



November 2016 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

**Monthly Theme: Gratitude**

**November 2016  
Sunday Services at 10:30**

November is a natural time to cultivate gratitude, as people all over America are celebrating thanksgiving with the ones they love. Gratitude, thankfulness is actually a deep spiritual practice, and high intrapersonal (relating to oneself) skill. All this month, we'll be looking into how to cultivate gratitude, and something that is important to me - how to make sure we use the privileges we have to make the world better for us all.

Oh, and there's one service that might be related to another November event that happens every 4 years in America! I'm very grateful to share in the process of learning with you all, and to build community together which sustains us.

-Rev. Fa Jun

**Nov. 6: 'Making Tough Decisions  
- a Lesson From the Bhagavad Gita'**

Rev. Fa Jun

In this life, we are sometimes faced with decisions we don't like. None of the options seems quite preferable, and we wish we could maybe avoid deciding altogether - except that's a decision too!

What do we do when we face tough choices like this?

In the famous text of ancient India, the hero Arjuna faces just such a crisis - does he join in battle and maybe cause death and harm to many, or does he refrain and perhaps allow the death and harm of many?

We will explore some of the lessons he learned through his process of questioning, and see how they might relate to our own lives, and the choices we must make.

**Nov. 13: "The Responsibility of Gratitude"**

Rev. Fa Jun

Is gratitude a right? Is it a privilege? Or even more than this, might it be a responsibility? When we are grateful for what we have, research shows that we are more likely to use it well - and to act in ways that benefit others.

When the world is so in need of those who could be of benefit, can we justify not engaging in such a brain empowering and kindness generating practice as gratitude?

This morning, we will explore these questions, hear what the research has to say, and explore sure-fire ways of cultivating a grateful heart - which can make you a kinder, happier, and more effective person!

**Nov. 20: "Singing the Seven Principles"**

As much as we value the seven principles of Unitarian Universalism, they can sometimes feel a bit broad. Who could oppose values like justice, equity, and compassion? However, thinking deeply about what the principles really ask of us can deepen our understanding of what it means to be UUs. As a way to explore the principles, Dave Coldren and Lynn Golbetz will present a service of original songs focused on them. Come sing, listen, and contemplate the ideas at the heart of the UU tradition.

**Nov. 27: "Focusing on all that's going right!"**

Rev. Fa Jun

As we finish up our month of gratitude, we will take a look at the time honored practice of counting your blessings! Mothers around the world can't be wrong, right? It is easy to get caught up in what's wrong with the world, what still needs to get done in our own lives, who is suffering, but when we do so, we can actually become disempowered and pessimistic - less able to do our part to make a positive change.

This morning we will look at specific methods by which we can look on the bright side, and how to do so in a way that makes us not a Pollyanna or wishful-thinker but a potent agent of change in our own lives, and the lives of others!

“What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart.”

- Marshall B. Rosenberg, PhD

Author *Nonviolent Communication: A Language of Life*

### Nov. 4: Compassionate Communication: Empathy - Why We Need It, How To Cultivate It!

7-9pm

Join us for our ongoing communication course with Rev. Fa Jun. In this month's class, we will go over the fundamentals of “empathy” - what this word means, why empathy is such a fundamental nutrient for the human heart, what goes wrong when someone doesn't get it, and how we can create more of it, for ourselves and for each other!

This 1.5- to 2-hour class will involve instruction, discussion, and practical exercises to help us upgrade our relating skills right away!

Suggested donation for the evening \$12  
(No charge for UUFLG members and friends)

### Nov. 13: ‘How To Meditate’ - Meditations to Cultivate Compassion

12:30-2:30pm

Of all the things one could meditate on, what could be sweeter than developing a compassionate heart? As the mind grows quiet, the heart naturally becomes more compassionate and understanding, but there's more good news! As we cultivate compassion it actually helps to quiet our own minds!

In this class, we'll review the research on the effects of compassion, look into the yogic theory of how compassion works, and then dive in to meditation methods to increase our empathy, awareness, love, and appreciation of ourselves and others!

Rev. Fa Jun, UUFLG Minister

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

Nov. 27: *Hundred Dollar Holiday* discussion  
12:15-2:30

Do you sometimes dread the approach of the holidays when you hear terms like 'Black Friday'?

Do you, like many of us, wish we could remember the real "reason for the season" - which feels like something to do with sharing time appreciating each other's hearts?

What if there was a way we could turn back the clock to a simpler way of celebrating - not by depriving ourselves, but by reveling in all that a simple celebration, full of love has to offer?

This discussion group, over 3 weeks (skip Nov. 25th) will start from the foundation set by Bill McKibben's book *Hundred Dollar Holiday*. We'll explore together some of the ways that we can simplify our lives and the way we celebrate. We'll exchange ideas and come to learn new ways that we can live more sustainably and regeneratively on the earth we share together!

