



# THE WEEK AHEAD

Jan 8 – Jan 14, 2017

Upcoming Services & Events at the UU Fellowship of Corvallis

## **Today, Sunday, Jan 8, 2017**

~Join us at 12:30 in the Social Hall for this month's **Action Lunch** in support of Corvallis Housing First and the winter men's homeless shelter. Introduce yourself to someone you don't know.

~12:45 PM Becoming UU Climate Stewards (7). 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.

## **The Week Ahead: Jan 9-Jan 14, 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)
- **UUFC Board of Trustees Meeting**, Mon Jan 9, 7:00 PM (SH/K)
- **Living With Depression: Yours or Someone Else's**, Mon Jan 9, 7:00 PM (7)

*An adult RE offering for those living with depression. Facilitated by Linda Carroll.*

- **Women's Lunch Bunch**, Wed Jan 11, 1:00 PM (North Co-op)

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

- **Weekly Potluck Supper**, Wed Jan 11, 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.*

- **Climate Justice Committee**, Thur Jan 12, 6:15 PM (7)
- **Dances of Universal Peace**, Thur Jan 12, 7:00 PM (SFH)
- **Young Adult Group FIRST MEETING!** Thur Jan 12, 7:00 PM (10)

*Come meet other young adults (ages 18-35) in the Fellowship and brainstorm upcoming activities.*

- **Insight Meditation**, Fri Jan 13, 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](mailto:maryleigh.burke@gmail.com)).*

- **Kirtan Meditation**, Fri Jan 13, 7:00 PM (SFH)

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

- **Fellowship Care and Support Team Mini-Retreat**, Sat Jan 14, 9:00 AM (SH/K)
- **Men's Monthly Gathering**, Sat Jan 14, 9:30 AM (LIB)

*Come for friendly conversation and to meet other men at the Fellowship.*

## **Plan Ahead**

**Jan 19** The Space Between Us: Immigrants, Refugees, and Oregon. The first of three Oregon Humanities Conversations hosted by UUFC this winter. OHC Moderator will be Manuel Padilla. Global displacement is on the rise. We'll consider questions of up-rootedness, hospitality, identity, perception, and integration and how we might build more informed, responsive, resilient, and vibrant communities. 7:00-8:30 PM in the Social Hall.

**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 15, 9:30 and 11:00 AM**

Martin Luther King Jr.: Words We Still Need to Hear.

*Rev. Jill McAllister and all*

All ages join for worship together, sharing and hearing again some of the most important lessons from The Rev. Dr. Martin Luther King Jr.

*Spirit of Life, help us lift our vision to all the ways love and justice are still possible.*

## **New to the Fellowship? Welcome!**

For more information about the Fellowship contact the First Steps coordinator, Elona Meyer (elonameyer@msn.com). If you're thinking about what UUFC membership might mean for you, register for upcoming Membership Orientation classes at the Welcome Table on Sunday.

**Action Lunch – Today! 12:30 pm** \$5/person suggested donation, in support of Corvallis Housing First.

## **Becoming UU Climate Stewards**

This class begins today, Sun Jan 8, 12:45 AM in Room 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. Childcare is available.

**Climate Justice Committee Meeting Schedule Change:** now meeting Thursday, Jan. 12, 6:15 PM Room 7

## **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](http://uucorvallis.org/?page_id=223).

## **Potluck and Program Jan 12 : Senior Cohousing**

For all who are nearing or older than age 55 and interested in creating a senior co-housing community in Corvallis. 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. For more information contact Andrea Dailey, 541-908-6232 or [andrea@dailey.com](mailto:andrea@dailey.com).

## **Singing Together on the Eve of A Big Change Jan. 19, 6-7 PM**

Join MC Squared (Mark Weiss, Cliff and Chere Pereira) and guests, for an hour of singing classic and not-so-classic songs of resistance, resilience, justice and peace, on the eve of the presidential inauguration.

## **Insight Meditation Schedule Changes**

NO Insight Meditation group on Fridays, Jan 20, 27, or Feb 3. Instead, Insight Meditation will meet at the following days, at 10:15 AM in Room 7. Jan 16, 18, 23, 30 and Feb 1. Insight Meditation returns to its normal Fridays at 10:15 on Feb 10.

## **Join us for "Buddhist Practices for Anxiety and Fear"**

Saturday, Jan 14 from 3:00 - 4:30 PM in Room 7. Mary Leigh Burke facilitates.

## **Exercise/Aerobics resumes Monday Jan. 9**

MWF 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](mailto:nandad@peak.org).

## **Living With Depression: Yours, or Someone Else's - First Session January 9**

Again this year, a gathering to share and explore what it means and what it takes to live with depression, and to support each other. Open to all. Facilitated by Linda Carroll. Mondays, January 9, 16, 23, 7:00-8:30 PM at the UUFC in Room 7.

## **The Space Between Us: Immigrants, Refugees, and Oregon January 19**

The first of three Oregon Humanities Conversations hosted by UUFC this winter. OHC Moderator will be Manuel Padilla. Global displacement is on the rise. We'll consider questions of up-rootedness, hospitality, identity, perception, and integration and how we might build more informed, responsive, resilient, and vibrant communities. Thursday, January 19, 7:00-8:30 PM in the Social Hall.

## **Connect Up: January Activities**

Sign up today to participate in an activity in JANUARY, or on the UUFC website [http://uucorvallis.org/?page\\_id=3776](http://uucorvallis.org/?page_id=3776).

## **Plan Ahead: Resistance, Resilience, and Radical Gratitude: A workshop with Barbara Ford**

February 4, 2017; 1:00 – 4:30 PM at the UUFC. Group sharing, ritual, movement, and music will be the portals for this experience, building community and personal strength for the road ahead. The deadline for registration is January 21, 2017 (2 weeks before the event). To register, email Susan Christie: [crypto716@gmail.com](mailto:crypto716@gmail.com).

## **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](http://uucorvallis.org/?page_id=4013)). Committee members will be available between the two Sunday services **today**, Jan 8, and on Jan 22 to answer questions and get your input about the grant process. Contact us at [uufcjusticeoutreach@gmail.com](mailto:uufcjusticeoutreach@gmail.com).