

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

January 2015 No.1; 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

## January 2015

Sunday Services at 10:30

### **Jan. 4: Undermining Self-Sabotage (New Years Revolution, Part II)**

Rev. Fa Jun

If we want to make the positive changes in our lives stick, we can utilize best practices known to successful people around the world. But if we don't find out where we are undermining our own success, we will never make satisfying progress. Join us for a journey into the places we "get stuck", "hit the wall", and undermine our own power. Find new ways to face our self-defeating habits head on.

### **Jan. 11: The Sky is (not) the limit – undermining assumptions of what's possible!**

Rev. Fa Jun

What's possible? What if the limits we put on possibility are just self-imposed ideas? What would change in your relationships if you thought anything was possible? What type of economy might our world see if we held the view that we could do anything? How do we already feel we can do anything, do our benefit or our detriment?

### **Jan. 18: Martin Luther King Jr.'s Birthday – Gospel Sunday**

Join us for a day of song, poetry, art, and sharing to celebrate the life and achievements of this bright historical figure. The journey toward true equality and civil rights is still in progress. Take a moment to celebrate some of the milestones along the way.

### **Jan. 25: Overcoming Change Immunity**

Rev. Fa Jun

What holds you back from the necessary changes in your life? What holds back the people closest to you, the organizations you work with? The country you live in? Are there places where we have grown immune to change? Imagine being able to find the deep blocks that keep you immune to changing, they may not be what you think!

## **Minister's Musings**

During the month of January, people all around the world are working hard to implement positive changes in their lives. Others have grown disillusioned with making resolutions that just never seem to stick. In this dark time of the year, many of us feel the need to grow toward the light in ways we never have before, but we may need new tools, or community support.

This month's services are all about change. Come utilize the power of our spiritual community to support the changes you want to make in your own life, as well as celebrate the changes that we can make together in the world.

## **Compassionate Communication (for friends, family, and couples) Jan. 23, 7:15-9:15pm**

All of us have learned to speak, but have we learned to speak kindly? Can we express our needs that empower others to help us meet them? Do you wish for strategies to effectively communicate with those who can't seem to effectively communicate with you?

In this short, evening workshop we will explore essential communication tools that can help a partnership, your work-life, talking with the kids, and more. Our first 40 minutes will discuss some practical details of effective communication strategies, and then, after a break, we'll have time to work with specific issues that are coming up for people in their lives. Come work out your issues with kindness, and learn some of the most powerful methods for creating peace with our speech.

## **UU Principles In Practice - The Interconnected Web Sun. Jan 25, 12:30-2pm**

Whether New to UU-"ism", or a long-time fellowship member, come and explore our fundamental affirmations together.

This month we will explore the idea of an interconnected web of life, and ways that we can honor it. Strategies will be discussed for truly honoring our connections in our real lives, taking care of the planet we live on, and having the felt experience of Union.

Come prepared for learning, discussing, and connecting together!

## **Would you like to be one of the five members of the Board of Trustees?**

If you have been a member of the Fellowship for one year, we would like to hear from you. The Secretary participates in all of the discussions and decisions of the Board.

In addition, the Secretary records the minutes of the monthly Board meetings and of the annual Fellowship Business Meeting, gives notice of the Business Meeting, and handles official correspondence.

Contact Jim Beebe: [jbeebeu@gmail.com](mailto:jbeebeu@gmail.com)  
or 408-315-5066

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

## A Gift to the Hard of Hearing

Our own Santa Claus, Alan Martin, has installed a wire loop around the Sanctuary and hooked it up to the sound system.

This means that those who have hearing aids with an active tele-coil can receive speech from speakers using one of our microphones directly into their hearing aid. This provides much clearer and understandable speech than hearing just the sound waves in the air.

Irving Yabroff reports that he is able, using the tele-coil in his hearing aid, to understand speech spoken into a microphone in the Sunday services, making the services much more meaningful and enjoyable to him.

So, if you are wearing a hearing aid, check with your provider to be sure it contains a tele-coil and that it is enabled. Most modern hearing aids do have this feature which can enhance telephone conversations as well, if the phone you are using has a similar coil in it.

Thank you, Santa Alan Martin.

