

Unitarian Universalist Fellowship of Los Gatos



FELLOWSHIP NEWS

November 2009 No.11; published 12 months each year. Glen Marchant, Editor

Our Mission

- Provide a place where people are inspired to think about and discuss values, ethics, and the meaning of their lives
- Stimulate spiritual growth in children and adults through exposure to a wide variety of religious thought and experience
- Provide mutual support, caring and fellowship to our members
- Provide support of the larger community through service and social action
- Appreciate and honor our connectedness with all living things

November 2009

Sunday Services at 10:30

Nov. 1: *The Prophetic Sisterhood*

Rev. Victoria Ingram

Unitarians and Universalists were among the first denominations to ordain women into the ministry, starting in the 1850s. Those pioneers often were only able to find pulpits in small, start-up congregations in the Western territories of the United States, and their passion for the faith and for their ministries helped expand our denomination.

NOTE: This Sunday marks the beginning of Daylight Saving Time. Be sure to set your clocks back one hour!

Nov. 8: *Growing A Congregation*

Rev. Victoria Ingram

Big or little, congregations of different sizes have their joys and challenges. Many perk along at a steady pace, adding a few new members and seeing a few familiar faces move on. What happens when a congregation moves from being a family-sized church to welcoming more people into their faith community? Congregations that want to grow need to be savvy about making that transition.

NOTE: UUFLG Financial Update follows the service and a luncheon will be served in the West Room. Please sign up for the luncheon in the foyer.

Nov. 15: *Guest Speaker from the Bay Area Women's Sports Initiative*

Marlene Bjornsrud

The Bay Area Women's Sports Initiative (BAWSI) is a public benefit, nonprofit corporation with a mission to create programs and partnerships through which women athletes bring health, hope and wholeness to our community. Founded in 2005 by Olympic and World Cup soccer stars Brandi Chastain and Julie Foudy and Marlene Bjornsrud, former general manager of the San Jose CyberRays women's professional soccer team, BAWSI

provides a meaningful path for women athletes to become a more visible and valued part of the Bay Area sports culture.

Nov. 22: *Generosity is About More than Money*

Rev. Victoria Ingram

Did you ever think about choosing generosity as a lifestyle? We have many opportunities to be generous with our treasure, but we can also choose to be generous in other ways with our time and talent. What would be possible if we went even further still, choosing to our lives from a sense of abundance and appreciation?

Nov. 29: *How Do I Forgive When My Heart Still Hurts?*

Rev. Victoria Ingram

We've all experienced hurt, disappointment, or insult. With luck, time passes and it gets easier to cope. But, some slights seem just too hard to forgive and forget. When even a small part of our heart is left hurting, we lose a bit of the happiness, hope, and possibility life holds. We'll explore what strategies help us heal.

Dec. 6: *Days of Future Passed: Lessons of the 1960s*

Rev. Chris Shriner

It's now over 40 years since the historic Woodstock music festival. Today we will look back at a remarkable decade that helped shape many of our lives. What can we learn, both from what worked and what didn't? Counter-cultural attire is encouraged! Dig out your tie-dyes. Rev. Chris Shriner is Minister Emeritus of Mission Peak Unitarian Universalist Congregation in Fremont. He also worked as a psychotherapist for 25 years, and he is the author of four books including "Do Think Twice: Provocative Reflections on Age-Old Questions." Chris is currently writing a book about theism and atheism.

Minister's Column

As I'm writing this column, I'm also preparing to leave for Pennsylvania to be with Carl as he helps his mother transition into a long-term nursing care facility. I know that what our family is experiencing now is a path that many of you have had to negotiate for your loved ones, as well. Thank you for your kind thoughts and support. I appreciate it very much.

To say it's a challenge to face life's transitions is an understatement, I know. This milestone in my mother-in-law's life is not one she hoped to face. For her, it represents a loss of independence, dignity, self-control, and privacy that I know she isn't looking forward to. Given her frame of mind, I don't know that we'll succeed in helping her find a "silver lining" in this situation!

And yet, I think developing the skills to make life transitions is one of the keys to finding a sense of balance and happiness in our lives. When we develop the ability to hold open the door of possibility, life can seem more of an adventure and less of a trial. If we can learn to trust the "new," it's easier when the time comes to let go of the "old."

