

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

October 2009 No.10; 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

## October 2009

Sunday Services at 10:30

### Oct. 4: Building our UU Identity:

#### Association Sunday

Rev. Victoria Ingram

We're all a part of this faith community, and we're part of a larger denomination as well. Our faith reaches people around the globe, offering a beacon of love and hope to those who yearn for a liberal religious home. What, exactly, are we a part of and why does it matter to our Fellowship?

### Oct. 11: *Coming Out on the Side of Love*

Rev. Victoria Ingram

With special guest musician Shelley Kutilek

This Sunday is National Coming Out Day, and our special guest, Shelley Kutilek, who is a jazz singer, will join us in celebrating our brothers and sisters who are gay, lesbian, bisexual, transgender, queer, or questioning. UUs are Standing on the Side of Love in our denominational campaign to extend civil rights and dignity to all.

### Oct. 18: Music and Meditation

Rev. Victoria Ingram

With special guest speaker/musician

Dada Nabhaniilananda

Yoga monk, writer, and teacher Dada has been a meditation teacher with the spiritual movement Ananda Marga (The Path of Bliss) for thirty years. He has been playing and writing music since childhood, and recently published his first book. Using sound, music, chanting, and spoken word, this Sunday we'll explore the world of meditation as a spiritual practice.

### Oct. 25: *Where Is My Inspiration?*

Rev. Róbert Bálint

In a sense, we all are poets writing the poem that becomes the story of our life. For some of us, the words come easily and we succeed. Others struggle for every single word to make the poem happen. And, of course, some people's poem just doesn't work, no matter how hard they try. For our life, our individual story is interwoven with other stories, other lives. Is there a way to make our story one of joy, compassion, understanding, a story of LIGHT AND LOVE. The Rev. Róbert Bálint is the 2009-10 Balázs Scholar at Starr King School for the Ministry.

### 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.

# Minister's Column

One of my favorite poems is by Terry Tempest Williams:

I pray to the birds.  
I pray to the birds because I believe  
they will carry the messages of my heart upward.  
I pray to them because I believe in their existence,  
The way their songs begin and end each day –  
the invocations and benedictions of earth.  
I pray to the birds because they remind me of what I love  
rather than what I fear.  
And at the end of my prayers, they teach me to listen.

Unitarian Universalists are sometimes a bit shy about praying, especially if they question the existence of a deity, of God. And, I understand and embrace that point of view.

I can't however, give up my desire to pray – to express my gratitude for the gift of life, my joy at the blessings I enjoy, to feel connected with all of the interconnected web, to acknowledge feeling humbled by love, and to cry out when I'm feeling hurt, or despairing, or frightened. I don't pray to God, I pray to the birds, the trees, the wide open sky, and to the dirt and worms and blades of grass between my toes.

Too many of us who have moved away from a childhood religion, or who have come to UU from no particular religious background, have given up or not experienced the discipline of a spiritual practice. We “threw the baby out with the bath water” when our beliefs changed. I did that too, for a long time. Perhaps we've just never thought about exploring a “discipline” that helps us connect to ourselves and to life.

Years ago, I saw a great bumper sticker that said, “All of my best ideas were stolen by the ancients.” And, when it comes to spiritual practice, to prayer, for example, the ancients were on to something.

You don't have to believe in God to believe that life is sacred. You don't have to pray to God in order to speak the secret needs and joys of your heart. You can find the sacred within yourself and the wisdom and comfort of that still, small voice within by creating a practice for yourself that allow you to quiet, calm, and connect.

For all that UUs live our faith by action in the larger

world, we have the opportunity to live our faith by taking inner action, too. Art, music, dance, woodworking, gardening, journaling, meditation, yoga, exercise, cooking – the list is endless – these practices that allow us to feel deeply, truly, and gratefully connected to all of life.

I invite you to listen to your heart.  
Love and light,  
Victoria

## Getting to Know UU

If you're new to Unitarian Universalism, you may not be aware of the rich heritage and long history of our denomination. If you're thinking about becoming a member of UUFLG, you may be curious about how we operate as a faith community. Or, maybe you just like to meet new people and get to know them a little bit better! Getting to Know UU is a chance to learn about all of this, and more.

Join Rev. Victoria on Wednesday, October 7 and October 14, from 7:00 p.m. to 8:30 p.m. in the Lounge to learn, ask questions, share, and find out about UU.

## October All Ages Potluck

Please come to the Fellowship for our annual Halloween All Ages Potluck on Saturday October 24th from 5 - 8pm.

Bring a dish to share and your own tableware. Some drinks will be provided but if your family prefers something particular, please feel free to bring your beverage of choice.

We'll be carving pumpkins so come with your jack-o'-lantern ideas. Pumpkins will be provided.

