

# Weekly Update

9/13/18

Renewing  
Ourselves to  
Act for Goodness



## Next 2 Weeks @ UUFLG

Thu 9/13	945a-12p Morning Women's Group*   7-815p Board*
Fri 9/14	2-4p Memoir Writing* (offsite)
Sat 9/15	<b>9a-12p Coastal Cleanup Day (1250 Dell Ave., Campbell)</b>   10a-12p Resistance Chorus
Sun 9/16	1030-1130a Service & Children's Religious Exploration (CRE)   12p Sun. Services Cmte*
Mon 9/17	7-9a Resistance Chorus
Tue 9/18	10-1130a Chalice Circle*
Thu 9/20	12-130p Retired UU Men's Lunch (RUUMs)*
Fri 9/21	2-4p Memoir Writing* (offsite)
Sat 9/22	<b>830-11a NAMI Walks Silicon Valley (Arena Green West, N. Autumn St., SJ)</b>
Sun 9/23	830-1015a Social Action Committee*   1030-1130a Service (Share-the-Plate: Youth Science Institute) & CRE   12p Photo Session for 2019 Fellowship Directory
Wed 9/26	6-730p Men's Circle*

\*For details of recurring activities, refer to the Activities & Programs web page at UUFLG.org.

## Next Sunday

### "Secure Attachment and Where to Find It"

Sun, 9/16, 1030-1130a - Neuroscience, pop psychology and developmental theory are all excited for Attachment Theory right now. You may have heard the terms "secure attachment" thrown about lately. This morning, we'll discover what this concept means to our lives, and how we can create more of it for ourselves and others. -Rev. Fa Jun



## Coastal Cleanup - Help Clean the Bay without Leaving Your Neighborhood!

Sat, 9/15, 9a-12p

While Los Gatos doesn't have a coast, it does have a creek that carries litter to San Francisco Bay. Join other volunteers from UUFLG for the Coastal Cleanup at Los Gatos Creek Park (1250 Dell Ave., Campbell, 95008). This is a great family activity; spend a morning outdoors and make a difference both in the park and in the Bay!

Wear long pants, sturdy shoes and sunscreen, and bring your own

water bottle. Gloves and trash bags will be provided, or you can bring your own. **Importantly**, adult volunteers are now each **required** to register online and sign an online waiver form. Here's how:

1. Click on this link: [https://scc.samaritan.com/custom/502/#/opp\\_details/3729](https://scc.samaritan.com/custom/502/#/opp_details/3729).
2. At **Opportunity Details**, scroll down to the end of the list and click on "See more (3 not shown)"; then scroll down to the **Los Gatos Creek Park** listing and click on **Sign Up**.
3. Click on **With Group**, then on **New Volunteer** and scroll way down to click on **Unitarian Universalist Fellowship of Los Gatos** and complete the application. Children do not need to sign up online, but parents will need to sign a waiver form for each child at the park.

Questions? Contact Ellen Hill at (408) 371-5776 or [ellen\\_hill@att.net](mailto:ellen_hill@att.net).

UUFLG welcomes everyone into our community, without regard to race, gender, age, color, national origin, ethnic background, socioeconomic status, marital status, disability, sexual orientation or gender identity.



# NAMI

National Alliance on Mental Illness

# Walks

#StigmaFree

Saturday, September 22, 2018 • San Jose



Join NAMI Walks Silicon Valley to raise funds and awareness to help change perceptions about mental illness.

Autumn St, San Jose. The 3.5-mile route takes walkers along the Guadalupe River into Downtown San Jose then back to the Arena Green West area. Please let Sue Ann Lorig know if you plan to attend. And remember your water bottle, sunscreen, comfy shoes and sunglasses!

## Register Now for Food Packing Event Sat, 10/13, 915a-12p

Join UUs from First Unitarian San Jose, the UU Fellowship of Sunnyvale, and our Fellowship in this multigenerational outreach event. We will be partnering with "Rise Against Hunger" to pack 10,000 meals to ship to a developing country or one threatened with famine due to a catastrophic emergency, such as a hurricane.

**A fun and high-spirited event! All ages welcome!** Held at First Unitarian Church, 160 N 3rd St., San Jose, the easiest parking is in the City Garage, 25 S 3rd St at Santa Clara St. A voluntary, no-obligation collection to pay for the wholesale costs of the food will be held. Please [RSVP](#) to Sue Ann Lorig or the sign-up sheet on the table in the UUFLG foyer so we know that we have enough volunteers.



*volunteers plant seeds of love  
that help countless hearts  
to grow...*



## Volunteer Opportunities Abound at Our Fellowship!

We have a variety of activities that are important to the life of our Fellowship. These include greeting, sound, assisting RE teachers, beverages setup and social hour cleanup.

Ask any volunteer about their activity, and they will explain it and steer you to the right coordinator to learn more.

Our committees and working groups perform other vital functions, and we encourage you to join these as well to enrich your experience with us.

[Check our website \(https://uuflg.org/volunteer-opportunities/\)](https://uuflg.org/volunteer-opportunities/) and chat about it to see what suits your talents and interests then give it a twirl!

## Service "America and the Six-Year-Old Brain - An Analogy"

Sun, 9/23, 1030-1130a Notice: This is not a peer-reviewed psychological theory. Rather, a friend and I were chatting and came to the conclusion that if America were a person, it would be about the equivalent of a six-year-old child. As we began to think of the aspects of personality development going on at this time of life, we noticed many insight-generating parallels. This talk will highlight the results of that contemplation. -Rev. Fa Jun



## Unitarian Universalist Fellowship of Los Gatos

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\* enter the parking lot from old blossom hill rd.