Years ago, I had a job for which, frankly, I was not very well suited. I tried, but didn't succeed. And, I got fired. I was scared. Despite the fact that I hadn't really liked the job, at least I'd had a job! I was scared to death about the future. Would I find something else? Would anyone ever hire me again? What was going to happen to me?

There was certainly a period of concern, worry, and uncertainty involved. But, eventually, I did find a new job. As a matter of fact, I found a new career, and it was one of the best things that ever happened to me. My life moved on, and so did I. Years later, as I look back, I'm glad I got fired from that early job, because my life has been better for it.

Of course, I didn't realize that it would turn out this way when I was in the moment. But, I did learn something from that experience. I learned that change isn't always a bad thing. I learned that I can survive transitions and come out better for them. I learned about looking for the possibilities and trying to see change as an adventure, instead of a pain.

And, I think it's made it easier for me to face life's transitions ever since. (Now, let's see if I can support my mother-in-law to see her new situation in a positive light!)

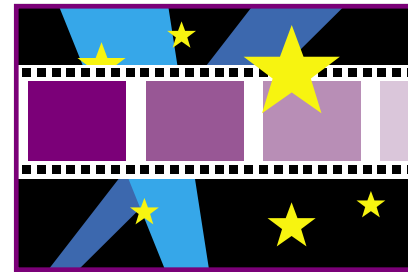
Love and light,
Victoria

PG.2

Studying Sacred Texts: Buddhism and UU An Adult RE Class

Tuesday, November 10 and 17, 7:00 to 9:00 p.m.

Join Rev. Victoria to learn more about Buddhism and why it's become one of the most popular spiritual practices in Unitarian Universalism. We'll use excerpts from Buddhist sacred writings, along with articles from various authors and UU's, to explore this world religion and how UUs are incorporating it into their lives.



November Inspirational Film:

Finding Neverland

starring Johnny Depp and Kate Winslet

Author J.M. Barrie is inspired to write Peter Pan after encountering a lively, imaginative family of young boys. As his own life seems to be crashing around him, the time Barrie spends with Peter and his brothers, and their widowed mother, sparks his own creativity and provides him with the focus and hope to write again. Nominated as Best Picture of the Year, Best Actor (for Depp), Best Screenplay, and other awards.

Friday, November 13 6:30 – 9:30 p.m.

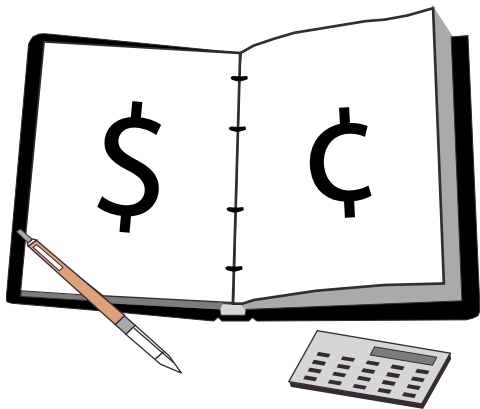
At the Ingram's, 515 Newville Drive, Los Gatos

UUFLG “State of the Fellowship” Update

Sunday, November 8

Following Worship, you’re invited to participate in one of our periodic updates on UUFLG’s finances, programs, and budget status. The Finance Committee wants to share with you the financial facts and figures of your congregation and answer your questions about our year-to-date progress.

Luncheon will be served in the West Room, following the presentation. To facilitate meal preparation, please let us know if you are staying by signing the roster in the foyer.



How are we doing financially so far this year?

In the October newsletter, I talked about the way we use the three types of budget we generate to plan and control our financial operations during the year. In this article, I will discuss how we answer the title question. The focus of the question is on the short-term financial health of the Fellowship, i.e. the outlook for this fiscal year, July 1, 2009 to June 30, 2010. The broader question of the Fellowship’s financial prospects for future years is a separate and much more complex issue.

The measure we use for how we are doing so far is the projected surplus/deficit produced each month. This figure is developed from a line item review each month in which all information available about that income or expenditure is used to estimate the anticipated total as of the end of the fiscal year. The projected monthly surplus/deficit will vary during the year as unanticipated changes in planned expenditures surface and income variations from that expected occur.

