



# THE WEEK AHEAD

February 28-March 5, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

## Today, Sunday, February 28, 2016

- **First Steps class, 9:30 AM (LIB)**  
*Orientation for newcomers to the UUFC. No registration necessary.*
- **Great Decisions Discussion Group, 2:00 PM (LIB)**  
*Discussion group which gathers to read and talk about selected US Foreign Policy topics. Contact Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)) to join.*

## The Week Ahead: February 29-March 5, 2016

- **Escalating Inequality Discussion Group, Mon Feb 29, 7:00 PM (7)**  
*Currently discussing the UUA Common Read, *Just Mercy* by Bryan Stevenson. All are welcome.*
- **Justice Council, Tues Mar 1, 5:00 PM (LIB)**  
*Meeting of the council responsible for big-picture understanding of UUFC justice work.*
- **Compassionate Listening Practice, Tues Mar 1, 6:00 PM (9 & 10)**  
*Drop-in group open to anyone who has participated in a Compassionate Listening course at UUFC.*
- **Weekly Potluck, Wed Mar 2, 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.*
- **Capoeira Angola, Thurs Mar 3, 5:00 PM (SH)**  
*African Brazilian practice which builds physical balance, strength and endurance.*
- **Climate Justice Committee, Thurs Mar 3, 6:15 PM (LIB)**
- **Insight Meditation, Fri Mar 4, 10:30 AM (9)**  
*Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.*
- **Kirtan and Meditation Circle, Fri Mar 4, 7:00 PM (7)**  
*Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.*
- **PNWD Meeting, March 5, Seattle, WA**  
*Annual business meeting of the Pacific Northwest District of the UUA. See reverse for details.*

## Plan Ahead

- **UU Identity Class: Theology, March 15, 22. 29**  
*Join Rev. Jill McAllister for a class series focused on theologies in UUism.*
- **Resilience Retreat, April 8-9**  
*Join Linda Carroll and Jill McAllister, presenting "Resiliency: The Practice, Art and Skills of Turning PTSD into PTG (Post Traumatic Growth)."*
- **Services Auction, Sat April 30**  
*Annual UUFC fundraising event in which participants buy services and spots at events from each other. This year's theme is "Harry Potter."*

## **Next Sunday: March 6, 9:30 AM & 11:00 AM**

"On the Brink"

*Rev. Jill McAllister*

"Precarious" is a good word to describe the times we live in. The root of the word precarious translates as "in need of prayer." Perhaps a deeper understanding of the breadth of that word, prayer, is useful for us now. Perhaps a deeper understanding of "in need" is even more important.

*We feel the great needs of the world;  
Spirit of Love, help us to know that what we bring is enough.*

## Escalating Inequality Discussion Group

This group meets to explore the issues surrounding economic inequality. We are currently discussing the UUA Common Read, *Just Mercy* by Bryan Stevenson. The next discussion will be Monday, February 29, at 7:00 PM. For more information, contact Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)).

## 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. This month we will practice the art of asking skillful questions, questions that help the speaker go deeper, to move beyond stuck places. Meets Tuesday, March 1, 6:00-8:00 PM. For more information, contact Anna Coffman by phone or email (978-760-0910, [annabizi@gmail.com](mailto:annabizi@gmail.com)).

## 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. Next session is Thursday, March 4, 5:00-7:00 PM in the Social Hall. For more information, contact Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)).

## UU Pacific Northwest District Meeting: March 5, Seattle

On Saturday, March 5, representatives from congregations in the Pacific Northwest District will gather to – in the words of our familiar hymn – remind ourselves of where we come from, reaffirm what we are, and clarify where we're going. The Rev. Jon Luopa, Senior Minister at University Unitarian, will kick off the day with a keynote on the theme. Rev. Luopa will share his deep understanding of our Unitarian Universalist roots in a way that galvanizes us to action as a district, and in our own congregations. A Friday evening screening of short social justice films, Saturday workshops, and Sunday morning worship will also be offered in addition to the district business meeting. For more information or to register, visit <http://www.pnwd.org/districtassembly.aspx> If you are interested or planning on attending, contact Jill McAllister ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)) or Kyle Jansson ([kjansson1@minetfiber.com](mailto:kjansson1@minetfiber.com)).

## Great Decisions Discussion Group: US Foreign Policy

Are you interested in joining a group of community individuals who gather to read and talk about selected US Foreign Policy topics? A new Great Decisions group is starting. First topics: March 6: Migration; March 13: The Islamic State/ISIS; March 20: The Middle East Alliances. Meetings are Sundays at 2:00 PM. Contact Ann Mbacke ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)) if you are interested in joining this group; space is available for a few more people. A workbook is the only cost. For more information visit [http://www.fpa.org/great\\_decisions/](http://www.fpa.org/great_decisions/).

## UU Identity and UU History

The Adult Religious Growth and Learning program will offer two classes in UU Identity as part of our core curriculum for adults in March and April.

In March, Jill McAllister will lead a series focused on theologies in UUism. Using some materials from the classic adult curriculum *Building Your Own Theology*, we'll consider what "theology" means for each of us, and work to articulate our own worldview/beliefs. Starting a few weeks later than originally announced, the series will begin on Tuesday, March 15, and continue through Tuesday, March 29.

Dr. David Robinson, UUFC member and eminent scholar of UU History, will teach a three session adult exploration class in April, on Tuesdays (April 12, 19, 26) from 7:00-8:00 PM. Focusing on American UU history, he'll cover The Five Phases of UU History, The Transcendentalist Controversy, and The Humanist Debate. Background reading materials will be available. Don't miss this great opportunity to study with and learn from David! Contact Ann Mbacke to sign up, or for more information ([reassociate@uucorvallis.org](mailto:reassociate@uucorvallis.org)).

## Weekend Resilience Retreat

Join Linda Carroll and Jill McAllister, presenting "Resiliency: The Practice, Art and Skills of Turning PTSD into PTG (Post Traumatic Growth)." How do we face the traumas of our times and our lives, and keep going? Jill and Linda will offer a practical road map based on modern research and ancient wisdom of how we can best "turn our sorrows into songs." For more information or to register, contact Jill McAllister ([minister@uucorvallis.org](mailto:minister@uucorvallis.org)).