To RSVP please contact Katie Stubstad at [katiep@pacbell.net](mailto:katiep@pacbell.net) or 377-1606.  
Or simply show up!

We are looking forward to seeing everybody.  
Katie & Jim Stubstad

## Religious Education

As another official church year begins, everyone involved in Religious Education is looking forward to a new year of curriculum as well. I am excited to see the children I have come to know and love continue to grow and learn, and I look forward to meeting new families and making new friends as well.

What I'm really excited about this year is our strong focus on the history and meaning of Unitarianism, Universalism, and how they came together. We'll be tying all of this together in a way our young ones will be able to relate to in their own lives and experience. We'll explore such themes as:

- What are your favorite sports?
- What do we understand about people with special needs?
- What do you think you will be when you grow up?
- What is fair and unfair?
- What is a Unitarian?
- What is a Universalist?

We'll also find out the history of some famous names and the UU connection behind them, including:

- Charles Darwin
- Susan B. Anthony
- P.T. Barnum
- Joseph Priestly
- Beatrix Potter
- Paul Revere
- Frank Lloyd Wright
- Louisa May Alcott
- Sir Isaac Newton

And many more!

These lessons will be adapted to all of our different age groups, including pre-school, elementary, and older elementary.

I am grateful to our staff members, Kari Sparks and Melinda Graff, as well as the many congregational volunteers who give so generously of their time to keep Religious Education up and running. Special thanks to Joe Rafferty, for his selfless and invaluable assistance, as well as Leslie Jones and Jim Beebe for help with our older elementary students.

I consider everyone at UUFLG a part of Religious Education, and hope you do, too.

Tamara

## Fall Adult RE

**Bert Olson** will lead a video / discussion of Bill Moyers interview with Joseph Campbell on The Power of Myth. Six classes are scheduled on the first and third Thursday of each month starting October 1. Be energized by Joseph Campbell's insights.

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.

## 2625 Cards and Letters "Flood the GOV" From UUs Across the State

Cards and letters in support of the Human Right to Water streamed into the UU Legislative Ministry Action Network offices in Sacramento all last week. Unitarian Universalists from 45 congregations across the state collaborated to urge Governor Schwarzenegger to sign AB1242, The Human Right to Water Bill. AB1242 was co-sponsored by a number of California environmental justice groups as well as UULM Action Network and the UUSC. Only the Governor's signature is still needed for it to become law.

The cards and letters were delivered via "La Gotita," a big blue water drop mascot which was a gift to the UUSC from Federation of Water and Sanitation Workers in Peru. UUSC President, Charlie Clements, came all the way from Massachusetts to join with UULM staff and volunteers to demonstrate to the Governor and our interfaith allies how important this bill is not only to California, but to the national and international movement. Our shared commitment to the values of justice and interdependence, and the energy of UUs working together has heightened awareness of this issue and continues to inspire hope that the bill might be signed.

It is still not too late to call or email <http://gov.ca.gov/interact> the Governor (916) 445-2841 to ask for his support!

Thanks to all worked to make this happen - Rev. Lindi Ramsden, UU Legislative Ministry of California

As always, check out [www.uulmca.org](http://www.uulmca.org) and [www.uusc.org](http://www.uusc.org) for more information.



## THE UUFLG BUDGETS

This is the second of a series of articles by the Finance Committee to inform you about UUFLG financial operations. Budgets are used as planning and management tools. UUFLG prepares and uses three budgets: the first is used in planning the Annual Budget Drive; the second is the base budget prepared from the results of the budget drive to be approved by the membership; the third is dynamic, that is it changes during the year, and is used by the Finance and other committees to manage our income and expenses. These budgets are described as follows:

- 1. Target Budget:** This budget is prepared in January for use in planning the Annual Budget Drive. It is a balanced budget in that it shows no deficit or surplus of net income. It is the basis for the target total of pledges to be received during the drive. The Finance Committee prepares this budget in consultation with the minister and the operating committees.
- 2. Membership Approved Budget:** After the Annual Budget Drive is completed in March, the actual total of pledges received is used to adjust the Target Budget. Major programs are maintained without incurring a large deficit. This budget is then approved by the Board and presented to the membership for approval at the May Congregational Business Meeting.
- 3. Budget Projection:** A projection of the income and expense accounts to the end of the fiscal year, June 30, is updated monthly as part of the profit and loss statement issued at the end of each month. The initial projection for the year is, of course, the Membership Approved Budget. If plans or expectations for any account change during the year, that change is recorded and explained in the budget projection. This projection is used to

monitor the projected surplus/deficit of the Net Income and to evaluate the effect of proposed changes during the year. Any major changes must be evaluated by the Finance Committee and approved by the Board. In this way, we thoughtfully and carefully monitor and manage our money in the Fellowship.

