

# Unitarian Universalist Fellowship of Los Gatos



# FELLOWSHIP NEWS

January 2016 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 2016

### Sunday Services at 10:30

#### **Jan. 3: “Restoration: the secret power of a nourished mind and body”**

Rev. Fa Jun:

How long has it been since you have felt completely rested?  
Completely refreshed? Fully nourished?

In our fast-paced, modern society it can be hard to get the fuel we need for our inner resources. Combined with this, we have long labored under a rhetoric that says "no pain = no gain".

But what if the truth was actually different than we've been taught? What if there was a power in the more restful side of life? What if being happy, and taking care of ourselves could be a secret source of strength and success?

This Sunday, we'll explore three different facets to the practice of Restoration - a practice recommended by the Bible, the Yogis of India and Tibet, masters of Islam and other powerful seekers of the past. These facets are: Efficiency, Stillness, and Fun. Can't wait to see you there!

#### **Jan. 10: “Moments in Time”**

Rev. Jay Atkinson

The flow of time is one of the great mysteries --- for physics, cosmology, and human meaning. Process theology tells us that every moment of our lives is a moment of freedom for a new beginning --- a new opportunity to move ourselves and our world toward a vision of the common good, by building upon the wisdom of the past and responding to the lure of a better future. This is a sermon about acting with moral responsibility in the present, as shaped by the value of the past and openness to the promise of the future.

#### **Jan. 17: “Being Kindness, Feeling Alive”**

Aliza Weller

How can we heal what's hurting in ourselves, in each other, in our world? I will share some of my own practices, including in my leadership development work at Apple, my previous cross-cultural environmental work in the arctic circle, and my yoga teaching experiences in maximum security prisons. I've learned that daily life is the testing ground for our wisdom; if the tree and its roots are good, the fruit will also be good. Similarly, when words and deeds come from the heart, their perfume will be of kindness and we will feel alive.

#### **Jan. 24:**

#### **John Seager, President, Population Connection (formerly Zero Population Growth)**

John will emphasize the connections between human population growth and social justice, environmental issues, and women's rights. With world population now over 7 billion, the impact of rapid population growth on people and the planet has never been more compelling.

Population Connection (formerly known as Zero Population Growth) is the preeminent progressive grassroots group for population education and advocacy. We focus on achieving global population stabilization through universal awareness and access to voluntary family planning together with the full empowerment of women.

#### **Jan. 31: “Compassionate Connections”**

Marya Stark

What is the nature of relationship, and how does our capacity for communication impact our connections? Is there a bridge between how we relate with others and our Spiritual Life? In this service, we will explore practices of Compassionate Communication. Through the power of heart centered relating, we can open doors to greater self-awareness, as well as grow our capacity to give and receive love. Through the knowledge of compassionate communication, every relationship has the potential to open to greater wisdom, bringing an expanded spiritual depth, and greater appreciation for our lives.

## From Your Treasurer

This month we begin planning for our annual pledge drive and I welcome anyone who would like to help with the planning and with the pledge drive. It can be fun – believe me – and it's very important for sustaining and growing our community. Please contact me if you'd like to be a part of this team.

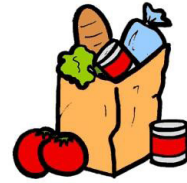
### Why we pledge on an annual basis:

Every year in February / March the Fellowship conducts an annual pledge campaign in which we ask our members and friends to let us know how much money they intend to donate to the Fellowship during the course of the next fiscal year, which begins on July 1 and ends June 30. We use this pledge information to determine our budget for that period. The budget includes salaries for our Minister and staff, funding for our children's Lifespan Learning program and the costs of running and maintaining our building. The annual budget is presented to our membership for their approval at our annual meeting (usually in May).

There is no minimum pledge requirement and we very much appreciate any amount you are able to pledge, however we do urge you to be as generous as possible. You can pay your pledge at any time during the fiscal year and on any schedule that works for you, e.g., as a lump sum, weekly, monthly or however you choose.

Thank you to all of you for making this a wonderful community for which we're all grateful.

Ann Campbell,  
Treasurer



## Second Harvest

\$418 in cash donations and a large box of canned goods were collected during UUFLG's December drive for the Second Harvest Food Bank. Your generosity made the holidays brighter and less hungry for many families and seniors this year!

Many thanks  
-and happy holidays to you and your family!  
Ellen H.



## UUFLG birthdays

Jan.  
3 - Alan Chacon  
22 - Sara James  
22 - Coralee Linton  
24 - Heather Zimmerman  
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 ([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.

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

## January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 930-10a Morning Meditation 1015-1130a Children's Religious Education (RE) 1030-1130a Sunday Service	28	29	30	31 New Year's Eve	1 New Year's Day	2
3 9-1015a Lifespan Learning Cmte 1015-1130a Children's RE 1030-1130a Sunday Service	4 630-8p Women's Spirituality Group	5 10-1130a Chalice Circle 1030a-1230p "So and Sew"	6	7 12-130p Retired UU Men's Lunch	8 2-4p Memoir Writing Group	9
10 9-1015a Social Action Cmte 1015-1130a Children's RE 1030-1130a Sunday Service	11 730-930p Great Books Discussion	12 7-830p Sunday Services Committee	13	14 945a-12p Morning Women's Group 1030a-12p Finance Committee	15 2-4p Memoir Writing Group	16
17 1015-1130a Children's RE 1030-1130a Sunday Service 12-115p Membership Cmte	18 630-8p Women's Spirituality Group	19 10-1130a Chalice Circle 1030a-1230p "So and Sew"	20	21 12-130p Retired UU Men's Lunch 7-815p Board of Trustees	22 2-4p Memoir Writing Group	23
24 / 31 1015-1130a Children's RE 1030-1130a Sunday Service	25	26	27	28	29 2-4p Memoir Writing Group	30 9a-Noon Building & Grounds Work Party

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



**Fellowship News**

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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.