

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

April 2015 No.4; 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

## April 2015

Sunday Services at 10:30

### April Theme: Rise Up!

### April 5: Flower Communion (intergenerational)

Rev. Fa Jun

Celebrate the awakening of Springtime, and our deep and meaningful connections with each other, with the UU tradition of the flower communion.

Please remember to bring a flower from your home garden, the roadside, or your local farm or CSA (Community Supported Agriculture).

This service is intergenerational and will include lively activities to keep minds and bodies, both young and older, engaged!

### April 12: “Rising up: Powerful political action in the modern age”

Rev. Fa Jun

In our deeply interconnected world today, it can seem that our small voice is drowned out amidst the crowd of opinions out there. On top of this, some who feel most deeply often speak most softly.

Is there a way we can empower ourselves to let our voices be heard, even in the wide and polarized world of global decision making? Come join an enlivening discussion on ways to make a better world by Rising Up and taking action!

### April 19: “Spiritual Café”

After a short summary in the Sanctuary, the congregation goes to deck to reflect more directly in small groups to discuss the question of the day. This sharing is meant to deepen each person’s understanding of the topic and also deepen the connections/friendships of people who come to our services. Today’s topic is how we ground ourselves in traditions, old and new.

Guiding questions, as well as coffee and tea, will be available to facilitate the discussions.

### April 26: “The needs of the Spirit, and the needs of the Flesh”

Rev. Fa Jun

In a liberal religious community like Unitarian Universalism, are we even sure what “Spirit” means? Without the rigid confines of a traditional religion, do we even feel that “spirit” is a worthwhile focus in our lives?

And yet, it is obvious that we are not just the “flesh” either (as it is often defined). We are deep and complicated beings, with many different needs existing in us. As far back as St. Paul, this difference was observed, and now we have the work of thinkers like Maslow to help us puzzle the issue out.

This service will engage your body, mind, and spirit, and illuminate the needs of each of these areas for a full and happy human life.

## Compassionate Communication for Friends, Family, and Couples

Friday, April 17 7:15-9pm

Empathy, not sympathy! When we are hurting, one of the most healing things another person can do is give empathic connection from the heart. How often, though, do we give each other things like instructions, pity, or even subtle judgement about what we are feeling?

On the positive side, it could be argued that all authentic emotional intimacy is based on deep rapport, or empathy. In tonight's class, we'll discuss and practice how to give empathy from the heart - especially in situations where it is challenging to do so!



## UU Principles in Practice - Encouragement to Spiritual Growth in our Congregations - A day of meditation

Sunday, April 26th 12:15-1:30

Join us for our monthly "Principles in Practice" class. This month, we'll be covering the second half of the 3rd UU principle "Acceptance of one another and encouragement to spiritual growth in our congregations," and specifically, we'll discuss meditation as a tool for spiritual growth.

In this very special class, we'll spend our first 90 minutes with practical instruction and discussion of the traditional (religious), scientific, and practical understanding of meditation. Various different styles of meditation will be surveyed. We'll even experience a bit of meditation right there in class.

After a short break, those wishing to do so can stay for a "mini-meditation retreat" lasting until 4pm. During this time, we will loosely follow the traditions of Chan/Zen meditation of taking a moderate period of silent sitting (30 mins), interspersed by walking meditation (10 mins), and a break for tea in the mid-afternoon. The day will finish up with a short discussion of individual's experiences.

## Volunteers "Spring" into Action

On March 21, volunteers from UUFLG again teamed with volunteers from Holy Cross Lutheran and two other congregations for our second All Faiths Workday at the home Habitat for Humanity is renovating on Palm Street in San Jose.

Installing long-lasting cement-board siding was the main focus of the day. Volunteers also painted the eaves, worked on interior insulation, and moved two huge piles of drywall from the driveway to the rooms where it will soon be installed.

Habitat hopes to complete the renovation by early June, then begin work on a new home on nearby Delmas Street.

