C  
*A continuing series of discussions, sharing, and support for those who are living with depression – theirs or someone else's.*
- **UUFC Weekly Potluck**, Wed Jan 13, 6:00 PM, UUFC Social Hall  
*Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.*
- **UUFC Choir Rehearsal**, Wed Jan 13, 7:00 PM, UUFC Sanctuary  
*No experience or audition necessary, all are welcome.*
- **E.D.I. Task Force Meeting**, Thurs Jan 14, 6:30 PM, UUFC Room 9  
*First meeting of the task force on Equity, Diversity, and Inclusion at the UUFC.*
- **Dances of Universal Peace**, Thurs Jan 14, 7:00 PM, UUFC Social Hall  
*Live music, with simple steps to create a meditation in motion. All are welcome.*
- **“Fire and Rain: Forestry in the 21st Century”** Thurs Jan 14, 7:00 PM, UUFC Sanctuary  
*Talk by Prof. John Bailey of OSU, UUFC member.*
- **Insight Meditation**, Fri Jan 15, 10:30 AM, UUFC Rm 9  
*Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.*
- **Kirtan**, Fri Jan 15, 7:00 PM, UUFC Rm 7  
*Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.*

## **Plan Ahead**

- **UU Path Class**, Saturday, Jan 23, 9:00 AM, UUFC Social Hall  
*Second in the Path to Membership orientation series. Sign up at the Welcome Desk.*
- **Membership Class**, Sunday, Jan 24, 12:30 PM, UUFC Library  
*Third in the Path to Membership orientation series. Sign up at the Welcome Desk.*

## **Next Sunday: January 17, 9:30 AM & 11:00 AM**

“Martin Luther King Jr, and Community Organizing” *Rev. Jill McAllister*

Martin Luther King Jr was an inspiring preacher and writer, but he was also a brilliant organizer as the leader of the Southern Christian Leadership Conference. His legacy as an organizer is too often overlooked, and has much to teach us.

*The public life needs all of us, with our unique views and our openness to hear from others, to succeed. Spirit of Truth, call us back to this when we forget.*

## **UUFC at Corvallis Men's Cold Weather Emergency Shelter, Jan. 11-17**

Thank you to everyone who has signed up to help during our volunteer week at the shelter this year! Almost all the slots are filled, and almost all the tasks are covered. Lorene Hales will have updates today, during the Action Lunch. If you're still interested in helping contact her ([lorene.hales@comcast.net](mailto:lorene.hales@comcast.net), 541-757-9608).

## **Seminary For A Day – January 23, First Unitarian Church in Portland**

Keynote Presenter Rev. Dr. Susan Ritchie, on *Children of the Same God: The Historical Relationship Between Unitarianism, Judaism, and Islam*. Long before Unitarianism and Universalism merged in the United States, Unitarianism was inherently multi-religious. This address focuses on the implications, dangers, and promises of this Unitarian Universalist identity in an increasingly Islamophobic America. Many workshops offered in the afternoon sessions. On-line Registration Form here at [www.tinyurl.com/SFAD-2016](http://www.tinyurl.com/SFAD-2016). We could carpool from Corvallis!

## **Great Decisions: Foreign Policy Discussions**

Are you interested in joining a group of community individuals who gather to read and talk about selected US Foreign Policy topics? Contact Sharon Harr ([harrhaus3@comcast.net](mailto:harrhaus3@comcast.net)) or Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)) if you are interested in joining a group which will start meeting in January. A workbook and shared video are the only costs. Detailed information can be found at [http://www.fpa.org/great\\_decisions/](http://www.fpa.org/great_decisions/).

## **How to Establish a Daily Meditation Practice: Class Starts Jan 11**

A gentle, encouraging workshop for anyone who has been considering starting a daily meditation practice but doesn't know how to get going (or follow through). Due to the weather affecting peoples' ability to attend, this class will meet for the FIRST time on Monday, January 11th, at 3:30 PM in Room 7. The class will be extended for an extra week, and end on Monday, February 1st. For information contact Mary Leigh Burke ([maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)).

## **Energize your new year! – Cafe Justo Coffee**

You can help indigenous farmers stay on their land in southern Mexico and support your coffee habit too. Cafe Justo is a cooperative of coffee growers in Chiapas, Mexico. The growers not only get paid a fair price for their beans, but they also own the roaster (made by Sivetz of Corvallis), the packaging and shipping. By benefitting from these value-added steps, the growers are able to have health care and a retirement package. The growers own their land, and grow their shade grown coffee organically in 5 different regions of the volcano Tacana. By growing coffee at different elevations, they are able to harvest year round, ensuring a constant supply of fresh beans.

Coffee is available for purchase after the services in the Social Hall. \$10 will buy you a 1 lb. bag of dark or medium roast, whole bean or ground, decaf, regular or 1/2 and 1/2. Your purchase has a direct and dramatic effect on this community. For more information, contact Nancy Kyle ([n.kyle12@gmail.com](mailto:n.kyle12@gmail.com)).

## **Two Ways We Can Help Syrian Refugees This Month**

1. Donate to the *UUSC-UUA Refugee Crisis Fund*: Donations to the UUSC-UUA Refugee Crisis Fund go directly to partners operating on the ground in countries receiving refugees. Our work will focus on ensuring the safe passage of refugees seeking safety and helping refugees access their rights in host countries.

Online donations may be made at: <http://www.uusc.org/donate>. If you would rather mail a check, send it to: Unitarian Universalist Service Committee, 689 Massachusetts Avenue, Cambridge, MA 02139-3302, with "Syrian Refugee Fund" in the memo line.

2. The deadline to donate a *Syrian Refugee Hygiene Kit* through the Portland-based Medical Teams International has been extended to January 31st. Kits may be brought to the foyer of UUFC through that Sunday. A list of kit requirements will be on the table by the door into the sanctuary as of Sunday, Jan 10. For more information visit the Medical Teams International website: <http://www.medicalteams.org/> (Syrian Refugee Hygiene Kit information is available via the front page. Scroll down to "Syrian Refugee Care Kits.")