A congregational information meeting is being planned for Sunday, November 1, along with a light lunch afterwards. A presentation will be given at which you will see the current Membership Approved Budget and Projection and have an opportunity to ask questions about them.

## Building Committee Meeting Sat. Oct. 24th at Noon

The 'official' Bldg. Committee meeting will be later this month due to Tim's travel schedule. We are meeting later in the day to allow several additional people to attend. Our Committee has been charged by the Board to develop a comprehensive 'Building & Deck Status & Improvement Plan'. The purpose of this document will be to allow the Board to determine how to allocate available 'building & grounds' funds, and possibly authorize new fund raisers. An example of an urgent improvement would be the pulling up of the deck floor so that 10 joists can be installed between the existing joists. (At this time, it looks like many of the 4 foot boards can be re-used.) The planting of drought-resistant plants is an already authorized project. New sanctuary carpet and folding chairs are two other previously highlighted areas. If you can come on Oct. 24th, a RSVP email to [trconnelly@sbcglobal.net](mailto:trconnelly@sbcglobal.net) would be greatly appreciated.

Tim Connelly, B&G Trustee

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

## Social Action

### California Costal Clean-Up Day

On September 19<sup>th</sup> fourteen enthusiastic volunteers from our Fellowship, joined an estimated 70,000 people around the state participating in California Costal Clean-Up Day [http://www.mercurynews.com/breaking-news/ci\\_13378480](http://www.mercurynews.com/breaking-news/ci_13378480) We picked-up trash in Vasona Park and have a great time too! Thank you to all our wonderful volunteers for putting our principles into practice!



## National Coming Out Day

UUFLG is a welcoming and inclusive liberal religious community. Please invite your gay, lesbian and bisexual friends to join us for October 11<sup>th</sup> service. A portion of the service will be devoted to National Coming Out Day.

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**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](http://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 Ann Campbell ([annbcampbell@gmail.com](mailto:annbcampbell@gmail.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](mailto: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.

## Share-the-Plate

In August Share-the-Plate raised \$196.00 for Friends Outside, and \$223.00 in September for the Minister’s Discretionary Fund.

Our Share-the-Plate recipient this month is the Low Income Self-Help Center. Located in San Jose since 1999 the center is a grassroots, multicultural nonprofit organization that “believes that everyone deserves dignity, respect, and a decent quality of life.” They provide resources for self-help advocacy, informational workshops, and a drop-in center offering use of a computer with internet access, a fax, a phone, help with resumes and forms, and a supportive listening ear. The people who come to them for help include the homeless, job hunters, people looking for affordable health care and low-income housing, immigrants, the disabled and increasingly people who have fallen into need for the first time and don’t know where to turn for help.

## Come Help Barbara Kalmoutis Celebrate Her 90<sup>th</sup> Birthday!!

Saturday, October 10, 2009  
2:00pm – 6:00pm



NOT a pot luck – DO BRING finger food(s) or small plates and a beverage

No presents or gifts, please

Contact: Shelley McKanna at [admin@uuflg.com](mailto:admin@uuflg.com) for details such as: address, parking concerns and any additional questions you might have.

## **(Almost) Everything You Need To Know About Your Child's Development and Tools To Help You Navigate It: A Positive Discipline Workshop For Parents of Preschoolers.**

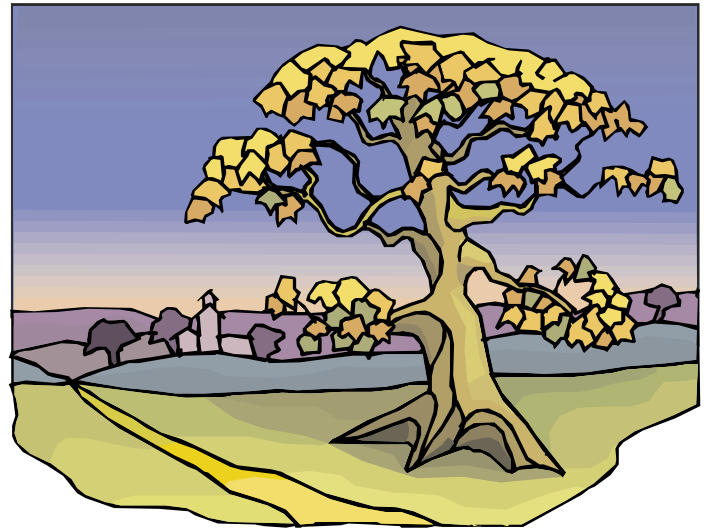
Do you wonder WHY your child does what s/he does? Ever ask yourself, "Is this normal?". And if the behavior is developmentally appropriate, but not necessarily desirable, how can you cope with it while treating your child with dignity and respect? This workshop will answer those questions in a fun and interactive format. Participants will understand effective ways to respond to everyday AND more challenging behaviors, using encouragement, kindness, and firmness.

