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UUFC NEWSLETTER

JANUARY
2019

"...I greet this new year with gratitude and hope, because I know that we are willing and able to grow and change..."

Between Us.

Dear Friends --

The new year begins amid struggles, turmoil and danger, in our country and in the world. We are not the only generation to find ourselves in this situation, though the challenges and dangers we face are particular to our own time, and our lives now. These struggles and dangers revolve around our historic, deeply-held values as Unitarian Universalists -- freedom, reason and the embrace of diversity. Across our country and around the world, these values are being ignored, eroded, and attacked in ways that harm people, other living creatures and the planet itself. This situation requires not only our constant attention; but that we grow and change almost everyday. We are called to keep growing out of our illusions and ignorance (for example learning to recognize and dismantle racism and white-supremacy culture), we are called to change our habits (for example our use of fossil fuels and

plastic). This is hard, hard work and we need each other's help every day.

At the same time, these dangers have given rise to new life, new energy, and new ways of living and working together. We are certainly at the beginning of a new era, though the last gasps of an old world hold on as tightly as they can. Some days I feel beleaguered, angry and afraid; I wonder if I can keep going, and if human-heartedness and the ecological systems of the earth can survive. But more often I feel a deep and growing joy which comes from affirming my values and convictions, and learning more about what freedom, reason and diversity look like in the ways I relate to other people and the world.

At the Fellowship, we are deeply engaged in and affected by the changing world -- of course we are. At any time, we may be called on -- we have been called on -- to change, to

step up, to give. I have no doubt that this will be the way things keep going. This is the work of deepening, and I see it happening everyday. We are deepening our understanding of the way things truly are, and our ability to respond. We are deepening conversations, connections, and commitments. We are growing and changing.

And so I greet this new year with gratitude and hope, because I know that we are willing and able to grow and change, especially in ways that help keep freedom, reason and the embrace of diversity alive. I greet this new year with anticipation because there is still so much to learn, and opportunities to learn appear every day. I greet this new year with joy, which comes from the companionship and inspiration I find among us, in this congregation.

Gratitude, hope, anticipation and joy -- may you find these too, in the new year now beginning. **See you Sunday --- Jill**



P.S. Remember that I'm available if you need me:
minister@uucorvallis.org.

Worship: January Sundays

We begin January Sundays with a look at the classic UU values of freedom, reason and tolerance. UU historian Earl Morse Wilbur identified these values (in the early 1900's) as the motivating forces in our history, as Unitarianism and UUism evolved over nearly 500 years in Europe and North America. What does it mean to be part of a religious tradition based on these values today, and what do these values look like in action - in our lives and in our work in the world? Later in the month we'll take time to engage in more questions about dying and death, and we'll consider what Spiritual Direction looks like for religious liberals. Post-service discussions will begin on Jan. 13, facilitated by Shika Ghosh Gottfried. These open discussions, for sharing responses to the sermons and other parts of Sunday services, are scheduled every 2nd and 4th Sunday, 12:30 - 1:30 PM.

Sunday Service Worship Leaders

- Jan. 6 Rev. Jill McAllister
- Jan. 13 Rev. Jill McAllister
- Jan. 20 Rev. Jill McAllister
- Jan. 27 Rev. Jill McAllister

From the UUFC Board of Directors

Happy New Year! The Board has begun work on policy updates to support our new bylaws, focusing first on financial policies and procedures. We approved funding to upgrade our aging and failing audio system for the Sanctuary. Look for those changes to happen soon! The building project continues moving forward: we are very close to finally completing the application for a conditional building permit from the city, which will allow us to get a better estimate of the costs of adding a new addition to our existing building. With a more detailed estimate, plus known costs and estimates for the renovations underway, we'll be able to re-assess our options and decide on next steps. Meanwhile it has been a big challenge to find local contractors willing to consider doing the seismic upgrade needed in our RE Wing.