In order to translate that into the short term financial health of the Fellowship as of a given date, the effect on the Operational Reserve needs to be considered. The Operational Reserve account is the budget surpluses and deficits accumulated from previous years. It provides a safety net to handle potential future deficits. If it is larger than needed, it is a source of funds for unanticipated but critical increases in our budget.

The size of this projected reserve is thus an appropriate measure of our short term health. As long as this reserve stays large enough to give a “comfortable” cushion above zero, we are healthy. It is this measure of health that we guard during the year when additional expenses are proposed and reduced income is recognized. The size of this cushion needed to be “comfortable” is a subjective measure derived from our history of being able to control the budget as well as the degree of fiscal conservatism of the viewer. To measure the effect of each month’s surplus/deficit on the Operational Reserve, the projected surplus/deficit is added/subtracted to/from the Operational Reserve existing at the beginning of the fiscal year to give the projected operational reserve we expect to have at the start of the next year. The size of this projected reserve is our measure of our short term financial health.

I urge you to attend the November 8 Sunday Service and listen to the presentation immediately after the service. A quantitative review of our budgets and our short term financial health will be presented by the Finance Committee. That presentation will show that UUFLG is in good financial health for this current fiscal year. After the presentation, a free lunch will be provided for all. See you there.

Irving Yabroff, Treasurer

Religious Education

As we get ready to welcome another new teacher to our staff, I want to take this opportunity to once again thank all the wonderful members and friends of the Fellowship who share their time and energy to keep religious education going at UUFLG. We literally could not have an RE program without our volunteers. If you have served our children in preschool, elementary, or youth, even once, you have the gratitude of all of us.

In particular, I would like to shine the spotlight on Joe Rafferty. Joe was already a beloved member of the RE family when I was lucky enough to jump on board two years ago, and he has been my right hand ever since. He is dearly loved by our children for his humor, patience, and boundless enthusiasm. So thank you, Joe, from all of us... and happy birthday!

Tamara

Fall Adult RE

The Fall Adult RE continues with the Bill Moyers interview of Joseph Campbell on The Power of Myth. Classes are scheduled on the first and third Thursday. November 5 will feature Sacrifice and Bliss and November 19 will feature Love and Goddesses. Bert Olson and Susan Fera are the discussion leaders.

7-9 PM for video and discussion. Optional 6:30 pm bring a brown bag dinner for pre discussion gathering.

No cost, however, you may be interested in purchasing the paper back book covering this series.

THANKSGIVING FEAST AT UUFLG ON THANKSGIVING DAY, NOV. 26

If you haven't yet done so, please make reservations by Nov. 10th for yourself, family and friends with Edna Windes at 408 386-5317 ednawindes@me.com or Katie Stubstad at 408 377-1606 katiep@pacbell.net.

We need help with table decorations, set up and clean up. If you can volunteer, please contact Edna or Katie.

The dinner charge will be \$10. per adult, \$5. for children age six to 12, no charge for children under six.

Please bring your own plates and flatware and a dish to share. If you have more than 4 people in your party please try to bring one dish for every 4 - 6 people in your group.

Menu: Turkey, cranberry sauce, rolls, a vegetarian dish and beverages will be provided. When you make your reservation, please sign up to bring one of the following: sweet potatoes, mashed potatoes, a hot vegetable, a vegetable & dip platter or dessert.

Come at one o'clock. Dinner will begin within the hour. There will be a kids' movie after the meal and you are welcome to bring board games. Hope to see you there!

Heartfelt thanks to everyone who attended my 90th birthday party on Saturday, October 17.

Thank you for coming to the party, and thank you for the lovely gifts you brought. A wonderful time was had by all. And for those who couldn't make it? Well, we'll just have to do it again!

By the way, if you lost an item or left something behind, please contact me at 408.540.9156.

Barbara Kalmoutis

*Thank you for wearing your name tag on Sunday mornings,
and for parking on the street when possible to make room for our newcomers.*

More Music, More Meditation:

A Workshop with Dada Nabhaniilananda

Sunday, November 8th 1:00 - 4:00 p.m.

Yoga monk, teacher, author, and musician Dada presents this workshop on meditation as a spiritual practice. Using music, chant, spoken word, and other techniques, he will lead participants in a variety of meditative practices designed to quiet the mind, ease the body, and reconnect with the spirit. A free-will donation will be taken in the ancient tradition of making an offering to one's teacher for wisdom shared.



