



# FELLOWSHIP NEWS

*The Monthly Newsletter of the Unitarian Universalist Fellowship of Los Gatos*

## our mission

think about our lives   grow spiritually   care for each other  
act to make a better place   honor how all things connect

**October 2018**

Sunday Services at 10:30 am

## October Theme *The Unseen Realm*

### Oct. 7 – Feast of St. Francis Animal Blessing

Come along with your children and well-behaved, onleash pets for our yearly animal blessing. In this intergenerational, interspecies service, we'll briefly share in our standard hymns and welcome then move right to a sweet ceremony of blessing our furry, feathered and scaled friends. Dog and cat treats provided. –Rev. Fa Jun

### Oct. 14 – “The Hidden Power of Compassion”

Did you know that compassion has many benefits, seen and unseen? Some of these effects are downright weird, making us question where one person even begins and the other ends. In today's sermon, we'll bring cutting-edge research out of the hidden, esoteric realm into the light of our own reason and experience! –Rev. Fa Jun



support and learn practical tips, leading to deeper relaxation and alertness.

### Coastal Cleanup Close to Home

A small group of volunteers from UUFLG joined the statewide Coastal Cleanup on Sep. 15. Though the plastic bag ban has greatly reduced this particular form of plastic litter (a 77% reduction statewide!), plastic bottles, straws and snack wrappers were still found, along with cans, bottles, and cigarette butts. Picking up this trash keeps it out of the bay and out of the stomachs of the many birds living in the park. A question remains: Why would anyone litter a park they enjoy visiting regularly? Ah well...

**Many thanks to those who worked to clean up Los Gatos Creek Park in Campbell!**

As a Welcoming Congregation, the 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.

### Oct. 21 – “Disrupting Despair”

Feeling weighed down by bad news? Unable to enjoy simple pleasures? Today we'll explore the how and why of disrupting despair through unabashed connection with the beauty, gratitude, joy, meaning, and inspiration present in every single moment. Even this one! –Rev. Stefanie Etzbach Dale

### Oct. 28 – “The Thinning of the Veils – Honoring the Unseen Realm”

In earth-centered spiritual practices around the world, the end of October is seen as a time where the veils between the seen and unseen realms become thin. As we do every year, we'll have a short ceremony where we build our altar and ofrenda for our beloved dead. Then, after our young people are excused to their classes, we'll explore and take time to offer all that dwells in the realm unseen – our blindspots, our subconscious, our shadow personas, and our fears. We'll find that when we honor these parts of ourselves, they are less likely to create unpleasant surprises. To prepare for Halloween, let's set ourselves up for fewer tricks and more treats! –Rev. Fa Jun

### Meditation Sun., Oct. 28, 12:30 - 1:30 pm

Join us for our meditation group, meeting once each month, for community, practice tips, and a little peace and quiet. We'll have a brief instructional period, sit for 20 minutes in quiet together then have a time for sharing and Q&A. We'll finish with another short sitting period. Whether you are an advanced meditator or you are just starting today, this is a wonderful opportunity to experience community



## October Share-the-Plate Beneficiary:

### San Jose Peace & Justice Center

This month, the offertory on October 21 (except for checks and envelopes marked “pledge”) will go to the San Jose Peace & Justice Center, founded in 1957 by individuals profoundly concerned about peace and justice issues, especially the growth of nuclear arsenals and atmospheric nuclear testing. More than sixty years later, the Peace and Justice Center, along with their affiliated organizations, serves as a resource and action center for progressive activism, seeking to develop and nurture the growing community of people who work to create and participate in a just, peaceful, and nonviolent society, one that ensures human rights for all people and ensures the continuation of, and respect for all life on earth.

The Center provides: Space and resources for individuals and organizations to meet, mobilize and organize; publicity mechanisms such as a weekly calendar of progressive events in the South Bay, presence on social media and a website, and; public forums for education and creative action, including teach-ins, film showings, book discussion groups, and mass demonstrations. Learn more at [sanjosepeace.org](http://sanjosepeace.org). -UUFLG Social Action Committee



### July & August Share-the-Plate

In July, we collected **\$534** for Sacred Heart Community Service's **Pack-a-Back Drive**, in addition to donated school supplies and backpacks. This filled 16 backpacks! Thank you for investing in our future talent, giving students the tools they need to learn. In August we collected **\$561** for **Life Moves Georgia Travis House**, which offers housing and programs for homeless families in San Jose. Thank you for supporting solutions to homelessness.

**Thank you for your generosity!**

**Multifaith Peace Picnic & Prayers** Seven of us from UUFLG joined UUs from Palo Alto and Sunnyvale and people from numerous other faith groups on September 11 at the annual 9/11 Multifaith Peace Picnic and Prayers in Palo Alto. A diverse intergenerational and multifaith group of about 200 gathered at King Plaza for food, poetry, song, and multifaith prayers for peace. The event was organized by Multifatih Voices for Peace and the American Muslim Voice Foundation. UUFLG was a sponsor. again this year. Following music and the sounding of the Shofar, the Jewish call to prayer, was a responsive reading, “Calls to Peace from Diverse Faith Traditions”:

**Leader:** We gather on this day once filled with darkness, and followed by more darkness, to commit to be people of light. We gather on this day once filled with violence, and followed by more violence, to commit to work for peace.

**Response:** We commit to be people of light. We commit to work for peace.

This theme of committing to be people of light and to work for peace was repeated throughout an inspirational program. Let us all make this commitment to be people of light and to work for peace.