Town Hall January 17, 7 PM: Becoming a Sanctuary Church

The UUFC Immigrant and Refugee Support Team is drafting a proposal for the congregation to vote on becoming a Sanctuary church. Building on feedback from a 2017 town hall, and on growing partnerships with immigrants in Corvallis and Albany, the team will present their ideas, and open the discussion for further exploration of this timely question and our role in helping provide sanctuary. All members and friends are encouraged to join in the discussion, Thursday, January 17, 7 PM in the social hall.



Russian Dinner Fundraiser - Jan. 5

Join us for a delicious meal and support UUFC. The donation is \$20 per person payable at the door. A reservation is required. Volunteer to help, and get supper free. Please email cardonalaw3@gmail.com or leave a message at 541-753-0423 with your name and the number of guests in your party.

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Spiritual Practices Toolkit Begins Jan. 6

1 - 3 PM in Room 6. Start your new year with an overview of spiritual practices, to build your own toolkit. Runs for 7 weeks. Come to one or all. See page 3 for more information.

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Jan. Events at the UUFC

- 5 Russian Dinner Fundraiser, 3 PM, SH/K
- 6 Action Lunch, 12 PM, SH/K
- 11 Blue Spirit Wheel Kirtan, 7 PM, SFH
- 12 Dance Planet! 7:15 PM
- 13 Post Sermon Discussion, 12:30 PM, GAL
- 14 UUFC Board Meeting, 7 PM, Room 7
- 17 Town Hall on Sanctuary 7 PM, SH
- 21 Living with Depression, 7 PM, Room 10
- 24 Leadership Supper, 6 PM, SH/K
- 27 First Steps Class, 11 AM, LIB

Coffee for Justice

Every Sunday, and other days too, many at UUFC enjoy coffee with our conversations. The coffee served (and for sale) at the Fellowship is purchased from a Mexican cooperative that helps build a sustainable community.

More than a decade ago, several people living along the Agua Prieta/Douglas border saw coffee: as a potential solution for economically driven migration, one of the biggest crises affecting impoverished and rural communities in Central America and Mexico. 16 years later, that potential has been realized for many of the members of Cafe Justo, a coffee- growing cooperative based in Salvador Urbina, Chiapas, Mexico,

Before families of Salvador Urbina formed Cafe Justo, life in the town looked quite different, said Guadalupe Morales Trejo, a member of the cooperative. The rural community of about 1,600, where "everyone knew everyone," was absent of men and young people, all of whom had migrated either to Northern Mexico or the U.S. in search of work. "As producers, we used to sell our coffee very cheaply - maybe six pesos per kilo," he said. "There was much more poverty and migration. You barely saw any young people, because they had all gone to the United States."

Blessings of Winter (from Dec. 23)
 May we greet each winter day with thanksgiving as we bow, praise, and rise.
 May we remember these gifts of winter:
 Rain, rest, reading
 Water being replenished, dormant seeds being nurtured
 Soft light, trees silhouetted by sky and clouds
 Frost and fog, lichens on branches, birds in bare trees
 The gift of warmth, of good soups, hot chocolate
 Time to contemplate, think and write
 Glorious music, to join in, to listen to.
 A community of kindness, generosity, tolerance and peace
 Winter is a season of family, celebration, companionship
 Winter is a season of sorrow, and sorrow is a door to joy

Religious Exploration

A Retreat of Our Own: Bringing Mindfulness Home

A mindfulness meditation retreat is scheduled for February 15 & 16 at the UUFC, open to all. Beginners to advanced meditators are welcome. Basic instruction will be provided and there will be time for both guided meditation practice and silent sitting. (Cushions are not required as chairs will be provided for those who prefer them.) The retreat will be silent with time for questions provided. Facilitated by mindfulness coach Audrey Perkins and longtime meditation leader and UUFC member Patti White. More information coming soon.

Spiritual Practices Toolkit: Sundays, Jan 6 - Feb 17, 1-3 PM: Room 6

Come to all, or drop in for those that interest you. No need to sign up in advance. These sessions will introduce a variety of spiritual practices, through experiential learning. Contact DRE Michael Molk for more information, at molk@uucorvallis.org.

