



FELLOWSHIP NEWS

April 2016 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 2016
Sunday Services at 10:30

April Theme: The Power of Prayer in the World's Great Traditions

April 3: How Buddhist's Pray, with no God to pray to

Rev. Fa Jun

It is common knowledge that Buddhists don't have a central, omnipotent creator figure to whom they pray. And yet, many people don't know that prayer is a central activity in the spiritual life of most Buddhists. If this is the case, who are they praying to? How do these prayers work? What is the point behind prayer to the Buddhists of the world?

This morning we will discuss all of these questions, and look at the world's many different Buddhist sects to find the wondrous variety in their spiritual practice.

April 10:

Rev. Christy Baker, Guest Minister

As of "press time" for this edition of the Fellowship News, Christy's sermon description was not available, however, we will send a separate email announcement of this to encourage you to join us for an enriching time together! For those not online, please feel free to call the Fellowship office for this information. (408) 358-1212.

April 17: Prayer for Humanists

Rev. Fa Jun

Do secular humanists pray? Many secular humanists identify as secular humanists because they do not believe in a "higher power" that one can supplicate. At the same time, prayer has been shown by research to have beneficial effects for those praying, and those prayed for. As we expand our understanding of prayer in the world's great traditions, perhaps we will find that there are styles of prayer which even agnostics and atheists can enjoy - which allow them to experience the benefits of Transcending Mystery and Wonder, without buying into a religious party line.

April 24: The Prayer of a Yogi, Daoist and Vedic approaches to spiritual practice

Rev. Fa Jun

A Yogi is one who devotes themselves to spiritual practice. The word comes from the deep philosophy of India, and comes from a root that means 'to Unite', or 'to Join'. In the complex and varied traditions of India, in the way of the Daoist hermits of China, and in religions throughout the world, there are individuals who devote themselves to a type of inner Union through spiritual practice.

This morning, we will learn about the many types of Yoga. We will take examples from the life and practice of famous Daoist and Vedic mystics, and gain keys that can bring us into greater states of Union in our own lives.

Items for the monthly newsletter are to be submitted (by the 20th of the month) to **Glen Marchant** at: **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.

From the minister:



Welcoming Congregations - Are we behind the times?

Welcoming congregations is an idea whose time has come. One proof for this is that the UUA has been creating greater welcome in the LGBT community since the 1980s! Many churches, not just UUs have become Welcoming Congregations, and on the UUA directory, we are the only congregation in our area who is not yet marked with that special 'W'.

A question that sometimes comes up when people first hear about the Welcoming Congregations program is this: "But why do we want to single out gay, lesbian, bisexual, and transgender people? I don't want to make anyone feel uncomfortable - including straight people who might think we are a "gay church", or LGBT people who might not want attention called to themselves." The truth is that for many LGBT people a church is already scary, and rather than making them feel singled out, we are creating an environment of radical inclusivity - an environment not just of "tolerance", but of welcome.

Personally, I dream of a day when Welcome will be so normal that perhaps we won't have to make a special thing out of it. But the fact is that right now, when the religions of the world still discriminate and cause harm based on sexual orientation, we must act as models and leaders for creating communities of care. The Gay Right's movement has come a long way, but we must keep in mind that gay marriage has only been legal across the United States since June of 2015. And marriage is only one marker of true equality and acceptance of one another. Isn't it time that we make a stand? Isn't it time that we say loud and clear to our LGBT friends and their allies that we are a community that wants you? Isn't it time we model the kind of embracing stance that we wish all Americans and people of the world could enjoy?

This is what we are doing by becoming a Welcoming Congregation - getting on the right side of history, and helping to move forward the forces of freedom that have been struggling to take hold in our collective psyche for many years. I am so grateful to be on this journey with you.



Monthly Meditation Class - Meditation Posture, and working with the "inner winds"!

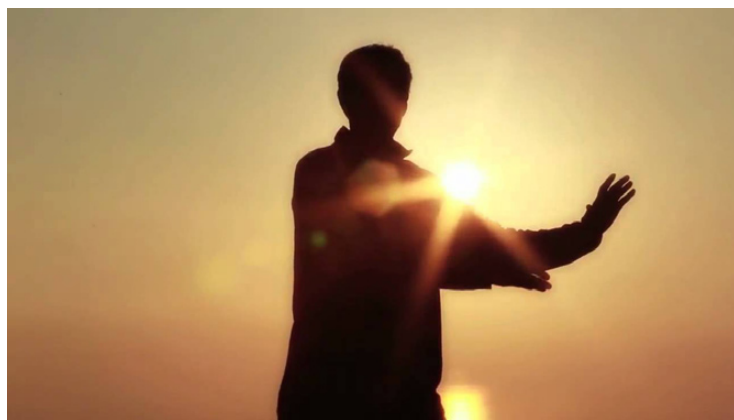
April 3 12:30-2:30

Join us for our monthly meditation class - focusing on meditation posture and the practice of internal energy (inner "winds") as taught by the Buddhist, Vedic, and Daoist Yogis.

As usual, we'll explore experiential exercises, ancient wisdom traditions, and modern research - with an emphasis on practices you can *actually* do at home.

