



THE WEEK AHEAD

January 3-10, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, January 3, 2015

- **OWL Sessions Begin**, 12:30 PM, UUFC
Sessions for all ages start today. Rooms: K/1st (6A), 5th/6th (10), 7th/8th (9), 9th-12th (7)
- **RhythmAsana**, 2:00 PM, UUFC Sanctuary
A unique and joyous blend of yoga, movement meditation, dance, and heart-opening music from all over the planet. Participants undertake a shared journey from stillness to rhythmic movement and back to stillness.

The Week Ahead: January 4-10, 2016

- **Escalating Inequality Discussion**, Mon, Jan 4, 1:30 PM, First Congregational Church
"Benton County and the Approaching Demographic Conversion" with Benton County DA John Haroldson.
- **Living with Depression**, Monday, Jan 4, 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.
- **Living with Chronic Debilitating Diseases Support Group**, Tues, Jan 5, 2:00 PM, UUFC Rm 7
Peer support group for those with chronic debilitating diseases, and their families and friends, to share support and information, and discuss coping strategies, resources, and options. For more information, contact Christine Robins (541-738-2610).
- **UUFC Weekly Potluck**, Wed, Jan 6, 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 Rehearsals Resume**, Wed, Jan 6, 7:00 PM, UUFC Sanctuary
No experience or audition necessary, all are welcome.
- **Insight Meditation**, Fri, Jan 8, 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 8, 7:00 PM, UUFC Sanctuary
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

Plan Ahead

- **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.
- **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.
- **Partner Church Dinner**, Sat, Jan 30, 6:00 PM, UUFC Social Hall
Fundraising dinner followed by multicultural program. Tickets on sale January 10.

Next Sunday: January 10, 9:30 AM & 11:00 AM

"Politics and Religion"

Rev. Jill McAllister

Far from being separate arenas, politics and religion are intricately intertwined, in very particular ways in our modern American democracy. Everybody has an opinion on how this relationship should work. I'll try to describe my own perspective as a congregational leader and a minister.

Spirit of Life, help us be open to truth and wisdom in every place, from the expected to the surprising to the overlooked.

Living with Depression – yours or someone else’s?

Join Linda Carroll, Jill McAllister and Diana Vezmar-Bailey for discussion, sharing and support. Mondays, 7:00-8:30 PM in room 6C: December 28, January 4, 11, 25, February 1 and 8. Come once or twice or as many times as your calendar and energy allow! For more information, contact Diana Vezmar-Bailey (541-740-9006, dianavb@inbox.com). This series is sponsored by the Pastoral Care program of the Fellowship.

Escalating Inequality Discussion Group

Meets to explore issues surrounding economic inequality. We are meeting in the community on Tuesday January 5, 1:30 PM, at First Congregational Church (4515 SW West Hills Rd) for a discussion titled “Benton County and the Approaching Demographic Conversion.” Benton County District Attorney John Haroldson, the first Latino DA in OR will look at the future of these changes and how they can affect Benton County. We continue meeting every other Monday, starting January 18, at 7:00 PM at UUFC. For more information, contact Ann Mbacke (reassociate@uucorvallis.org).

Capoeira Angola

Capoeira Angola is an African Brazilian art form with roots in Bantu traditions, carried to Brazil by enslaved Africans. The practice builds physical balance, strength and endurance, while practitioners also learn about community building, social equality and more. *Thursday January 7, 5:00-7:00 PM, Social Hall.* For more information, contact Ann Mbacke (reassociate@uucorvallis.org).

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. 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) or Ann Mbacke (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/.

Compassionate Listening Practice Group

This drop-in group is open to anyone who has participated in a Compassionate Listening course at UUFC, or who has studied Andrea Cohen’s book “Practicing the Art of Compassionate Listening” on their own. *Tuesday January 5, 6:00-8:00 PM, Rooms 9 & 10.* For more information, contact Anna Coffman (978-760-0910, annabiz1@gmail.com).

How to Establish a Daily Meditation Practice

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). *Monday, January 4, 2:30-3:30 PM.* For more information contact Mary Leigh Burke (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).