



# Unitarian Universalist Fellowship of Los Gatos

Sunday, April 23, 2017

Rev. Fa Jun, Minister  
Linda Osborne, Worship Associate  
Dave Coldren, Music

*We welcome everyone into our community, without regard to race, gender, age, color, national origin, ethnic background, socio-economic status, marital status, disability, sexual orientation or gender identity.*

Thank you for turning off your cell phone. Headphones are available for the hearing impaired. Ask the Sound Technician.

## Order of Service

Musical Prelude

Welcoming Hymn #21 – “For The Beauty of the Earth”

Welcome

Opening Words & Chalice Lighting

Hymn #207 – “Earth was Given as a Garden”

Announcements

Candles of Joys & Concerns

Hymn – “Now I Walk in Beauty”

Offertory

Sermon “For the Beauty of the Earth”

Closing Hymn #1064 – “Blue Boat Home”

Sung Benediction – “Joy, Love, Peace In Our Hearts”



*Thank you for sharing our service today.  
Join us for refreshments and conversation.*



## Our Sunday Volunteers...

Greeters – Maggi & Merritt Benson  
Sound Technician – Charlie Holst  
Beverages Setup – Jim Beebe  
Snacks – Jo Cooley, Sara & Albert James  
Social Hour Cleanup – Maggi Benson, Ron Kirkland

Thank  
You!

## Tai Chi for Health & Self-defense Sun., April 23, 12:30-2:30 pm

Join Rev. Fa Jun to learn the self-healing movements of the Tai Chi form, and stay for part 2 of the class to learn simple self-defense techniques based on these motions, which are appropriate for all bodies and skill levels! The slow moving and breathing exercises calm the nervous system and heal tissues according to Chinese medicine. Then, after a break, explore simple ways to use these very same motions to ward off physical danger and to avoid attack.

## How to Meditate - All about the Chakras. Part 2!

Sun., 4/30, 12:30-2:30 pm – This month's meditation class will continue our exploration of the ancient symbolic system known as the chakras. Specifically, we will explore breathing and visualization patterns that can allow one to easily switch states of mind, as well as cultivate deep meditation ability over the long term. This class is appropriate for all levels of meditators, and will include all you ever wanted to know about the chakras, but were afraid to ask!

## 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.
- ✿ support the larger community through service and *social action*.
- ✿ appreciate and honor our *connectedness* with all living things.