Rev. Fa Jun, UUFLG Minister

## Hundred Dollar Holiday



*The Case for a More Joyful Christmas*

Bill McKibben

Author of *The End of Nature*



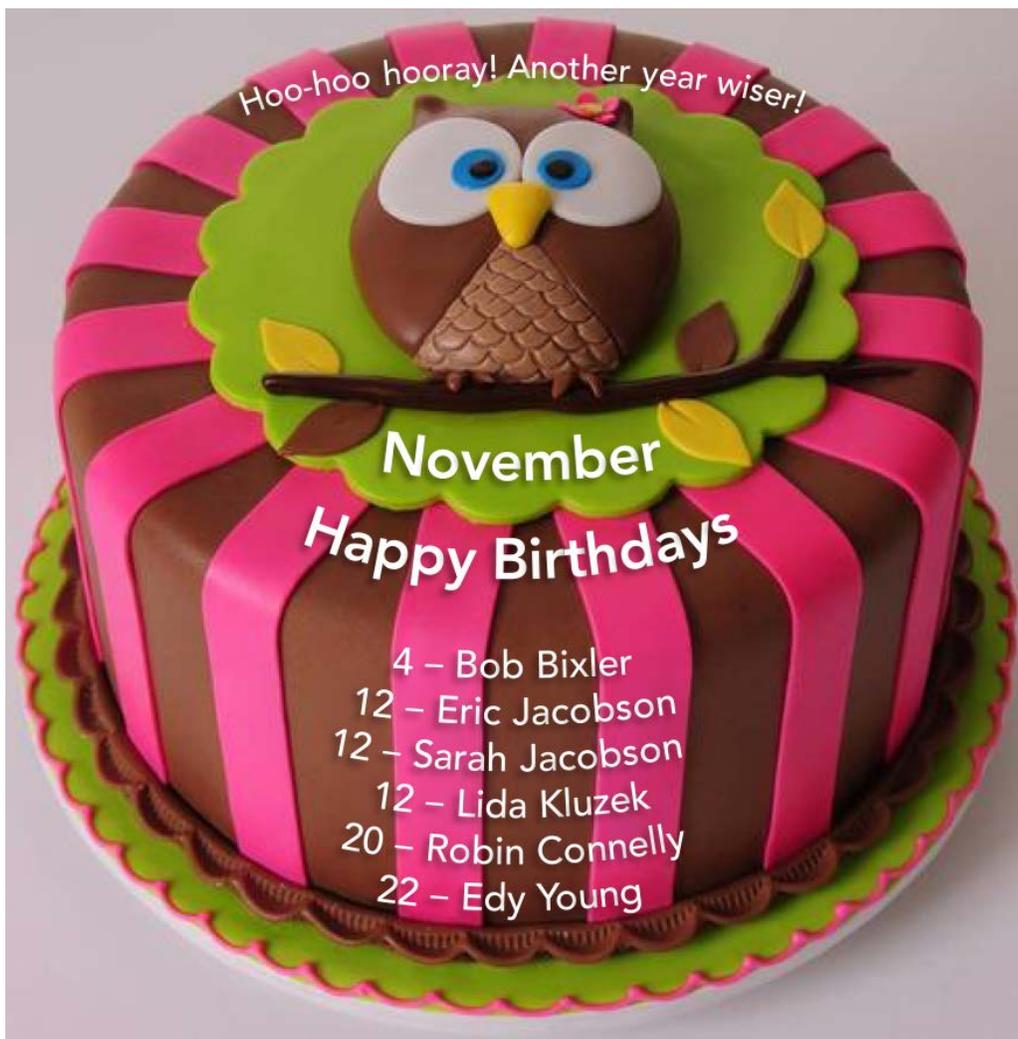
## Add the Food Bank to Your Shopping List!

UUFLG's annual food drive for Second Harvest Food Bank begins Nov. 27 and continues through Dec. 11. 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 Sue Ann Lorig. (Checks should be made out to UUFLG, with Second Harvest Food Bank written in the memo line.)



**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.

# November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 30 10:30-11:30a Service/Children's Religious Education (CRE)	31	1 10-11:30a Chalice Circle 12:30-1:30p Connections Cmte	2 10-11a Sunday Services Cmte 1030-Noon Caring Cmte	3 12-1:30p Retired UU Men's Lunch (RUUMs)	4 2-4p Memoir Writing Group (MWG) 4-6p Minister Office Hours by Appt (MoH)	5
6 9-10:15a Lifespan Learning Cmte 10:30-11:30a Service/CRE	7 6:30-8p Women's Spirituality Group	8	9	10 9-45a-Noon Morning Women's Group	11 2-4p MWG 4-6p MoH	12
13 9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 12:30-2:30p How to Meditate to Cultivate Compassion	14 7:30-9:30p Great Books Discussion	15 10-11:30a Chalice Circle	16	17 10:30a-12p Fin. Cmte 12-1:30p RUUMs 7-8:15p Board	18 2-4p MWG	19
20 10:30-11:30a Service/CRE	21 6:30-8p Women's Spirituality Group	22	23	24	25 2-4p MWG 4-6p MoH	26 9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
27 10:30-11:30a Service/CRE 12:15-2:30p 'Hundred Dollar Holidays' Discussion	28	29	30	Dec 1 12-1:30p RUUMs	2 2-4p MWG 4-6p MoH	3

**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. To request updates to the online calendar, email [admin@uuflg.org](mailto:admin@uuflg.org). For recurring event details and contacts, refer to [Activities & Programs](http://www.uuflg.org) at [www.uuflg.org](http://www.uuflg.org).