



Unitarian Universalist Fellowship of Los Gatos

What's Happening

Open Minds, Loving Hearts, Serving Hands

December 5 - December 19

December 8, Sunday, 10:30a

After Enlightenment, the Shadow Work

Guru controversies, judgmental Christians, xenophobic Buddhists, yoga teachers with shady boundaries – all these may be examples of spiritual peak experiences (the “enlightenment”), without integrating disowned psychological material (the “shadow work”). This morning, learn about how we can reclaim disowned aspects of our self, and the type of challenges it creates when we fail or refuse to do so. Learn how integrating the underworld of our psyches helps us navigate our lives with greater joy, fewer triggers, and a welcoming and open heart. –Rev. Fa Jun, Minister

We hold **Children & Youth Religious Exploration** (CYRE) classes at the same time.



Retired UU Men's Lunch
12/5 & 12/19, Thursday, 12-1:30p



Co-Op Watercolor
12/11 & 12/18, Wednesday, 1p-3p



Connections Committee
12/6, Friday, 1-2p



Women's Group
12/12, Thursday, 10:30a-12



Social Action Committee
12/8, Sunday, 8:30-10:15a



Board of Trustees
12/12, Thursday, 7-8:15p



Great Books Discussion
12/9, Monday, 7:30-9p



Sunday Services Committee
12/13, Friday, 12-1p, web meeting only



Finance Committee
12/10, Tuesday, 10:30a-12p



Chalice Circle
12/17, Tuesday, 10-11:30a

Send announcements to admin@uuflg.org by Tuesday of that week's issue.

Announcements are edited for brevity, clarity, and style.

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Add the Food Bank to Your Shopping List



SECOND HARVEST
of SILICON VALLEY

Our Fellowship's annual food drive for Second Harvest of Silicon Valley **continues through next Sunday, Dec. 15**. 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. This is an excellent opportunity for children to help choose, buy, and bring in some items for the food-drive collection box in the Fellowship foyer; this moves 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

Please do **not** donate candy, sugar-sweetened drinks, and items packaged in glass.

Cash and check donations are also very welcome; put these in the envelope in the collection box or give them to Sue Ann Lorig or Jim Beebe.

On **Sunday, Dec. 15**, offertory contributions not marked "pledge" will benefit Second Harvest as our **Shared Plate** recipient for December.

Please write checks to "UUFLG", with "Second Harvest" in the memo line.

Thanks for helping support this important resource for some of the most vulnerable among us.

December 15, Sunday, 10:30a

The Unitarian Universalist Christ

Our UU tradition grows from the roots of two Christian traditions. We've since grafted on the wisdom of many cultures and philosophies to these root-stocks, and have grown to embody the ideals of humanism in our diverse practices. This morning, we'll explore the unique perspectives on the teachings of Jesus of Nazareth embodied in Unitarianism and Universalism, and how those perspectives helped give rise to the rich tradition we hold

Save the Date—December 22, Sunday, 7p

Celebrate the Winter Solstice

We will hold a simple celebration with candles, songs, poems, and a bit of ritual. Bring a snack to share if you'd like. Everyone and all ages welcome.