



THE WEEK AHEAD

January 24-30, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, January 24, 2015

- **Budget Hearing**, 12:30 PM, UUFC Sanctuary
Proposals for the 2016-17 UUFC budget presented and discussed for information and coordination – all are welcome.
- **Membership Class**, Sunday, Jan 24, 12:30 PM, Music/Adult RE Office
Third in the Path to Membership orientation series. Sign up at the Welcome Desk.
- **Our Whole Lives Sexuality Education**
K/1st 12:30-1:30 PM, 5th/6th 12:30-2:00 PM, 9th/12th 1:00-3:00 PM. (Sat. Jan. 30th, 7th/8th Overnight at UUFC.)
- **Task Force on UUFC Emergency Preparedness**, 12:30 PM, Location TBD
A first gathering: to meet, begin a task list, and set a regular time for subsequent meetings.

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- **UUFC Board of Trustees Meeting**, Mon Jan 25, 7:00 PM, UUFC Social Hall
Second January meeting of the Board of Trustees, to focus on budget planning for 2016-17.
- **Living with Depression**, Mon Jan 25, 7:00 PM, UUFC Rm 6C
A continuing series of discussions, sharing, and support for those who are living with depression.
- **UUFC Weekly Potluck**, Wed Jan 28, 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 28, 7:00 PM, UUFC Sanctuary
No experience or audition necessary, all are welcome.
- **Capoeira Angola**, Thurs Jan 29, 5:00 PM, UUFC Social Hall
African-Brazilian art form of dance/movement cooperative practice.
- **Insight Meditation**, Fri Jan 29, 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 29, 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

- **Leadership Gathering**, Thurs February 18
Leaders of Fellowship councils, committee and task forces, meet for training and mid-year check-in.

Next Sunday: January 31, 9:30 AM & 11:00 AM

“A Culture of Critique”

Rev. Jill McAllister

A teacher of mine once remarked that “practice does not necessarily make perfect. Practice makes you better at whatever it is you are practicing.” We have high ideals yet we often don’t quite manage to practice them. What we do practice, we become good at, which may explain why we live in a culture of critique. Is that where we want to be?

Spirit of Love, in the communities of our lives, help us to be present to each other.

UUFC Pledge Contributions: 2015 Year-End Statements

Calendar year statements have been sent by email to the email addresses on file at the UUFC. Printed statements are available today in the foyer before and after each service.

Climate Justice Committee invites all to join state-wide day of action, Feb. 3

Healthy Climate Prayer in Action Gathering: Join EMO's Oregon Interfaith Power & Light for a prayer into action gathering, 8:45-9:50 AM at the Micah Building of First United Methodist Church, 600 State St, Salem. This is a pre-event before climate, labor and environmental organizations hold an advocacy training from 10:00-11:45 AM at the same location. We will be inspired by reflections and prayers by faith leaders on a healthy climate before joining with others to learn about the Healthy Climate Bill, join a rally and advocate with our legislators. (Separate registration with Oregon League of Conservation Voters at www.olcv.org.) Organizations will also hold the Rally for a Healthy Climate and Clean Energy Jobs from 12:00-1:00 PM in front of the Oregon State Capitol, followed by advocacy visits.

Donation of \$5 requested at the door for morning refreshments. We strongly encourage carpools! Free parking available at Marion Parkade at 350 Marion St NE, Salem, OR 97301. For information call 503-221-1054 x214. Register by February 1 at <http://tinyurl.com/go8tbsh>.

Task Force on UUFC Emergency Preparedness

Can the Fellowship buildings withstand a major earthquake? Will we be needed to help in the aftermath of a major earthquake or fire or other event? How can our members and friends prepare for these situations? If you are interested in helping create plans for the Fellowship in all these areas, join the first meeting of the task force today, Sunday Jan. 24, at 12:30 PM, or let Jill McAllister know.

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 more. Thursday Jan 28, 5:00-7:00 PM in the Social Hall. For more information, contact Ann Mbacke at reassociate@uucorvallis.org.

Foreign Policy Discussion (Great Decisions)

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 at harrhaus3@comcast.net or Ann Mbacke reassociate@uucorvallis.org if you are interested in joining a group which starts in January. A workbook and shared video are the only costs. Detailed information can be found at http://www.fpa.org/great_decisions/.

UU College of Social Justice Internships

The UU College of Social Justice is offering a Global Justice Internship Program. The internship program offers emerging young adults (age 18-25) opportunities to engage in meaningful justice work with grassroots organizations around the U.S. and in India. For information about internship sites, and an application, visit uucsj.org/internships Internships take place in summer (June to August) for six to twelve weeks. Interns are encouraged to seek their own funding, but stipends of up to \$1,500 are also available through UUCSJ. Applications are accepted on a rolling basis, with a priority deadline of February 7.

Insight Meditation

Insight meditation is based on the original teachings of the Buddha. It emphasizes mindfulness, abiding in the present moment, and deep inquiry into the conditioned mental and emotional constructions that keep each of us from awakening to life as it is. Meets Fridays at 10:30 AM. For more information, contact Mary Leigh Burke at maryleigh.burke@gmail.com.

Beyond living and dreaming there is something more important: waking up.

~ Antonio Machado ~