

# Unitarian Universalist Fellowship of Los Gatos



## FELLOWSHIP NEWS

August 2016 No.8; 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

### August 2016

Sunday Services at 10:30

#### August Theme:

#### “The Path of the Sacred Warrior”

#### Aug 7: “Empathy Warrior Academy - How to connect, even when it is the most difficult”

Rev. Fa Jun

Have you ever noticed that those times when it might be most valuable to have empathy and understanding for another, it can be the most difficult? How many times have we found ourselves angry and pushing another away, or making a problem worse - when in hindsight, we could have resolved the issue if we were only able to make more space for each other to be, and be heard?

This morning will not be your run-of-the-mill talk about being sweet and kind, but a warrior-training camp training us in how to keep our empathy even when being severely tested. Empathy is the currency of human relationships, when we master it we have a healing elixir that we can bring to any situation.

Join together with us to practice making this potent medicine that the world most desperately needs!

#### Aug 14: Spiritual Café – What Does It Mean to Be a Unitarian Universalist?

We will hold a lay-led Spiritual Café where the congregation forms small groups to discuss what it means to be a Unitarian Universalist. For each of us, it means something slightly different. Although we have our shared principles, we also have our personal histories: our unique slant on what it is that brings us together. There may even be particular aspects of being a UU that have a shadow side for each of us, that cause pain or irritation or even shame. For you, what does it mean to be a UU? What is most important? And what does it not mean? What about Unitarian Universalism causes you to hold your tongue or avert your eyes or simply gets under your skin? What makes you feel proud? Coffee and tea will be available to facilitate our discussions. Join us to share and learn!

#### Aug 21: “What To Do With Your Privilege”

Rev. Fa Jun

Each of us has a unique version of how we are privileged. If you are Caucasian and male, the system is definitely rigged in your favor, but even some of the least privileged among us have it better than in some parts of the world.

Are we to deny our privilege for comfort's sake? Or, if we accept it, does it mean that we have to give up the goodness in our lives and take on suffering for suffering's sake? Or is there a way that we can utilize the benefits of a privileged status in order to raise the quality of life for those who don't yet enjoy it?

In today's sermon, we will look at the markers of privilege - like systemic racism and sexism, and we will explore what we can do to even the playing field for all of us.

#### Aug 28: “How to talk so the 'other team' will listen... and listen so the 'other team' will talk.”

Rev. Fa Jun

All around us, we see the fall-out of political polarization. People who were once friends are unable to get along, and a working democracy seems difficult to arrange!

In our personal lives, too, there may be people who hold opposing views with whom we are always butting heads.

Wouldn't it be nice if there were some tricks by which we could help them feel heard and valued - and maybe even get heard ourselves some of the time?! Good news, there are!

This morning we will learn time-tested techniques for re-creating that fundamental sense of connection with another, so that we can move on to cooperating on making better lives for ourselves, each other, and our world.

# UUFLG August Birthdays

16 - Sharon Graham

23 - Matthew Fitch

24 - Brent Browning

27 - Robb Stolberg

29 - Pat O'Hare

30 - Joe Rafferty

30 - Alyssa

Zimmerman



## Habitat House is Rising!

The walls are up and work on the roof has begun at the single-family home being built at 868 Delmas Avenue in San Jose. Enthusiastic volunteers from UUFLG participated in All Faiths Workdays on June 11 and July 9.

Next workday is Saturday, August 27, from 8 am to 4 pm; a sign-up sheet is in the UUFLG lobby. Look for the hardhat!

*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](http://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 ([jbeebeu@gmail.com](mailto:jbeebeu@gmail.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.



## Save the Date!

**Saturday, August 27:** Habitat for Humanity Workday 8:00 am -4:00 pm, 868 Delmas Ave., San Jose, future home for a family of five.

**Sunday, September 11:** Multifaith Peace Walk and Picnic, Palo Alto. Walk begins at 2:00 pm on Alma Street, followed by a hosted picnic at around 4:30 pm at Mitchell Park.

**Saturday, September 17:** Los Gatos Creek Cleanup (part of statewide Coastal Cleanup), 9 am-12 noon.

**Sunday, October 2:** Documentary film at UUFLG at 12:30 pm; Josh Fox's "How to Let Go of the World and Love All the Things Climate Can't Change."

## Town Hall meeting August 7



On August 7, we will hold a town hall meeting, continuing the discussion started regarding the role of our minister. We will explore such topics as ordination, fellowship, a called minister, our vision, needs, and hopes. Join us for a friendly and illuminating discussion.

# August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31	1	2	3	4	5	6
10:15-11:30a Children's RE Backpack packing, Sacred Heart Community Svcs 10:30-11:30a Sunday Service 12:30-2:30p Minister Ofc Hours	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 10:30a-12:30p "So and Sew" 1-2p Connections Cmte		12-1:30p Retired UU Men's (RUUMs) Lunch	2-4p Memoir Writing Group 5-6:15p Social Action Cmte	
7	8	9	10	11	12	13
9-10:15a Lifespan Learning (RE) Cmte 10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12-1p Town Hall - Our Minister's Role					2-4p Memoir Writing Group	
14	15	16	17	18	19	20
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" 1-2p Connections Cmte		10:30a-12p Fin Cmte 12-1:30p RUUMs Lunch 7-8:15p Board of Trustees	2-4p Memoir Writing Group 4-6p Minister Ofc Hours by Appt	
21	22	23	24	25	26	27
10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12-1p Automated External Defibrillator (AED) Class (No Certification) 12:30-2:30p Minister Ofc Hours by Appt					2-4p Memoir Writing Group 4-6p Minister Ofc Hours by Appt	8a-4p Habitat for Humanity House-Build 9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
28	29	30	31	Sept 1	2	3
10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-2:30p Minister Ofc Hours by Appt				12-1:30p RUUMs Lunch	2-4p Memoir Writing Group 4-6p Minister Ofc Hours by Appt	

**Editor's Note:** We do our best to publish an accurate calendar in the monthly newsletter. In case of errors, omissions and changes after publication, find the most up-to-date UUFLG calendar online at [www.uuflg.org](http://www.uuflg.org) under Welcome/Calendar. For recurring event details and contacts, refer to Activities & Programs at [www.uuflg.org](http://www.uuflg.org).