**UUFLG RENTAL SPACE  
AVAILABLE!  
GREAT FOR ALL  
SORTS OF EVENTS!**

Kindly inform family, friends, neighbors and colleagues that we have a venue suitable for recitals, weddings, memorials, parties and more! We welcome your ideas to increase our rental income! **Contact** Donna Brewer, [donnabv@hotmail.com](mailto:donnabv@hotmail.com) or (408) 358-1212.



*From left: Rick Roberts, Robb Stolberg, Laurie Roberts, Francie Perren, David Kiebert & Sue Ann Lorig. Ellen Hill (not pictured)*

Do you 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 meeting. Contact Lynn Golbetz ([lynngolbetz@comcast.net](mailto:lynngolbetz@comcast.net)) for more information. View the minutes of Board meetings online at [uufg.org/board-of-trustees-minutes/](http://uufg.org/board-of-trustees-minutes/).



## Retired UU Men to Celebrate Oktoberfest in Style!

Calling all RUUMs (Retired UU Men) at the Fellowship!

Join your brethren for lunch at **The Rock Bottom Brewery** at The Pruneyard, 1875 S Bascom Ave., Campbell, at **1pm, Thursday, Oct. 4** to celebrate Oktoberfest! This has become an annual (and popular) offsite gathering of our RUUMs folk; one not to be missed!

Contact Harry Campbell, [harryrcampbell@gmail.com](mailto:harryrcampbell@gmail.com) or 408-374-8844.

Don your lederhosen if you have them, men.

## Last Chance for UUFLG Directory Photos Sun., Oct. 14, Noon

If you missed the session on 9/23, Harry Campbell will hold a second and final session at noon on 10/14 to take individual and family photos for new or updated entries to next year's Fellowship directory of members and friends, which will contain everyone's contact information. Look for Harry and his camera setup in the Fellowship parking lot. Say, "Cheese!"



## Connections Committee Seeks Volunteers!

Our Connections Committee is a team at our Fellowship focused on ways to sustain and grow our beloved community. Activities include scheduling Sunday greeters, holding social hour after services (bringing snacks, setting up beverages, cleaning up), following up with visitors, and coordinating newcomer orientations, member recognition ceremonies and some of our social events such as the recent Pancake Breakfast.

Please consider joining the committee and/or helping with our many rewarding activities.

Contact Christina Morgan for social hour, Zeina Halim for greeting, and Donna Brewer or Katie Stubstad to discuss ways you can help make UUFLG an even more Welcoming Congregation!



**Register NOW for Charity Food Packing Event with Rise Against Hunger Sat., 10/13, 9:15 am-noon** Join UUs from First Unitarian San Jose, the UU Fellowship of Sunnyvale, and our Fellowship in this multi-generational 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 on the sign-up sheet in the UUFLG foyer so we know that we have enough volunteers.

# OCTOBER

**2ND JOEY JENSEN**

**8TH BARBARA KALMOUTIS**

**17TH SIERRA GOLBETZ**

**22ND LANCE JACOBSON**

**27TH MAGGI BENSON**

**30TH ALYSSA JENSEN**

**30TH JOE RAFFERTY**



# HAPPY BIRTHDAYS

**Rise**  
**AGAINST HUNGER**

To be added to the birthday list and to request a mailed card instead of an ecard via email (default), simply email [admin@uuflg.org](mailto:admin@uuflg.org) or leave a message at (408) 358-1212. The office will forward requests to our Caring Committee.

Submit items for the newsletter by the 20th of the month to Lance Jacobson (editor) at [news@uuflg.org](mailto:news@uuflg.org). Submit as single-spaced documents in rich text format (.rtf) or plain text.



**October  
2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sep 30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:30-11:30a Service & Children's Religious Exploration (CRE)		10-11:30a Chalice Circle		1p Annual RUUMs Oktoberfest Lunch (Offsite) 4-6p Minister Office Hours by Appt (MOH)	1-2p Connections C. 2-4p Memoir Writing (offsite)	10a-12p Resistance Chorus (RC)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9-10:15a CRE Committee (C.) 10:30-11:30a Service & CRE	7-9p Resistance Chorus	10:30a-12p Finance C. 2-3:30p Caring C.		9:45a-12p Morning Women's Group 4-6p MOH 7-8:15p Board	2-4p Memoir Writing (offsite)	9:15a-12p Food Packing Event with Rise Against Hunger (First Unitarian Church of San Jose)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:30-10:15a Social Action C. 10:30-11:30a Service & CRE 12-1p Photos for 2019 Directory 3-4p Men's Circle		10-11:30a Chalice Circle	10:30a Sunday Services C. online	12-1:30p Retired UU Men's Lunch (RUUMs) 4-6p MOH	2-4p Memoir Writing (offsite)	9a-3p Resistance Chorus
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:30-11:30a Service (Share-the-Plate: San Jose Peace & Justice Center) & CRE				4-6p MOH	2-4p Memoir Writing (offsite)	9a-12p Building & Grounds Workday 6-9p Game Night
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov 1</b>	<b>2</b>	<b>3</b>
10:30-11:30a Service & CRE			6-7:30p Men's Circle	12-1:30p RUUMs 4-6p MOH	1-2p Connections C. 2-4p Memoir Writing (offsite)	10a-12p Resistance Chorus

**Note:** In case of errors, omissions and changes after publication, find the most up-to-date calendar online at [www.uuflg.org](http://www.uuflg.org). 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](#) online.