



THE WEEK AHEAD

Jan 22 – Jan 28, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, Jan 22, 2017

- ~Join us after services in the Social Hall for coffee and conversation. Introduce yourself to someone you don't know.
- ~The UUFC Justice Outreach Committee members are available today between the two Sunday services to answer questions about the grant process.
- ~First Steps Class today at 11:00AM (LIB). If you're new to the Fellowship and want to learn more, this is for you!
- ~The Seven Principle Café will meet in the Gallery at 12:30. We are discussing the third UU principle.
- ~The annual Budget Hearing is at 12:30 in the Social Hall.

The Week Ahead: Jan 23-Jan 28, 2017

Office hours: Monday and Wednesday 10:30 AM – 1:30 PM; Tuesday and Thursday 9:00 AM – 2:00 PM.

- **Exercise/Aerobics**, Mon, Wed, Fri, 4:00 PM (SH)
- **Insight Meditation**, Mon, 10:15 AM (7) *please note the schedule change this week
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).
- **Potluck for Families and Kids**, Mon Jan 23, 5:30 PM (6C)
- **UUFC Board Meeting**, Mon Jan 23, 7:00 PM (SH)
- **Women's Lunch Bunch**, Wed Jan 25, 1:00 PM (North Co-op)
Friendly conversation with women of the Fellowship. Contact: Elizabeth Waldorf (dewaldorf@comcast.net).
- **Weekly Potluck Supper**, Wed Jan 25, 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.
- **Capeoira Angola** Thur Jan 26, 6:00 PM (SH)
An African Brazilian art form which builds physical balance, strength, and endurance.
- **Young Adults Group**, Thur Jan 26, 7:15 PM (10)
Connect with other Fellowship young adults ages 18-35.
- **Kirtan Meditation**, Fri Jan 27, 7:00 PM (7)
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Choir Retreat**, Sat Jan 28, 9:00 AM (SH/K)

Plan Ahead

Feb 6 Leadership Supper

Feb 12 Stewardship and Capital Campaign Kick-off

Feb 16 Over 65 Group with Diana Vezmar-Bailey on Compassionate Listening

Feb 25 PNW UU District Assembly – hosted by UU congregation of Eugene. Includes forum by UUA Presidential candidates to be elected in June 2017.

March 16 Over 65 Group with a speaker from the Oregon Long-Term Care Ombudsman's Office.

Next Sunday: January 29, 9:30 and 11:00 AM

The Great Mystery

Rev. Jill McAllister

Inspired by a story from the late Forrest Church, of an elder minister who liked to go fishing. When the church secretary couldn't find him to ask the title of the sermon, she wrote the title herself.....

We'll introduce and welcome new Fellowship members at the 11 am service.

We are called to readiness and to be centered in peace. May we focus our lives to make it so.

New to the Fellowship? Welcome!

Our First Steps Class meets today at 11:00 AM in the Library. For more information about the Fellowship contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). And if you're thinking about what UUFC membership might mean for you, register for upcoming Membership Orientation classes at the Welcome Table

Seven Principles Café, today at 12:30 pm

An open and on-going discussion of the Principles and Purposes of the Unitarian Universalist Association, the values which we "covenant to affirm and promote." This week, the third principle: "Acceptance of one another and encouragement to spiritual growth in our congregations." All are welcome to join in, in the gallery, 12:30 PM.

Budget Hearing in the Social Hall, today at 12:30 pm

The first part of the process of determining the proposed budget for the UUFC for 2017-18. Board, staff, council and committee leaders have submitted budget proposals. The hearing is our opportunity to talk together about budget priorities, in order to set a goal for the annual stewardship campaign. All leaders, and all others who are interested are needed and welcome in the social Hall, following the second service.

UUFC at the Men's Cold Weather Shelter – this week January 23 - 29

Fellowship members provide volunteer staffing for the Corvallis Men's Cold Weather Shelter this week. A few shifts are still available on Friday, Saturday and Sunday, January 27-29. Please contact Lorene Hales, 541-757-9068, if you are able and willing to help.

Leadership Supper – Monday, February 6 at 6:00 PM

Council, committee, task group and all other Fellowship leaders are invited to the second leadership supper at 6:00 PM on February 6. We'll continue to think about fellowship communication, and the upcoming Stewardship and Capital Campaigns. Pasta bar supper provided, with gluten free option.

Adult Religious Exploration – 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.

Insight Meditation Schedule Changes

NO Insight Meditation group on Fri Jan 27 or Feb 3. Instead, Insight Meditation will meet at the following days, at 10:15 AM in Room 7: Jan 23, 30 and Feb 1. Insight Meditation returns to its normal Fridays at 10:15 on Feb 10.

CONNECT UP

Sign up next week (January 29) to participate in or to host an activity in FEBRUARY! Questions: contact Wendy Sutton connect@uucorvallis.org. Visit Connect Up on the UUFC website http://uucorvallis.org/?page_id=3776. February events will be posted shortly after the Sign Up.

UUFC Justice Outreach 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 will be available between the two Sunday services today, Jan 22, to answer questions and get your input about the grant process. Contact us at uufcjusticeoutreach@gmail.com.

"30 Days of Love 2017" has launched, from 'Standing on the Side of Love'

Standing on the Side of Love is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcome to join. In the face of this new journey in our country, SSL is exploring what it means for Unitarian Universalism to be a nurturing, humble and steady hand on the side of justice in 2017. Each week SSL will share tools and resources to help congregations, from small group ministry resources to a calendar for activities across ages, visit the SSL web site to find ways to be involved.

<https://www.standingonthesideoflove.org/>

Senior Co-housing Potluck Set for Feb. 9

Want to learn about the Corvallis Senior Co-housing Project--building a community for adults age 55 and older? Join our potluck Thursday, Feb 9, from 6 to 8 PM in the Social Hall. Bring a dish to share (with a list of ingredients, please) and hear the latest reports on our progress. Questions? Contact Andrea Dailey (541-908-6232 or andregdailey@gmail.com).