

Unitarian Universalist Fellowship of Corvallis

UUFC
2945 NW Circle Blvd
Corvallis, OR 97330
www.uucorvallis.org
541-752-5218



Weekly Announcements

Sunday, Jan 26 – Saturday, Feb 1

Sunday Worship

Two Services at 9:30 & 11 AM

“We Join Ourselves Together” Rev. Jill McAllister

Becoming a member of a Unitarian Universalist congregation is an exercise in ethical living. *Being* a member, over time, is a continuous practice of ethical living and right relations. It’s good to stop every now and then to remind ourselves of our commitments. New members will be welcomed today.

Childcare for infants and toddlers is available at both services RE Sessions for older children and youth are offered at 11 AM.

The justice/outreach offerings and after-service refreshment donations on January Sundays support the Corvallis Cold Weather Men’s Shelter. Your contributions are appreciated.

New to the Fellowship? Join us today at 11:10 AM in the Library for our First Steps class.

Other Sunday Events

~ Refreshments in the Social Hall after each service. All are invited! Introduce yourself to someone you don’t know. Meet our new members.

~ **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 today** to participate in or to host an activity in February! Questions: contact Wendy Sutton connect@uucorvallis.org.

~ **Post-Sermon Discussion**, 12:30 PM, in the Gallery. All are welcome to share and listen in response to the topic of the Sunday service.

~ **The “UU the Vote” Steering Committee meeting**, 12:45 PM.

~ **UUFC Justice Coffeehouse, 4-6 PM.** Come hear Fellowship musicians in support of our justice work. Justice teams will compete to provide the best snacks (!), and will have information about their work. All are welcome!

The Week Ahead

Monday, Jan 27	Immigrant and Refugee Support Team	2:45 PM LIB
	Mid-Valley Health Care Advocates Meeting	7:00 PM SH
	Adult Coming of Age	7:00 PM Rooms 6BC
Tuesday, Jan 28	Transgender Support Group Potluck	6:00 PM Rooms 6BC
	Leadership Supper <i>All leaders of teams, task forces, events, etc. are welcome for this update and facilitated discussion of the work of the councils.</i>	6:00 PM SH/K
Wednesday, Jan 29	Women’s Lunch Bunch	1:00 PM N. Coop
	Weekly Potluck <i>Bring a dish to share.</i>	6:00 PM SH/K
Thursday, Jan 30	Grief-Tending Ceremony	7:00 PM SFH
Friday, Jan 31	Insight Meditation <i>A simple yet profound practice originally taught by the Buddha. No experience needed. Contact Mary Leigh Burke: maryleigh.burke@gmail.com</i>	10:15 AM Room 7
	Kirtan Meditation	7:00 PM Room 7

Happening Soon

Tuesday, Jan. 28 Leadership Supper, 6PM for all leaders of teams, task forces, councils, committees, events, and all others interested. A light supper is provided. We'll focus on the work of councils – how are we doing and what's needed?

Grief-Tending Ceremony: Jan 30, 7:00-8:30ish PM, in the Sanctuary.

You may have come to a previous grief ceremony, or heard from somebody who has, and may have decided that they are “just not for you”. What we are offering now is different from when we started. While the overall framework for the service has stayed similar, the particulars have changed and shifted over time. So please join us as we return to the deep work of grief, for self, community, culture and planet. Please bring pictures or objects with you that represent your sorrows or losses, and feel free to bring your friends. Childcare available if you contact us by Wed, Jan 29. For more information, contact Susan Sanford (susanwulfe@gmail.com) or Anna Coffman (anna.cupofta@gmail.com).

New to the Fellowship? You're invited to join us for **FIRST STEPS, 11:10 AM, Sunday, January 26th.**

~Perhaps you've been coming to the UUFC fellowship for a little while now, or you may have just discovered us. Either way, you may be interested in learning more about what we have to offer.

~If you are planning to join us this Sunday at UUFC, our First Steps class is a great way to learn more about making connections within the UUFC community.

~First Steps is not a formal “class.” It's an opportunity to meet other newcomers, ask questions, learn more about Unitarian-Universalism, as well as to hear a bit about the many programs and activities available at our fellowship.

~A tour of the building is part of the First Steps program.

Note: If you are looking forward to the sermon (as I do), you may choose to come for the first service, at 9:30 AM. You may also take advantage of our video link to each sermon. The link will be sent automatically if you've completed a connection card. You may also access archived sermons on our website. We have childcare for infants and toddlers during our first and second services; school aged children may want to participate in our religious exploration activities at 11:00 AM. If you signed up to attend First Steps at our welcoming table, we're all set—no need to RSVP, unless your plans have changed. Hope to meet you soon; if you think you'd like to join us for First Steps, you may RSVP by emailing me at elonameyer@icloud.com

Saturday, Feb. 8 Russian Dinner prepared and hosted by Ernest Cardona, in support of the justice work of the Fellowship. Offsite, at the Corvallis Elks Club at 5:00 PM. Tickets available in the foyer today after each service

Quiet in the Heart: Living in Alignment A joint retreat – Corvallis Zen Center and UUFC, **March 14 and March 15.**

All are welcome to join in this shared retreat focusing on practice to help align us with our highest values in these challenging times. Beginning Friday evening, and continuing Saturday, the 10-hour program will include meditation (seated and walking), teaching, journaling, shared silence, and discussion. A children's practice may be included. Led by Mushin Abby Terris and Rev. Jill McAllister.

Fellowship Connections

UUFC Room Reservation Requests – New Process! Please send all new UUFC room reservation requests to roomreservations@uucorvallis.org. Room reservation requests are processed on Mondays and Wednesdays.

Living With Depression, Yours or Someone Else's. All who are interested in this informal meeting for sharing and support are welcome. Next meetings are Wed Feb. 5 (5-6 PM), and Mon Feb. 17, (7 PM).

Thank-You! Thank-you! To John Swanson and all who've volunteered to help the UUFC be part of “UU the Vote”. (You can thank others in the Fellowship by posting thank-you notes on the bulletin board in the foyer.)

Upcoming Sundays

Feb. 2 9:30 & 11 AM UUFC Committee on Ministry hosts an introduction to Black History Month.

Feb. 9 9:30 and 11 AM Rev. Jill McAllister

Words For Reflection

We humans have both a natural desire and a spiritual need to feel connected and to grow roots....Yet with any home or community, there comes a time when its flaws can no longer be ignored. In fact, this disillusion is part of growing up. How then to remain connected with “home”? We find ways to actively engage with what makes us proud, remain open to surprises, and work toward fixing that which disappoints us.

Rev. Marisol Cabellero, adapted

Contact Us

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Church Office

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Office Hours

Monday & Wednesday 10 AM – 2 PM

Tuesday & Thursday 8 AM – 12 PM

*The UUFC Office is closed on all federal holidays.

Fellowship Care and Support Team listeners are available on Sundays for anyone looking for support. Ask at the welcome desk in the foyer.

The UUFC website is back online! There is still a lot of content to be added, but we changed hosts and now have a much more secure site. Visit uucorvallis.org and check it out.

Active links right now include the Calendar and Room Reservation Form (And new process! Please send all new UUFC room reservation requests to roomreservations@uucorvallis.org); information about upcoming Worship Services, information about renting Fellowship space; and basic contact information. Lots more information to come!

Thanks for your patience as we worked to make our site more secure.