



THE WEEK AHEAD

January 17-24, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, January 17, 2015

- **Vegetarian Potluck**, 5:00 PM, UUFC Social Hall
Bring a vegetarian or vegan dish, with list of ingredients, to share.

The Week Ahead: January 18-23, 2016

- **Escalating Inequality Group**, Mon Jan 18, 7:00 PM, Majestic Theatre
Group meets at the Majestic this week to attend the Martin Luther King Jr Day Celebration.
- **UUFC Weekly Potluck**, Wed Jan 20, 6:00 PM, UUFC Social Hall
Please bring a dish (with a list of ingredients) to share, and your own plate and utensils if possible. All are welcome.
- **UUFC Choir Rehearsal**, Wed Jan 20, 7:00 PM, UUFC Sanctuary
No experience or audition necessary, all are welcome.
- **Senior Hub "Aging with Choice" Presentation**, Thurs Jan 21, 9:30 AM, First Congregational Church
Senior Hub organizers from the UUFC "Over 65" group presenting about potential services for seniors.
- **Over 65 Group "Train Your Brain" Presentation**, Thurs Jan 21, 3:00 PM, UUFC Sanctuary
WOU Professor Dr. Rob Winningham presents on brain health. All are welcome.
- **Insight Meditation**, Fri Jan 22, 10:30 AM, UUFC Rm 9
Insight Meditation is a simple yet profound practice originally taught by the Buddha. No experience is required.
- **Kirtan**, Fri Jan 22, 7:00 PM, UUFC Rm 7
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **UU Path Class**, Sat, Jan 23, 9:00 AM, UUFC Social Hall
Second in the Path to Membership orientation series. Sign up at the Welcome Desk.
- **Seminary for a Day**, Sat Jan 23, First Unitarian Church of Portland
Keynote Presenter Rev. Dr. Susan Ritchie, on Unitarianism's multi-religious history. This address focuses on the implications, dangers, and promises of this Unitarian Universalist identity in an increasingly Islamophobic America. Afternoon workshop sessions follow.

Plan Ahead

- **Membership Class**, Sunday, Jan 24, 12:30 PM, UUFC Library
Third in the Path to Membership orientation series. Sign up at the Welcome Desk.

Next Sunday: January 24, 9:30 AM & 11:00 AM

"Between Us: Our Shared Ministry" *Rev. Jill McAllister and Kyle Jansson*

As planning for our 2016-17 church year gets underway, Jill and Fellowship President Kyle Jansson will share a look at the state of our shared ministry, and how we are meeting our goals for the life and mission of the UUFC.

May we remember that the prophets of our time have much to teach us – more than we might expect or seek. May we learn.

“Aging with Choice—Can We?” Senior Hub Presentation

Senior Hub organizers from the UUFC “Over 65” group are presenting to the Academy for Lifelong Learning (ALL) at the First Congregational United Church of Christ, 4515 SW West Hills Rd, Thursday Jan, 21, 9:30 AM. All are welcome to attend these programs and learn more about Senior Hub’s potential for providing services to seniors.

Brain Health Presentation

“*Train Your Brain: An evidence based and holistic approach to Optimal Brain Health,*” presented by Dr. Rob Winningham, professor of Psychology and Gerontology at Western Oregon University. Thursday Jan 21, 3:00 PM. Sponsored by the “Over 65” group; all are welcome! For more information, contact Carolyn Madsen at carolynzac@comcast.net.

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. Thursday Jan 21, 5:00-7:00 PM in the Social Hall. For more information, contact Ann Mbacke at reassociate@uucorvallis.org.

Escalating Inequality

This group meets to explore the issues surrounding economic inequality. In honor of Dr. Martin Luther King Jr. Day, we are not meeting on site but invite you to join us for the King Day Celebration on Monday Jan 18, 7:00 PM at the Majestic Theater. We continue meeting every other Monday – next meeting is February 1, at 7:00 PM. For more information, contact Ann Mbacke at reassociate@uucorvallis.org.

Seminary For A Day – January 23, First Unitarian Church in Portland

Keynote Presenter Rev. Dr. Susan Ritchie, on *Children of the Same God: The Historical Relationship Between Unitarianism, Judaism, and Islam*. Long before Unitarianism and Universalism merged in the United States, Unitarianism was inherently multi-religious. This address focuses on the implications, dangers, and promises of this Unitarian Universalist identity in an increasingly Islamophobic America. Many workshops offered in the afternoon sessions. Online Registration Form at www.tinyurl.com/SFAD-2016. We could carpool from Corvallis!

Foreign Policy Discussion (Great Decisions)

Are you interested in joining a group of community individuals who gather to read and talk about selected US Foreign Policy topics? Contact Sharon Harr at harrhaus3@comcast.net or Ann Mbacke reassociate@uucorvallis.org if you are interested in joining a group which starts in January. A workbook and shared video are the only costs. Detailed information can be found at http://www.fpa.org/great_decisions/.

UU College of Social Justice Internships

The UU College of Social Justice is offering a Global Justice Internship Program. The internship program offers emerging young adults (age 18-25) opportunities to engage in meaningful justice work with grassroots organizations around the U.S. and in India. For information about internship sites, and an application, visit uucsj.org/internships. Internships take place in summer (June to August) for six to twelve weeks. Interns are encouraged to seek their own funding, but stipends of up to \$1,500 are also available through UUCSJ. Applications are accepted on a rolling basis, with a priority deadline of February 7.

Insight Meditation

Insight meditation is based on the original teachings of the Buddha. It emphasizes mindfulness, abiding in the present moment, and deep inquiry into the conditioned mental and emotional constructions that keep each of us from awakening to life as it is. Meets Fridays at 10:30 AM. For more information, contact Mary Leigh Burke at maryleigh.burke@gmail.com.

UUFC Pledge Contributions: 2015 Year-End Statements

Calendar year statements are being sent by email to the email addresses on file at the UUFC. Printed statements will be available Sunday, January 24 for those who do not have an email address on record. If you have questions please contact Louise Ferrell at Lferrell2@peak.org or 541-753-6135.