NCUUC SPRING THING AT ASILOMAR

April 23 – April 25, 2010

Come to a weekend in the beautiful seaside setting of the Asilomar Conference Grounds on the tip of the Monterey Peninsula. It is a relatively unstructured gathering of about 40 UUs and friends. The days are free for your own activities, exploring the Monterey area, with conversation and games in a friendly atmosphere in the evenings. Cost is \$230 per person, double occupancy in historic Scripps Hall, for 3 days / 2 nights, 6 meals, maid service, and use of all Asilomar amenities, including jitney service. Children 3-17 yrs. are \$160 and children under 3 yrs. are free.

Registration deadline is January 17, 2010. For a registration form, contact the Registrars, Kathi and Murray Bullis, by telephone at (925) 829-4419, by mail at 9033 Craydon Circle, San Ramon, CA 94583 or by e-mail at mbkb2@comcast.net.

Los Gatos Community Interfaith Thanksgiving Service

Tuesday, November 24 7:30 p.m.

Congregation Shir Hadash (on Cherry Blossom Lane)
Bring donations of canned goods for Second Harvest Food Bank

You're invited to celebrate Thanksgiving with our brothers and sisters in other area faith communities at this worship service on November 24. Featuring choirs, musicians, and clergy from many Los Gatos houses of worship, the service is followed by a reception. This year's sermon will be given by Rev. Rick Rodoni of St. Mary's Parish.

INTERESTED IN WHAT THE BOARD IS UP TO? The Board minutes and agendas are listed under "Board Meetings" on the left hand side of the home page of our website www.UUFLG.org.

HAVE SOMETHING TO SAY TO THE BOARD? A guest commentary time for members can be made available at the beginning of each monthly Board of Trustees meeting. Contact Paul Yeadon (paul_yeadon@yahoo.com) for more information.

Items for the monthly newsletter are to be submitted (by the **20th** of the month) to **Glen Marchant** at: UUFLGnews@att.net. Please submit articles and e-mail attachments as **single spaced MS Word documents, .rtf** (Rich Text format), or **plain text**, and limit to less than 200 words. The purpose of this newsletter is to foster communication and planning among friends and members. However, due to the size constraints of the printing, we regretfully cannot print opinion pieces.

The Sustainable Grounds Project is online and now has a separate area on our UUFLG website, with pictures and detailed information about the project: http://www.uuflg.org/sustainable_grounds_project.html You can also follow the progress of the Sustainable Grounds Project on Twitter and Flickr! The Twitter profile can be found by going to: <http://twitter.com/UUFLG> and the Flickr pictures are available at: <http://tinyurl.com/UUFLGSustainableGarden>

Social Action

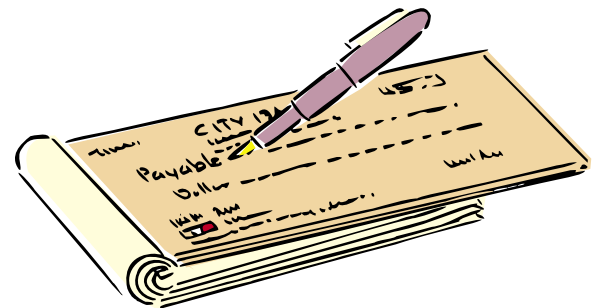
Sustainable Grounds Project

When the Social Action Team conducted a survey in spring of 2008 on green practices 94% of respondents indicated support for landscaping Fellowship grounds with native and drought tolerant plants. When the congregation was asked, during the Social Action Sunday service in April 2009, what kinds of projects they would be excited about one of the suggestions that received enthusiastic support was growing native, edible and drought tolerant plants.

This will be a multi-year project with Phase I starting in the fall of 2009. Success is defined as 50% of our plantings being native with most of the rest being either edibles or drought tolerant. Some existing plantings will be kept due to their significance to members of our community, for example, the roses in our memorial rose garden. All plants installed in the preschool yard will be non-toxic and preference will be given to non-toxic plants throughout the grounds. No plantings are planned for the play yard on the southwest corner of the property. Nineteen areas have been defined including the narrow strip along the fence on the east side of the property. In Phase I priority will be given to areas of greatest visibility and impact.

