



THE WEEK AHEAD

Dec 18 - Dec 24, 2016
Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Dec 25, 2016

~Join us after the service in the Social Hall for coffee and Christmas Day Brunch. Introduce yourself to someone.

The Week Ahead: Dec 26-Dec 31, 2016

Office hours: Office closed all week.

- **NO Exercise/Aerobics** for the next two weeks. We will resume January 9.

- **Women's Lunch Bunch**, Wed Dec 28, 1:00 PM (North Co-op)

Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).

- **Weekly Potluck Supper**, Wed Dec 28, 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.

- **Winter Vespers Service**, Wed Dec 28, 7:00 PM (SFH)

A quiet service of readings, music and silence with Elizabeth Sollie.

- **Capoeira Angola**, Thur Dec 29, 6:00 PM (SH)

This is an African Brazilian art form. The practice builds physical balance, strength, and endurance.

- **Insight Meditation**, Fri Dec 30, 10:15 AM (9)

Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.

Contact: Mary Leigh Burke (maryleigh.burke@gmail.com).

- **Standing Rock Get Together**, Fri Dec 30, 5:30 PM (LIB)

- **Kirtan Meditation**, Fri Dec 30, 7:00 PM (SFH)

Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.

Plan Ahead

Jan 1, Sunday, New Year's Day

10:00 AM *Simple dance meditation, for all ages.*

11:00 AM *One service only. No Childcare or Religious Exploration (RE) sessions. All youth, children, infants and toddlers are invited to attend the service. RE will resume on January 8.*

12:45 PM *Free-form dancing for all following the regular coffee hour, after the service.*

Jan 8

12:30 PM *Action Lunch in support of Corvallis Housing First, and the winter men's homeless shelter.*

12:45 PM *Becoming UU Climate Stewards. An adult RE class to convene and train a strong, cohesive, hopeful and knowledgeable UU Climate Action group, focused primarily on making a difference in our local communities.*

Jan. 28

Seminary for A Day at First Unitarian Church in Portland.

Feb. 25

PNW UU District Assembly – hosted by UU congregation of Eugene. Includes forum by UUA Presidential candidates to be elected in June 2017.

Next Sunday: January 1, one service only, at 11:00 AM

New Years Day

with Rev. Jill McAllister

Bring readings, poems or words that are helping you as we move into this new year.

10:00 AM: Simple Dance Meditation for all who are interested. Free-form dancing for all following the regular coffee hour, after the service. No Childcare or Religious Exploration (RE) sessions. All youth, children, infants and toddlers are invited to attend the service. RE will resume on January 8.

Spirit of life, help us remember to look for hope in all places, including the darkest ones.

Reminder: No RE or Childcare on Sundays, Dec 25 or Jan 1.

Both Sundays, one service only. All ages are welcome. Join us after the service today, Dec. 25, for a potluck brunch. Please bring food to share.

Connect Up January Activities

Sign up today to participate in an activity in JANUARY! Questions: contact Wendy Sutton (connect@uucorvallis.org). Visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776. January events will be posted online shortly after the sign up.

Holiday Giving: Addressing Homelessness

Thanks to all who've inquired about joining Jill in making a gift that makes a difference this month. So far we have already raised or committed more than \$2500? Fantastic! Can we raise \$5000 together? If you already donate to organizations working on homelessness, perhaps you'd like to make those gifts through the Fellowship this month or in January (when our social concerns outreach focuses on homelessness.) Contributions in December will receive a 2016 tax credit from UUFC. Mark your check with "Homelessness" in the memo line. Christmas Eve collections will be included.

Volunteer at Local Homeless Shelters this Season

Both the Men's and the Women's Cold Weather Shelters in Corvallis can use help. Sign-up directly:

Women's winter shelter: <http://www.signupgenius.com/go/8050944afa92fa02-2014>

Men's Winter Shelter: <http://corvallisousingfirst.org/donate/volunteer/>

New UUFC Justice Outreach Fund

The UUFC maintains a fund – the Charitable and Educational Outreach Fund for Social Justice, referred to as the Justice Outreach Fund – for grants to projects aimed at seeding and achieving social, economic, racial, environmental and other kinds of justice. The Grant Committee is pleased to announce the launch of a pilot grant program to make some initial small grants from this fund. The Grant Committee will review completed grant applications received before January 31 for small grants up to \$500. More information and the grant application is available on the UUFC website (http://uucorvallis.org/?page_id=4013). Committee members Beth Hoffman, Dina Lindquist, and Chareane Wimbley-Gouveia will be available between the two Sunday services on Jan 8 and Jan 22 to answer questions and get your input about the grant process. Contact us at uufcjusticeoutreach@gmail.com.

Adult Religious Growth and Learning – Winter Term 2017

The schedule of new classes, events, and discussions is available from the Adult RE table in the foyer, and is available on the UUFC website here: http://uucorvallis.org/?page_id=223.

Adult RE Class: Becoming UU Climate Stewards

This class begins Sun Jan 8, 12:45 AM (7), after the Action Lunch. The interactive class goal is to convene and train a strong, cohesive, hopeful and knowledgeable UU Climate Action group, focused primarily on making a difference in our local communities.

Exercise/Aerobics

Exercise class resumes on Monday January 9 and meets in the Social Hall on Mondays, Wednesdays, and Fridays from 4:00 to 5:00 PM. Activities include cardiovascular conditioning, strengthening, balance, and flexibility, plus some laughter and fun. All levels are welcome. Visit to see what it's all about or just show up. Fee. For more information, contact Nickie Deutsch at 541-753-4664 or nandad@peak.org.

Potluck and Program Jan. 12 Will Focus on Senior Cohousing

Anyone nearing or older than age 55 and interested in creating a senior co-housing community in Corvallis is welcome to join us for a potluck Thursday, Jan 12, from 6 to 8 pm in the Social Hall. Bring a dish to share (with a list of ingredients, please). After the meal we will hear reports from several task groups working on critical steps such as legal status and site search. If you can't make the Jan 12 event, no worries: we'll have similar gatherings the second Thursday of every month at UUFC. For more information about co-housing in general and this project in particular, contact Andrea Dailey, 541-908-6232 or andreagdailey@gmail.com.

New to the Fellowship? Welcome!

For more information, contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). Each quarter, we also offer two classes as part of the formal membership exploration process – UU Path and Membership. Register at the Welcome Table on Sundays.