



THE WEEK AHEAD

Dec 4 - Dec 10, 2016
Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Dec 4, 2016

~8:00 AM Service of silent prayer in solidarity with the Standing Rock, ND, Interfaith Day of Prayer.

~Please join us after the 9:30 and 11 am services in the Social Hall for coffee. Introduce yourself to someone new.

~12:30 PM (after second service), Martha Clemons will share stories and pictures about her experience as a UUA observer at the UN Climate Summit in Morocco in November. Everyone is welcome.

The Week Ahead: Dec 5-Dec 10, 2016

Office hours: Mon & Wed, 10:30 AM-1:30PM and Tues & Thur, 9:00 AM-2:00 PM.

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **Shawl Ministry**, Mon Dec 5, 7:00 PM (LIB)
- **UUFC Justice Council**, Tue Dec 6, 5:00 PM (LIB)
- **Addictions Support Group**, Tue Dec 6, 6:30 PM (7)

This group is open to anyone who has a family member or loved one who is living with an addiction. Contact: Marcia Chapman (datawriter3@comcast.net).

- **Women's Lunch Bunch**, Wed Dec 7, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Dec 7, 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.

- **Report from Standing Rock Travelers**, Wed Dec 7, 6:30 PM, with Tom Smith, Jean Townes and others.
- **UUFC Choir Rehearsal**, Wed Dec 7, 7:00 PM (SFH & 6B)
- **NWP Yule Celebration**, Thur Dec 8, 1:00 PM (8)
- **Dances of Universal Peace**, Thur Dec 8, 6:00 PM (SH/K)
- **Fellowship Care and Support Team**, Thur Dec 8, 7:00 PM (7)
- **Corvallis Transgender Support**, Thur Dec 8, 7:00 PM (10)
- **Insight Meditation**, Fri Dec 9, 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).

- **New World Kirtan Band**, Fri Dec 9, 7:00 PM (SFH)

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

- **Men's Monthly Gathering**, Sat Dec 10, 9:30 AM (7)

An opportunity to get to know men in the Fellowship. For information, contact Alan Kirk (alankirk@gmail.com).

- **Buddhist Practices for Anxiety and Fear**, Sat Dec 10, 3:00 PM (7)

Explore the ways Buddhist teachings address fear and practice with them. For more information, contact Mary Leigh Burke (maryleigh.burke@gmail.com).

Plan Ahead

Dec. 15 7:00 PM Quiet, evening Vespers Service, with Elizabeth Sollie

Dec. 18 3:00 PM Wheel of the Year Yule (Winter Solstice) Ceremony

Dec. 20 5:00 PM Annual Christmas Carol Sing-a-long for all ages

Dec. 24 **Christmas Eve** – 2 services, at 5:00 PM (family centered), and 9:00 PM (meditation and music)

Dec. 25 **Sunday, Christmas Day** – one service only, 11:00 AM, followed by a potluck brunch, for all ages

Next Sunday: December 11, 9:30 and 11:00 AM

“Different Ways to Wait”

with Rev. Jill McAllister

We are in a time of waiting, to see what will emerge from a time of much strife. We hope for the best, and it is hard to feel settled. Over time, much has been learned in and from waiting, and it might help us to consider some of those lessons. (*Scheduled for Dec. 4, postponed until this week.*)

This winter, may we look deeply into our lives and bring forth that which sustains and inspires us.

Holiday Giving: Addressing Homelessness

Thanks to all who've inquired about joining Jill in making a gift that makes a difference this month. 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 tax credit from UUFC. Mark your check with "Homelessness" in the memo line.

Connect Up -- You can still sign up to join in December activities

For information, contact Wendy Sutton (connect@uucorvallis.org), or visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776.

Needed: Help with young children during 9:30 AM Sunday worship

We're seeing more children, ages 4-5-6, coming to the Fellowship with their parents during Sunday 9:30 AM worship. We need to add a play session for these children, separate from the infant/toddler care already provided at that time. You can still attend 11:00 AM worship while helping with this much-needed service. To volunteer, speak with DLRE Michael Molk or RE Associate Rachel Kohler or email molk@uucorvallis.org.

Environmental Reading Circle Change in time for Dec. 10 Meeting

The time for the Environmental Reading Circle on December 10 will be 2:00 because it gets dark so early. Questions? Contact Kristi Komar (kbkomar67@gmail.com).

Winter Care Packages for Elementary School Children

Fellowship member and Garfield School teacher Karrie Woodruff invites your help making Winter Warmth Care Packages for low-income and housing challenged children and families. Each package will contain pajamas, a bedtime book, a stuffed animal, a cozy blanket and a fresh pillow case. The goal is 200 packages. For more information and to help, contact Karrie (karriewoodruff@gmail.com or [541-760-3744](tel:541-760-3744)).

Coming of Age (COA) for 7th/8th Grade Youth – Register by Dec. 18

Contact DLRE Michael Molk (molk@uucorvallis.org or 541-752-5218 x225) for more information and to sign up.

UUFC Holiday Singing, Tuesday, December 20 at 5:00 PM.

Join in the Fourth Annual Christmas Carol Sing-a-long. Then, children and youth (and their parents!) are invited to sing in a Children and Youth Choir for Christmas Eve, with rehearsals after the sing-a-long on December 20 and before the service on December 24.

Adult RE Class Proposals Needed

Do you have an idea for an adult Religious Education or Spiritual Growth class you would like to teach or lead this winter? Please fill out a proposal form. You can find them on the UUFC website under *Religious Exploration*>*Adult RE*>[Adult Religious Exploration Programs Proposal Form](#).

Community Holiday Concerts

Fellowship singers invite you to several concerts this season: Confluence: Willamette Valley LGBT Chorus presents "Jingle My Bells" at the UUFC on Sunday, December 11th at 4:30 PM. Tickets available from chorus members, online and at the door. No one will be turned away because of inability to pay. More information at confluencechorus.org. Jubilate! The Women's Choir of Corvallis, performs again at the Fellowship December 22, 6:00 PM and 8:00 PM. Tickets and information available at www.jubilatechoir.org/.

New to the Fellowship? Welcome!

Once a month we offer a one-hour First Steps orientation session. If you are new to UUFC, exploring Unitarian Universalism for the first time, and trying to find your way around the Fellowship, this is for you. At our First Steps class, you'll find out more about us, how we connect, and get a tour of the building. 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.