On Saturday October 3rd, 2009 eleven volunteers got together for the first Sustainable Grounds Mulch and Munch Garden Party. Led by Connie Springer the volunteers moved five yards of mulch over the open areas on the east end of our building. The mulch will help the appearance and start to improve the soil for our transition to sustainable native or drought tolerant plantings. A huge thank you to all of our enthusiastic volunteers! Our turnout was double the number of people we expected, and the energetic group made short work of the mulching!

The second Sustainable Grounds Garden Party will be announced shortly.



Share-the-Plate

In October we raised \$375.25 for Low Income Self Help Center.

The Share-the-Plate recipient for November is ACT for Mental Health, a private non-profit agency in downtown San Jose that provides counseling, assessments, and mental health services to anyone in need. Their programs include a downtown counseling center providing affordable counseling services for persons in emotional distress, parents and children reunifying after legal separation, and individuals referred by the courts or other social agencies; educational and training classes; and services to veterans including readjustment counseling, marital and family counseling and military trauma counseling. ACT for Mental Health is a not-for-profit mental health clinic that depends on donations and fundraisers to provide quality mental health care to adults and children who are without the means to pay for assessment and counseling services. UUFLG member Wanda Alexander is ACT's CEO.

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30a-11:30a Sunday Service	2 10:00a-Noon Tuesday Chalice Circle 1:00p-2:30p Membership Committee	3 7:15-9:30p Meditation Class Dridzin Dragpa Buddhist Center	4 10:00a-Noon Learn to Paint in Water Color Noon-1:30p RUUMS on the deck 6:30p U bring bag lunch to eat before- 7:00p-9:00p The Power of Myth Class	5 6:30p-9:30p Inspirational Film: Finding Neverland 7:15p-9:15p Trance Work Study and Support Group	6 9:30a-11:30a Worship Associates Meeting	7
8 10:30a-11:30a Sunday Service 11:30a-12:30p UUFLG Financial Update/ Lunch 12:15p-1:30p Social Action Mtg. 1:00p-4:00p Dada Nabhanlilananda's Follow-Up Workshop	9 7:15p-9:00p Women's Spirituality Group 7:30p-9:30p Great Books dis- cussion group	10 7:00p-8:30p Finance Committee Meeting	11 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	12 9:30a-Noon Thursday Morning Women's Group 7:00p-8:30p UUFLG Board Meeting	13 9:30a-11:30a Building and Grounds Meeting	14
15 10:30a-11:30a Sunday Service	16 7:00p-9:00p Rental: Better Investing	17 10:00a-Noon Tuesday Chalice Circle	18 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	19 10:00a-Noon Learn to Paint in Water Color Noon-1:00p RECCY Meeting Noon-1:00p RUUMS (2 nd meeting of the month) on the deck 6:30p U bring bag lunch to eat before- 7:00p-9:00p The Power of Myth Class	20 Newsletter Deadline	21 10:30a-2:00p Rental: Buddist Family Meditation Class 6:30p Dinners for 8
22 10:30a-11:30a Sunday Service	23 7:15p-9:00p Women's Spirituality Group	24 1:30p-2:30p Long Range Planning Committee	25 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	26 1:00p and Dinner will begin within the hour- Thanksgiving Feast	27 7:15p-9:15p Trance Work Study and Support Group	28
29 10:30a-11:30a Sunday Service	30 December 1	December 1 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	December 2 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	December 3	December 4	December 5

Unitarian Universalist Fellowship of Los Gatos
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*“Affirming the Inherent Worth and
Dignity of Every Person”*



Fellowship News

November 2009

The Newsletter is published monthly by the Unitarian Universalist Fellowship of Los Gatos (UUFLG). The Newsletter is available to everyone on the web at www.uuflg.org. Members may elect to receive a printed copy. Individual friends and visitors may receive the printed Newsletter free for three months. After three months, the suggested subscription rate for non-members is \$10 per year.

(Send to: Newsletter, c/o Unitarian Universalist Fellowship of Los Gatos, 15980 Blossom Hill Road, Los Gatos, CA 95032.) The subscription expiration date appears on the name line of the mailing label.