

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

November 2015 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 2015 Sunday Services at 10:30

### Nov. 1: “Dia De Los Muertos/All Souls Day”

Rev. Fa Jun

Come celebrate with us as we honor our beloved departed and affirm our connection to the “unseen” world. Whether unseen for you means a connection to a spiritual realm, or perhaps just the deep forces of your own unconscious, we will learn to connect more deeply with mystery and wonder.

This morning we will create a community altar and celebrate the ones we love who have passed on. Our young people (of all physical ages) will also have a chance to show off their hallowe’en costumes!

### Nov. 7: “The Way of Gratitude”

Rev. Fa Jun

It’s that time of year again... where American kids everywhere dread having to say “what they are grateful for” at dinner. Don’t get caught unprepared! Modern research shows that counting your blessings is extremely good for you, and there are some ‘Best Practices’ which make this time-honored tradition even easier and more beneficial.

Come refine your ability to celebrate the wonders of your life. Give a gift to yourself and to others - the gift of gratitude!

### Nov. 15: “True Forgiveness is Gratitude”

Rev. Fa Jun

Some spiritual teachers propose that the way to know if you’ve truly forgiven someone in your life is that you feel grateful that the experience happened to you. This is perhaps a very high level of emotional mastery, but is not out of reach to each of us. Through the art of cognitive reframing we can learn to relate differently to the events of our life. We can apply a type of retroactive optimism that lets us see how everything we have endured was shaping us into who we are today.

With these skills, we can truly become “for-giving”. Knowing that each event we’ve undergone has allowed us to give something special and unique to the world. And for this, at least, we can be grateful.

### Nov. 22: “As We Sing of Hope and Joy”

Rev. Fa Jun

As Thanksgiving approaches, we have a time to remember how blessed we are. But we Americans may also remember the injustices done on this continent in the name of progress.

This Sunday, we’ll revisit the story of Thanksgiving. Often, in school many of us learned the perspective of the pilgrim - wandering, alone, and someone provided for them, perhaps as a sign of God’s will, urging them on.

This time, we’ll look from the perspective of the Native People. Dwelling in the abundance of the land, when they saw people in need, they taught them what they knew, and shared the bounty.

We will learn the medicine ways of the Turkey animal totem, the sacredness of giving, and we will use our own blessings to help those who come seeking and lost.

### Nov. 29: “Advent of Hope”

Christy Baker

We stand between holidays today, savoring leftovers and gratitude; an orientation of past and present. Today is the start of Advent-four weeks of preparation leading up to Christmas. How do we as UUs, remain mindful of past and present, yet create space for what might be? How do we live out our beliefs during this season? For what have you been thankful and for what are you hopeful in the weeks ahead?

If you are feeling more dread, depressed or overwhelmed by the holidays this year, you are particularly invited to seek hope and draw compassion from the light of this liberal religious community.

## **Minister's Meditations:**

What a joy to enter the holiday season together. I don't know about you, but I can feel the warmth of our community holding strong to each other as the year grows darker. This month our theme is all about gratitude. When I look around our sanctuary, I have a lot to be grateful for. To be ensconced in a community of people who hold values about the sanctity of life, freedom, and relationships, is a very fortunate thing. Let us celebrate together all that we are blessed with this month.

## **Sunday Nov 16. "The Art Of Meditation" - Focusing and Quieting the Mind**

In this month's meditation class, we'll review material from the last two classes - on calming the nervous system, and preparing ourselves and our space for practice.

Now we get into the nitty-gritty of learning to focus and quiet the mind. The ancients have said, and it seems obvious they were right, that no great deed can be completed without concentration.

This week, we'll learn about the benefits and methods of concentration. We'll explore objects of meditation and their effect on the mind. This class is appropriate for all levels of practice, with a focus on beginners.

## **Friday Nov 20. 6:00pm Vegan Cooking Demo and Dinner - Squash Curry**

Join us for our monthly dinner and cooking demonstration. Our member Kamolluck will be sharing her method of creating delicious curries, and we'll use some seasonal vegetables to make this a sustainable meal that nourishes us and attunes us to the energies of the Fall.

## **Friday Nov 20. 7:15pm The Dao of Relating - Relating with differing spiritual and political values**

This holiday season, people everywhere will be faced with family, friends, and sometimes entire cultures, who hold different beliefs than them. How can we engage in dialogue with someone who holds a viewpoint that conflicts with our own? Can we use our words to create harmony instead of increased polarization?

Join us for our monthly communication training, as we explore how to harmonize with others when we don't agree on the topic. Your relationships will thank you!



## **November Birthdays**

- 4 - Bob Bixler
- 12 - Lida Kluzek
- 20 - Robin Connelly
- 22 - Edy Young

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

## RE News:

First of all, let's extend a warm welcome to our newest teacher, who will be taking on part of our middle-school aged class, Willow Renee! Willow has a history of martial arts, spiritual practice, education, and activism, which she brings to our program to enliven the classroom! We are also welcoming back Mark Unger, who has taught for us before, and will be volunteering on alternate weeks from Willow!