- **Saturday October 24, 2009**
- **Time:** 9 a.m. to 1 p.m.
- **Location:** Fellowship, West Room
- **Fee:** Free for UUFLG folks; otherwise, \$50 per person/\$80 per couple
- **To Register:** email Linda at [linda@taketimefortraining.com](mailto:linda@taketimefortraining.com) or call 408-370-1516

Facilitators: Linda Krenicky, Credentialed Parent Educator, and Moira Sullivan, MS, OTR/L Occupational Therapist, Specializing in Pediatrics

Linda has facilitated adult learning for more than 25 years, both in the corporate and non-profit worlds. She is a lifelong learner who loves to share her knowledge and experience. Linda believes we learn from each other, and actively engages participants in her workshops and classes.

Moira believes that the keys to helping children lead happy, fulfilling lives is through connection to others, growth and learning, and empowering them to achieve their full potential. She has helped children with a variety of motor and sensory processing needs and has specialized training in a number of techniques including remediation of sensory processing dysfunction, DIR Floortime, vision rehabilitation, and myofascial release.



## **13th Annual UU Pacific Central District Men's Retreat Friday-Sunday, October 16th-18, 2009**

Theme: What will it take for you to be happy?

Come join men from all around the Pacific Central District for a weekend of fun, community-building, kinship, singing, workshops and more! We will be gathering once again at the Westminster Retreat Center in Alamo (10 miles south of Walnut Creek), a beautiful location for reflection and enjoyment of natural surroundings.

The cost for the weekend is \$225, with a deposit of \$100 at time of registration. Please register now, since the cost rises to \$235 as of Oct. 1.

To register or to get more information, go to <http://pcd-uua.org/men/frames.htm>

We'd love to see you at this event! Questions? Contact us:

Gordon Smith at 408-393-6182 or [gordonsmith100@gmail.com](mailto:gordonsmith100@gmail.com)  
Harry J. Mersmann at 209-955-0291 or [pcdmensretreat@gmail.com](mailto:pcdmensretreat@gmail.com)

## October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 27 10:30a-11:30a Sunday Service	September 28 7:00p-9:00p Rental: Adidam Video/ Discussion-Public Welcome. 7:15p-9:00p Women's Spirituality Group	September 29 1:30p-2:30p Long Range Planning Committee	September 30 7:15-9:30p Meditation Class Dridzin Dragpa Buddhist Center	1 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	2 7:15p-9:15p Trance Work Study and Support Group	3 9:00a-11:00a Worship Associates Meeting
10:30a-11:30a Sunday Service	5 10:00a-Noon Tuesday Chalice Circle 1:00p-2:30p Membership Committee	6 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	7 9:30a -Noon Thursday Morning Women's Group 7:00p-8:30p UJFLG Board Meeting	8 9:30a-Noon Learn to Paint in Water Color in Four Lessons Noon-1:00p RECCY Meeting Noon-1:00p RUUMS (2 <sup>nd</sup> 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	9 9:30a-10:00a Building and Grounds Meeting	10
11 10:30a-11:30a Sunday Service 12:15p-1:30p Social Action Meeting	12 7:15p-9:00p Women's Spirituality Group 7:30p-9:30p Great Books discussion group	13 5:30p-6:30p Committee on Ministry 7:00p-8:30p Finance Committee Meeting	14 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	15 10:00a-Noon Learn to Paint in Water Color in Four Lessons Noon-1:00p RECCY Meeting Noon-1:00p RUUMS (2 <sup>nd</sup> 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	16 7:15p-9:15p Trance Work Study and Support Group	17 6:30p Dinners for 8
18 10:30a -11:30a Sunday Service Newsletter Deadline	19 10:00a-Noon Tuesday Chalice Circle Newsletter Deadline	20 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	21 10:00a-Noon Learn to Paint in Water Color in Four Lessons	22 9:00a-1:00p Positive Discipline & Parenting Strategies 5:00p-8:00p All Ages Potluck	23	24
25 10:30a -11:30a Sunday Service	26 7:00p-9:00p Rental: Better Investing 7:15p-9: 00p Women's Spirituality Group	27 1:30p-2:30p Long Range Planning Committee	28 7:15p-9:30p Meditation Class Dridzin Dragpa Buddhist Center	29 10:00a-Noon Learn to Paint in Water Color in Four Lessons	30 7:15p-9:15p Trance Work Study and Support Group	31

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



**Fellowship News**

**October 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](http://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.