

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

October 2015 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 2015

Sunday Services at 10:30

### Oct. Theme “Into the Dark!”

#### Oct. 4: The Blessing of the Animals

##### - Feast of St. Francis

Rev. Fa Jun

This morning’s service will be very special. Bring your friends, human and four legged, for a very special blessing - inspired by the spiritual hero, St. Francis.

It is traditional to bless one animal friends on this day, and so you are invited to bring your well-behaved dogs, cats, birds, bunnies, or the like (in cages, on leashes, etc. as appropriate), and even stuffed animals for the little ones, for a special blessing.

Our service will be inter-generational, and will be very short - as young humans, and animals of any age can get restless! After our blessing, there will be a time to share food, fellowship, and to see beautiful art and learn about activism opportunities to protect the world’s animals.

#### Oct. 11: “What We Keep Hidden

##### - unveil ourselves beyond fear”

Rev. Fa Jun

What parts of yourself do you keep hidden “in the closet”? On October 11th, the world celebrates National Coming Out Day.

On this day we can honor each other in our fullness and resolve to create a safe space in which to “come out”. Perhaps the first step in creating this kind of safety for others starts with creating this safety within ourselves.

But how can we bring the shadowed parts of ourselves into the light? Are there some parts that should remain hidden? Is it possible to heal from the shame that has bound us?

This morning we will learn powerful methods of learning to love, heal, and even courageously reveal the parts of ourselves that we hide away.

#### Oct. 18: “Making Mourning an Ally

##### ... At Last”

Rev. Fa Jun

Mourning doesn’t get much respect these days. If there’s not a pill to cheer you up, we’ve got a personal empowerment seminar or a behavioral technique that will do it!

And certainly, it feels good to be happy! But is there value in mourning? And if there’s value, then why are we so afraid of it? As we journey into the dark of autumn together, let us not shy away from our darker emotions - for they have much to teach us.

In this morning’s service, we’ll explore the value in mourning, and how many cultures around the world mourn in a healthy way. We will dip our toes into the well together and experience how sadness can be healing, can show us our true values, and how this grief is really the twin of praise and honor.

#### Oct. 25:

##### Music Service: "How Sweet The Darkness"

Oct. 18  
12:15-2:15pm

## Essentials Of Meditation “Getting Settled”

Setting the space, the posture, and the mind for deep meditation.

Come join us for our monthly meditation course and learn the essentials of how to prepare for meditation. In some respects, if you prepare well, the actual meditation almost takes care of itself! This afternoon, we’ll talk about how to create a clean, simple, and “sacred” space in which to practice. How to clear the schedule in order to clear the mind, and how to arrange the body in order to make arranging the thoughts a cinch! Join us each month!

## Oct. 17 Vegan Cooking Demo and Dinner

Dinner 6-7:15  
Class 7:15-9

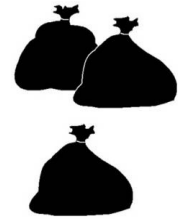
This month our vegan cooking demonstration and dinner will focus on some Mexican dishes in honor of the upcoming festival of Dia De Los Muertos! Our dish will be Tacos and Margaritas, and demonstrations will include how to properly cook beans for optimum digestibility, how to make tortillas, tempeh “ground beef”, “soyrizo”, and more!

We’ll also check out some special recipes for traditional and delicious Margaritas! Bring your appetite!

## SoulCollage®

For various reasons, SoulCollage® is going on hiatus as of October 2015. Thanks to all who have participated!

Kathryn Harper



## Coastal Cleanup - Close to Home

The Santa Clara Valley segment of the Fall Coastal Cleanup September 19 was well-attended, with the Los Gatos Creek Trail/Vasona Park site receiving over 80 volunteers.

This fall’s cleanup was especially important, as predicted heavy rains will wash any trash on creek banks into the bay. The two annual creek cleanups (held on the third Saturday in May and the third Saturday in September) make our creeks and bay safer for wildlife and our trails more pleasant for human use.

Mark your calendar now for the spring creek cleanup May 21, 2016!



## October Birthdays

- 1 - Tim Connelly
- 2 - Joey Zimmerman
- 3 - Gratia Trevey
- 7 - Lisa Wiggins
- 8 - Barbara Kalmoutis
- 17 - Christina Golbetz
- 20 - Julie Morgan
- 27 - Maggi Benson
- 29 - Pat O’Hare
- 30 - Joe Rafferty
- 30 - Alyssa Zimmerman

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



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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.

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



**Fellowship News**

**October 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.