Rev. Fa Jun has been busy designing a curriculum that truly fits our community. Hopefully you've seen the parent letters that we've been sending home, and had a chance to check in with your young ones about it. Stop in the classroom to volunteer, and tell us how you like some of the new classes! Make sure to check the new Kids' RE bulletin board for class schedules and other information about this program and other going's on!

### Coming up in Kids' RE:

Oct. 25th - Dia De Los Muertos offerings! Last week we began studying the holiday of All Souls' or Dia De Los Muertos. We learned a bit about making altars. This week we'll explore what goes ON the altar, sample some traditional foods, and generally have a great time!

### Next week in Kids' RE

On Nov. 1st, we'll have our annual Dia De Los Muertos celebration. Children will have their own activities on this day, but part of the service will be intergenerational. For our Time For All Ages, we will put together a community altar. Then younger kids will leave to explore some traditional face painting from central America for the holiday, and older children will discover a classic form of poetry/satire that is part of Dia De Los Muertos celebrations. At the end of the service, we'll all come back together to share what we've learned!



## Add the Food Bank to Your Shopping List!

UUFLG's annual food drive for Second Harvest Food Bank begins Nov. 29 and continues through Dec. 13. As you are shopping for holiday meals, remember to add a few extra cans to your cart for the many struggling families and seniors who depend on Food Bank assistance. If possible, have your children help choose, buy, and bring in some items for the food drive collection box in the UUFLG hallway, moving their focus from "what they want for Christmas" to how they can help others during this holiday season.

Most needed foods are:

- tuna or canned meat
- peanut butter
- soup, stew, chili
- canned foods with pop-top lids
- canned fruits packed in juice
  
- low-sodium canned vegetables
- canned tomatoes/ tomato sauce
- low-sugar cereals

Cash/check donations are also very welcome; put these in the envelope in the collection box or give them to Jim Beebe or Coralee Linton. (Checks should be made out to UUFLG, with Second Harvest Food Bank written in the memo line.)

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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 ([jebebe1102@yahoo.com](mailto:jebebe1102@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.



# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00a - 10:15a: Life Span Learning Committee 9:30a - 10:00a: Meditation 10:15a - 11:30a: Children's Religious Education (R.E.) 10:30 a - 11:30a: Sunday Service	<b>2</b> 6:30p - 8:00p: Women's Spirituality Group	<b>3</b> 10:00a - 11:30a: Tuesday Chalice Circle 10:30a - 12:30p: "So and Sew"	<b>4</b> 10:30a - 12:00p: Caring Committee 5:00p - 7:00p: Farmigo Food Pickup	<b>5</b> 12:00p - 1:30p: Retired UU Men's Lunch	<b>6</b>	<b>7</b>
<b>8</b> 9:00a - 10:15a: Social Action 9:30a - 10:00a: Morning Meditation with Rev. Fa Jun 10:15a - 11:30a: Children's Religious Education (R.E.) 10:30a - 11:30a: Sunday Service	<b>9</b> 7:30p - 9:30p: Great Books Discussion	<b>10</b>	<b>11 Veterans Day</b> 5:00p - 7:00p: Farmigo Food Pickup	<b>12</b> 10:30a - 12:00p: Finance Committee	<b>13</b>	<b>14</b>
<b>15</b> 9:30a - 10:00a: Meditation 10:15a - 11:30a: R.E. 10:30a - 11:30a: Sunday Service 12:00a - 1:15a: Membership 12:15p - 2:00p: The Art of Meditation with Rev. Fa Jun	<b>16</b> 6:30p - 8:00p: Women's Spirituality Group	<b>17</b> 10:00a - 11:30a: Tuesday Chalice Circle 10:30a - 12:30p: "So and Sew"	<b>18</b> 5:00p - 7:00p: Farmigo Food Pickup	<b>19</b> 12:00p - 1:30p: Retired UU Men's Lunch 7:00p - 8:15p: Board of Trustees	<b>20</b> 6:00p-7:15p: Vegan Cooking Demo and Dinner - Squash Curry 7:15p-9:00p: The Dao of Relating - Relating with differing spiritual and political values	<b>21</b>
<b>22</b> 9:30a - 10:00a: Morning Meditation with Rev. Fa Jun 10:15a - 11:30a: Children's Religious Education (R.E.) 10:30a - 11:30a: Sunday Service	<b>23</b>	<b>24</b>	<b>25</b> 5:00p - 7:00p: Farmigo Food Pickup	<b>26</b> <b>Thanksgiving Day</b>	<b>27</b>	<b>28</b> 9:00a - 12:00p: Building/ Grounds Work Party
<b>29</b> Second Harvest Food Bank Drive (11/29 - 12/13) 9:30a - 10:00a: Morning Meditation with Rev. Fa Jun 10:15a - 11:30a: Children's Religious Education (R.E.) 10:30a - 11:30a: Sunday Service	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

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*“Affirming the Inherent Worth and  
Dignity of Every Person”*



**Fellowship News**

**November 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.