Don't miss it!

Free for UUFLG members and friends. All others, \$18 suggested donation!



World Tai Chi and Qigong Day Celebration

April 30 12:30-3:30

Today we celebrate the national event which is World Tai Chi and Qigong Day! For today's celebration, we will enjoy two classes, one in the art of Qigong, and one in the Yang Style of Tai Chi. The classes will be simple and approachable for people of all levels of study.

Between our two classes we will have a break to enjoy healthy snacks, tea, and good company! Bring a friend!

Cost: FREE! (all donations support the UU Fellowship of Los Gatos)

Chalice Circle

The members of the Chalice Circle have selected The Grateful Garment Project for their outreach this year and are designating it for the May Share The Plate funds recipient.

The mission of The Grateful Garment Project is to ensure that every victim of sexual violence who crosses the threshold of a Sexual Assault Response Team (SART) facility, or who seeks medical attention and/or law enforcement involvement, is provided with whatever new clothing, toiletries, snacks and other miscellaneous items that he or she may require. Our hope is that these basic items will reduce further trauma and help restore dignity to victimized women, children and men. We help all victims of sexual crimes, including Commercially Sexually Exploited Children and Human Sexual Trafficking victims,

The average wholesale cost of providing a set of new clothing, grooming items and snacks is approximately \$50. To fulfill our mission we partner with individuals, clubs, organizations, religious institutions and others to donate either new items or monetary contributions that are then used to purchase items in bulk. These items are in turn distributed to SART facilities all over California, which keep them at the ready when a victim comes through the doors. Thanks to our donors, we distributed 14,371 items in fiscal year 2013-14 alone.

The members of the Chalice Circle ask that you help support this worthwhile charity as generously as you can!

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

Interested in what the Board of Trustees 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.

Have something to say to the Board of Trustees? A guest commentary time for members can be made available at the beginning of each monthly Board of Trustees meeting. Contact Jim Beebe (jebbeebe1102@yahoo.com) for more information.



Vegan Cooking Class and Dinner

April 29 6-8:30pm

This month's vegan cooking class will be a fundraiser for the Caring Committee's purchase of a defibrillator for our CPR needs as a community. In keeping with this theme, we will focus on the heart healthy aspects of vegan cooking.

We will use the seasonal greens of the spring season, and experiment with alternate main dishes and protein sources, for a meal that tastes delicious, and keeps your heart and arteries working in top form! Stay tuned for the menu, and cooking methods to be taught!

attendees are welcome to arrive early at 5:30pm to help with set-up

Donation: \$15 per person for members, friends, and their guests!



UUFLG birthdays

April

- 1 - Lynn O'Keefe
- 3 - Karen Fitch
- 10 - Jason Xi
- 16 - David Thorpe
- 28 - Jim Beebe

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
9:30–10a Morning Meditation 10:15–11:30a Children's RE 10:30–11:30a Sunday Service 12:30–2:30p Rev. Fa Jun's Ofc Hrs by Appt					2–4p Memoir Writing Group (Offsite) 4–6p Rev. Fa Jun's Ofc Hrs by Appt	
3	4	5	6	7	8	9
9–10:15a Lifespan Learning Cmte 9:30–10a Morning Meditation 10:15–11:30a Children's RE 10:30–11:30a Sunday Service 12:30–2:30p Meditation Class	6:30–8p Women's Spirituality Group	10–11:30a Chalice Circle 10:30a–12:30p "So and Sew"		12–1:30p Retired UU Men's (RUUMs) Lunch	2–4p Memoir Writing Group (Offsite) 4–6p Rev. Fa Jun's Ofc Hrs by Appt	
10	11	12	13	14	15	16
9–10:15a Social Action Cmte 9:30–10a Morning Meditation 10:15–11:30a Children's RE 10:30–11:30a Sunday Service 12:30–2:30p Rev. Fa Jun's Ofc Hrs by Appt	Great Books Discussion Group is NOT mtg this month due to GBD SF conf.			9:45a–12p Morning Women's Group 10:30a–12p Finance Cmte	2–4p Memoir Writing Group (Offsite) 4–6p Rev. Fa Jun's Ofc Hrs by Appt	
17	18	19	20	21	22	23
10:15–11:30a Children's RE 10:30–11:30a Sunday Service	6:30–8p Women's Spirituality Group	10–11:30a Chalice Circle 10:30a–12:30p "So and Sew"		12–1:30p Retired UU Men's (RUUMs) Lunch 7–8:15p Board of Trustees	2–4p Memoir Writing Group (Offsite) 4–6p Rev. Fa Jun's Ofc Hrs by Appt	6–9p Potluck & Facilitated Discussion on LGBTQ
24	25	26	27	28	29	30
9:30–10a Morning Meditation 10:15–11:30a Children's RE 10:30–11:30a Sunday Service 12:30–2:30p Rev. Fa Jun's Ofc Hrs by Appt					2–4p Memoir Writing Group (Offsite) 6–8:30p Vegan Cooking Class & Dinner	9a–Noon Building & Grounds Work Party 12:30–3:30p World Tai Chi Day - Class & Celebration!