The schedule of sessions is:

Jan. 6--Rituals, with Wolfgang Dengler (bring something meaningful for placing on an altar)

Jan. 13--Tai Chi, with Joe Martines (wear loose, comfortable clothes and shoes/slippers without much arch)

Jan. 20--Yoga, with Jamie Petts (wear loose, comfy clothes)

Jan. 27--Singing & Movement, with Michael Molk

Feb. 3--QiGong, with Dean Johnson (wear loose, comfy clothes)

Feb. 10--Kirtan, with Kitz Stern & George Beekman

Feb. 17--Meditation, with Mary Leigh Burke

Dance Planet -Saturday, January 12, 7-9 PM in the Sanctuary (see more info below)

End-of-life Questions and Planning

Starting January 8, we'll continue the discussion started last year, on deepening connections as we focus on end of life needs, wishes and planning. All classes will be in Room 7, except for January 15, which will be upstairs in Room 9. All classes start at 7 and end at 8:30 PM. Fellowship members and friends will facilitate each conversation. Please join us for the following topics*:

- January 8 - "Wait, I'm not ready"
- January 15 - UU thought on death and death rituals
- January 22 - Hospice - what happens in the death process
- January 29 - Caregivers 101
- February 5 - Grief
- February 12 - Estate planning
- February 19 - Planned Giving

*topics subject to change based on presenter availability!



Dance Planet - Coming to the Fellowship

Saturday, January 12, 7 - 9 PM in the Sanctuary

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A new Adult Religious Exploration offering! Dance in your own way, to a joyous blend of music and rhythms from around the globe and across the decades! Connect your energy to a beautiful community of dancers, movers, and shakers.



Peter Mayer in Concert!

Saturday, January 26 at the UUFC. Save the date! Tickets will be available beginning Jan. 2.

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Six pesos equals about 30 cents. In comparison, Cafe Justo pays \$2.25 or more for a pound of coffee, higher than the Fair Trade minimum of around \$1.40-\$1.90, as well as providing members with medical benefits and a pension plan. The Cafe Justo growers set the price and take the lead in decisions regarding the business. "In Cafe Justo, the cultivators don't just cultivate the coffee, they participate in the direct sales to the clients," he said "So there aren't middle men." Founding member Soraida Santiago has seen just how the Cafe Justo model can help families. Because of the success of the cooperative, her own son was able to afford to return home and help run the farm after migrating to Georgia.

Mark Adams, U.S. coordinator of Frontera de Cristo, said he would like to see the Cafe Justo model expand to more communities and countries. "To see the stability that they're able to have now, and to see the family unification that they can have, to see children being able to go to university . . . that's a huge thing," he said. "Now, it's in their hands where they want to go." "We formed this precisely to avoid migration, not to send people to the United States or to death in the desert," he said. "And as it goes on advancing, it motivates us, day by day, to keep working harder." Learn more about Cafe Justo at: <http://www.justcoffee.org>

Social Concerns

Help Needed for our January Fundraiser: The Men's Cold Weather Shelter

Our Fellowship has been raising funds and awareness for the Men's Cold Weather Shelter since 2009, and recently has taken on an important leadership role. In January we will collect funds to operate this shelter through our action lunch on Sunday, January 6th, bake sales (January 13, 20 and 27) and Sunday collections. Not everyone is able to volunteer at the shelter at night, but many people can contribute to the action lunch and bake sales. Please contact Sylvia Yamada if you can make a soup, a fruit or vegetable platter, bring refreshments or help with clean-up for the action lunch on January 6th.

Connect Up

Connect Up offers opportunities for us to gather in a variety of interest based small groups to better get to know one another.

SIGN UP on Sunday, January 27th, to participate in or to host an activity in February!

In December, our Connect Up opportunities included a discussion about shared rental housing, a sing along and potluck, and a walk in McDonald Forest.