## SoulCollage®

Join Kathryn Harper on Saturday, January 17, from 9:30 a.m.-3:00 p.m. and delve into creativity! From 9:30-1:30 we'll make cards, then have a potluck lunch and learn about organizing the cards into suits (for those who have made many and want to stay).

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 January 10 if you plan to attend.

## January Birthdays

Jan.  
3 - Alan Chacon  
22 - Coralee Linton  
26 - Irving Yabroff



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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.

## December 2014 Finance Committee Report

The Finance Committee is pleased to report that the Fellowship's income and expenses are tracking to our budget. This means we are able financially to fully support our wonderful Fellowship and its programs and our really wonderful Sunday Services for the rest of our current fiscal year, which is now half over and ends June 30<sup>th</sup>, 2015.

If our projections hold, we'll end this fiscal year with a surplus in addition to our Operating Reserve Fund and our Building and Grounds Reserve Fund.

To summarize, we are back on track and UUFLG is in very good financial shape. If anyone would like to talk about the details of the budget and/or our financial processes, just talk to any of us on the Finance Committee or to our fearless Treasurer, Irving Yabroff.

Happy New Year!  
Sincerely,

The UUFLG Finance Committee  
Ann Campbell, Merritt Benson, Yvonne Liu,  
Tim Connelly, Tom Olson,  
and, of course Irving Yabroff



## Food Drive Fills Box - and Plates

The December food drive for Second Harvest Food Bank collected 173 pounds of food, plus a cash donation of \$50.

Thank you, UUs!

## Messengers of Peace event on Jan 19th

Please join the families of Girl Scout Troop 62301 and Cub Scout Pack 301 for their 3rd Annual Messengers of Peace Family Service Event to be held on Monday January 19th from 2:00-3:30 p.m. at American Legion Post 99, 1344 Dell Avenue in Campbell.

This event is a round robin of service projects for all ages from 3 up. Children must be accompanied by an adult family member. Registration is required and space is limited. We are requesting a donation of \$10 per family to cover expenses.

Please contact Trisha Bergthold at 408-559-9945 or [trishabergthold@rocketmail.com](mailto:trishabergthold@rocketmail.com) for more information or to register.

**January 2015**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>NEW YEARS DAY</b>	2	3
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00a - 10:15a Lifetime Learning Committee 9:30a - 10:00a Morning Meditation 10:15a - 11:30p Children's Religious Education Classes 10:30a - 11:30a Sunday Service 12:00p - 1:15p Social Action Team 2:00p - 4:00p Rev. Fa Jun Off. Hrs (by Appt)	6:30p - 8:00p Women's Spirituality Group	Tuesday Chalice Circle 10:30a-12:30p "So and Sew"	10:30a - 11:30a Caring Committee 5:00p - 6:00p Farmigo Food Pickup	11:00a - 12:30p Finance Committee Meeting 12:00p - 1:30p, Retired UU Men's Lunch		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30a - 10:00a Morning Meditation 10:15a - 11:30p Children's Religious Education Classes 10:30a - 11:30a Sunday Service 12:00p - 2:00p Rev. Fa Jun Office Hrs (by Appt)	7:30p - 9:00p Great Books Discussion		5:00p - 6:00p Farmigo Food Pickup	9:45a - 12:00p Thursday Morning Women's Group 7:00p - 8:15p Board of Trustees Meeting		9:30a - 1:30p SoulCollage®
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:15a - 11:30p Children's Rel.Ed. Classes 10:30a - 11:30a Sunday Service 12:00p - 1:30p Membership Comm.	6:30p - 8:00p Women's Spirituality Group	10:00a - 11:30a Tuesday Chalice Circle 10:30a-12:30p "So and Sew"	5:00p - 6:00p Farmigo Food Pickup	12:00p - 1:30p, Retired UU Men's Lunch	7:00p - 8:30p Compassionate Communication -Rev. Fa Jun	5:00p - 8:00p All Ages Potluck
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:30a - 10:00a Morning Meditation 10:15a - 11:30p Children's Relig. Ed. Classes 10:30a - 11:30a Sunday Service 12:30p - 2:00p Fa Jun - Principles in Practice 2:00p - 4:00p Rev. Fa Jun Office Hrs (by Appt)			5:00p - 6:00p Farmigo Food Pickup			9:00a - 12:00p Bldg/ Grnds Work Party

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



**Fellowship News**

**January 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.