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



**Save the Date:**  
**National River Cleanup Day**  
**Saturday, May 16, 9 am to Noon**

Watch for site location and directions in the May newsletter.

## Documentary

The Rights of Nature at First Unitarian Church of San Jose will show *Cowspiracy: The Sustainability Secret*, at 12:45 p.m., on Sunday, April 19, 2015, in the Church Sanctuary. The church is located at 60 North Third Street, San Jose, CA 95112.

“Cowspiracy is a groundbreaking feature-length environmental documentary (91 minutes) following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world’s leading environmental organizations are too afraid to talk about it.”



## UUFLG Birthdays

### April

1 - Lynn O’Keefe  
3 - Karen Fitch  
7 - Alexander Morgan  
10 - Jason Xi  
16 - David Thorpe  
28 - Jim Beebe

## SoulCollage®

Join Kathryn Harper on Saturday, April 18, from 9:30 a.m.-1:30 p.m. and delve into creativity! SoulCollage® is a fun, relaxing way to play with images and explore new avenues for inner wisdom and discovery. All supplies are provided.

A donation of \$10-15 is appreciated to offset the cost of supplies, but no one is turned away for lack of funds. Class size is limited to 12. Please email [kathryn@pobox.com](mailto:kathryn@pobox.com) by April 15 if you plan to attend.

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**INTERESTED IN WHAT THE BOARD IS UP TO?** The Board minutes are listed under “Administration” on the right 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 Jim Beebe ([jebeebe1102@yahoo.com](mailto:jebeebe1102@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](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.



**April 2015**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			5:00p - 6:00p <b>Farmigo Food Pickup</b>	10:30a - 11:30a <b>Finance Committee Meeting</b> 12:00p - 1:30p, Retired <b>UU Men's Lunch</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:00a - 10:15a <b>Lifespan Learning</b> 9:30a - 10:00a <b>Morning Meditation</b> 10:30a - 11:30a <b>Sunday Service</b> 12:00p - 1:15p <b>Social Action Team</b> 2:00p - 4:00p <b>Rev. Fa Jun Off. Hrs (by Appt)</b>	6:30p - 8:00p <b>Women's Spirituality Group</b>	10:00a - 11:30a <b>Tuesday Chalice Circle</b> 10:30a-12:30p <b>"So and Sew"</b>	5:00p - 6:00p <b>Farmigo Food Pickup</b>	9:45a - 12:00p <b>Thursday Morning Women's Group</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:30a - 10:00a <b>Morning Meditation</b> 10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b> 12:00p - 1:30p <b>Membership Comm.</b>		7:00p - 8:30p <b>Sunday Services Committee</b>	5:00p - 6:00p <b>Farmigo Food Pickup</b>	12:00p - 1:30p <b>Retired UU Men's Lunch</b> 7:00p - 8:15p <b>Board of Trustees Meeting</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b> 7:15p - 9:15p <b>Compassionate Communication</b>	9:30a - 1:30p <b>SoulCollage®</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:15a - 11:30p <b>Children's Rel.Ed. Classes</b> 10:30a - 11:30a <b>Spiritual Cafe</b> 12:00p - 1:15p <b>Membership Committee</b>	6:30p - 8:00p <b>Women's Spirituality Group</b>	10:00a - 11:30a <b>Tuesday Chalice Circle</b> 10:30a-12:30p <b>"So and Sew"</b>	5:00p - 6:00p <b>Farmigo Food Pickup</b>			
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
9:30a - 10:00a <b>Morning Meditation</b> 10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b> 12:15p - 1:30p <b>UU Principles in Practice</b> (followed by optional meditation, 1:43p - 4:00p)			5:00p - 6:00p <b>Farmigo Food Pickup</b>			9:00a - 12:00p <b>Bldg/ Grnds Work Party</b> <i>all day</i> - <b>Inner Peace Special Event</b>

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



**Fellowship News**

**April 2015**

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. If you would like to be added to our email list to receive our monthly newsletter, please call or email our administrator: [admin@uuflg.org](mailto:admin@uuflg.org) or 408-358-1212.