



THE WEEK AHEAD

January 31-February 6, 2016

Upcoming Services & Events at the UU Fellowship of Corvallis

Today, Sunday, January 31, 2015

- **Our Whole Lives Sexuality Education** *K/1st 12:30-1:30 PM, room 6BC.*
- **Sign up for Connect Up activities for February** *Connect Up is our program of small group gatherings for many different activities. Sign up to host or to join in, in the foyer after services.*
- **Burundian Refugee Support** *Join Jill in the Social Hall just to indicate your interest in being part of this project in the coming months.*

The Week Ahead: February 1-6, 2016

- **Escalating Inequality Discussion**, Mon Feb 1, 7:00 PM, UUFC Rm 7
For winter/spring 2016, this group will be discussing the UUA Common Read, Just Mercy by Bryan Stevenson.
- **Living with Depression**, Mon Feb 1, 7:00 PM, UUFC Rm 6C
A continuing series of discussions, sharing, and support for those who are living with depression.
- **Shawl Ministry** Mon Feb 1, 7:00 PM, UUFC Library *Knit or crochet shawls for UUFC members who are in distress or celebrating great joys. All levels of experience welcome!*
- **Kitchen Review!** Tues. Feb. 2, 1:00 PM, Kitchen *We all use the kitchen. Who looks after it? If you can join a team of kitchen helpers, please join us for this meeting.*
- **UUFC Weekly Potluck**, Wed Feb 3, 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 Feb 3, 7:00 PM, UUFC Sanctuary
No experience or audition necessary, all are welcome.
- **Capoeira Angola**, Thurs Feb 4, 5:00 PM, UUFC Social Hall
African-Brazilian art form of dance/movement cooperative practice.
- **Insight Meditation**, Fri Feb 5, 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 Feb 5, 7:00 PM, UUFC Rm 7
Kirtan comes from ancient Hindu traditions of chanting as devotional practice, to calm minds and open hearts.
- **Technology Orientation**, Sat Feb 6, 10:00 AM, UUFC Rm 6BC
Hands-on instruction in using the UUFC's In-House technical equipment.

Plan Ahead

- **Leadership Gathering**, Thurs February 18
Leaders of Fellowship councils, committee and task forces meet for training and mid-year check-in.
- **Services Auction**, Sat April 30 – save the date!

Next Sunday: February 7, 9:30 AM & 11:00 AM

“What Can Hold Us Now?”

Rev. Jill McAllister

The great sages and teachers have always taught that it is from the Center we must live. Is there a center which can hold in these days? Which can hold our lives? How do we move toward the Center?

May we be brave enough to try in the face of likely failure, and open enough to feel the sorrows and the joys of our attempts to heal the world.

Escalating Inequality

This group meets to explore the issues surrounding economic inequality. We will begin discussing the UUA's Common Read for this year, Just Mercy, written by Bryan Stevenson. We meet every other Monday – next meeting is February 1, at 7:00 PM. For more information, contact Ann Mbacke (reassociate@uucorvallis.org).

Climate Justice Committee invites all to join state-wide day of action, Feb. 3

Healthy Climate Prayer in Action Gathering: Join EMO's Oregon Interfaith Power & Light for a prayer into action gathering, 8:45-9:50 AM at the Micah Building of First United Methodist Church, 600 State St, Salem. This is a pre-event before climate, labor and environmental organizations hold an advocacy training from 10:00-11:45 AM at the same location. We will be inspired by reflections and prayers by faith leaders on a healthy climate before joining with others to learn about the Healthy Climate Bill, join a rally and advocate with our legislators. (Separate registration with Oregon League of Conservation Voters at www.olcv.org.) Organizations will also hold the Rally for a Healthy Climate and Clean Energy Jobs from 12:00-1:00 PM in front of the Oregon State Capitol, followed by advocacy visits.

Donation of \$5 requested at the door for morning refreshments. We strongly encourage carpools! Free parking available at Marion Parkade at 350 Marion St NE, Salem, OR 97301. For information call 503-221-1054 x214. Register by February 1 at <http://tinyurl.com/go8tbsh>.

Burundian Unitarian Refugee coming to Corvallis

A member of the Unitarian congregation of Bujumbura, Burundi, is coming to Corvallis next week. We'll need to build a community of support for him, so that he can seek asylum here. Let Jill know if you are interested in joining in this work.

Technology Orientation

If you are interested in learning more about how to use the UUFC's In-House technical equipment, please come out and join Monica Jacobson-Tennessee and Ann Mbacke as we provide hands-on instruction. Saturday, February 6, 10:00 AM-noon, rooms 6B/C. Contact Ann (reassociate@uucorvallis.org) for more details or just show up.

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 Feb 4, 5:00-7:00 PM in the Social Hall. For more information, contact Ann Mbacke at reassociate@uucorvallis.org.

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 Ann Mbacke (reassociate@uucorvallis.org) if you are interested in joining a group which starts February 21. There is an organizational meeting February 14, 6:30 PM. 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.

Mowers Needed

We need a few more people to serve on the crew that mows the Fellowship Grounds, both for the riding mower and for the walk-behind mower (which has a power assist). Each worker does a "shift" about once a month, and the job usually takes a couple of hours. Seasoned crew members are happy to show a newcomer the ropes. Please contact Andrea Dailey of the Grounds Committee (andregdailey@gmail.com) with questions or to volunteer. Thanks!