What are your interests?

Questions: contact Wendy Sutton connect@uucorvallis.org

For current events, visit Connect Up on the UUFC website: http://uucorvallis.org/?page_id=3776.

ART EXHIBIT

2018 Library Report

Our Library continues to develop as a resource for religious exploration. Thanks to your donations, we've acquired lot of new-to-us books over the last year. We appreciate everybody who donated, as well as the book crew for the Rummage Sale for finding additional books.

We continue to invite your book donations. We're especially interested in expanding our sections on Death, Aging, Disability, and LGBT. We also have a small budget for buying new books. What purchased books would you like to have added? You can email me (crobins76@hotmail.com) or leave a note in the Library mailbox outside the Office. We also could use one more shelf unit and/or filing cabinet. Finally, we're looking for an occasional helper—once a month or less. This should be a strong person who can easily move lots of books around as we re-arrange categories.

Thanks! Christine Robins, Librarian

The upcoming exhibit in our gallery is presented by Nature and Wildlife artist, Pam Haunschild. Pam writes "Being outside in nature is everything to me! So it's no surprise that nature is my subject. In my paintings, I attempt to capture the essence of nature without copying it exactly. I want to get past the obvious -- to the essence of why many of us find being outside in nature soothing to our souls. Whether this is conveying the power behind a falcon's gaze, the wonder of the vast number and variety of creatures that live in a tidepool, or the majesty of a salmon swimming upstream to spawn, I hope to capture something that will inspire viewers to connect more deeply with the natural world I am honored to be part

of this exhibit, where you will see many paintings of nature's flora and fauna. As you view my work, I hope you will experience what John Muir describes as "nature's peace flowing into you as sunshine flows into trees." Artist opportunities: The next exhibits in our gallery for UUFC artists:

~June 11: Annual UUFC Open Exhibit, Non juried, Open to All UUFC children and adults, professional artist and those who have never displayed. It's a great representation of our community. One entry per person.

~October 22: "What I Love About Corvallis", Visual and Literary Arts Entry open to entire UUFC community. Start creating!

Contact Niya Standish niyabeth@gmail.com for additional information.

Pam Haunschild
Nature and Wildlife Artist
www.pamhaunschild.com
www.facebook.com/pamhaunschildartist



Special Blue Spirit Wheel Kirtan

7:00 PM in the Sanctuary

Similar to the weekly kirtan meditation and chanting, with a special live kirtan band. Come join us!

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Other Events

Wednesday Drop-In

Coffee Hour

Every Wednesday, 11:30 - 12:30 in the Library. Join Jill and staff for this informal time to visit. Bring your lunch if you like.

Men's Winter Shelter: Thank-you and Update

First, a BIG THANK YOU to every UU member who has donated or worked at the Corvallis Men's Winter Shelter this year. It opened Nov. 1 and UU staffed all 9 volunteer positions for the first 10 days! The shelter is open until March 31 and the UU will continue to be involved via financial management, volunteer coordinating, and leadership.

The funds raised by the Social Justice Lunch will help the Shelter meet its needs. The shelter's seasonal budget is \$152,000, with \$120,000 of that provided by the City and the County. Most of the funds go to pay for the part time staff, who work from 4:30 pm to 11:30 am every day. This incredibly dedicated staff manages the shelter's operations by opening the gate to get the men out of the elements, prepare the space for the evening, work with volunteers and mental and physical health specialist, keep track of the safety of the men and the neighborhood, and clean it each day to make sure it is a healthy, secure place. Additional expenses include rent, utilities, port-a-johns, sundries, and general upkeep.

Thanks to the help of dedicated volunteers, Stone Soup, and donations, the Shelter can house up to 50 men for 154 days for only \$20 per man, per night. Compare that to the overnight costs of \$80 for a motel, \$150 for jail, or \$1,500 for the hospital. Helping the homeless is one of the most critical issues nation-wide. Thank you for being part of the solution.

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