Unitarian Universalist Fellowship of Los Gatos

FELLOWSHIP NEWS

August 2014 No.8; 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

August 2014

Sunday Services at 10:30

August 3:
"Yoga and the Art of Personal & Spiritual Evolution"

Marta Weinstock

Yoga can be a pathway towards personal and spiritual transformation. How can yoga transform your personal energy and your life? Let's consider the birth of the Higher Self…Is yoga a religion, a philosophy or a practice for cultivating a life of happiness & contentment? We are thoughts, words & actions and a steady and consistent yoga practice can reveal deeper Self knowledge. When we develop Self knowledge and understanding of our own mental afflictions through yoga & meditation, the practice cultivates a dance with life and a release of suffering. Conscious effort of yogic principles brings a life full of well-being and love.

Marta Weinstock, 500 Register Yoga Teacher, MBA, and mother of two is a dharma, meditation & yoga practitioner of 15 years and teaches privately in Saratoga. She is currently on the Board of the Saratoga Senior Center and is service our aging population. Listening is an art form she practices daily as she has witnessed the transformation of her own life. She teaches others how to listen: first to breath, then to rhythms of the body and mind, then to their own personal understanding of connection to spirit.

August 10: "Spiritual Café"

After a short summary in the Sanctuary, the congregation goes to deck to reflect more directly in small groups to discuss the question of the day. This sharing is meant to deepen each person's understanding of the topic and also deepen the connections/friendships of people who come to our services. Guiding questions, as well as coffee and tea, will be available to facilitate the discussions.

August 17: "Hallelujah"

Christy Baker

The song "Hallelujah" by Leonard Cohen has been covered by numerous musicians and appeared in TV shows and movies. Rather than simple dualities between love and bitterness, the sacred and the secular, sexual union and deep betrayal, there are possibilities at the intersection to be explored. As Cohen has said, "The song explains that many kinds of Hallelujahs do exist. All the perfect and broken Hallelujahs have an equal value. It's, as I say, a desire to affirm my faith in life." Let us gather in community to affirm and honor the many layers of the holy and the human in our lives.

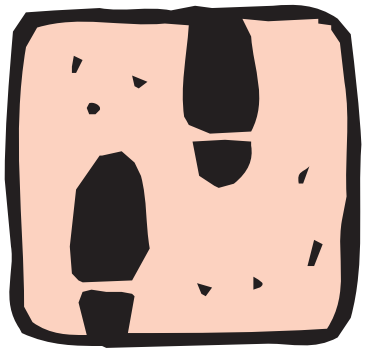
August 24 : One Unitarian's View: Advancing Human Rights in Hong Kong - Summer 2014

Syambra Moitozo

Syambra Moitozo is a graduate student at The New School in NYC. She spent this summer working and making films to advance the rights of domestic workers who are frequently abused and underpaid. She also worked on behalf of the Hong Kong homeless, the "cage people" who live in deplorable conditions, and the Asian elephants and the illegal ivory trade. Syambra grew up in this Fellowship and is still attends UU services in NYC.

August 31: "Spiritual Café"

After a short summary in the Sanctuary, the congregation goes to deck to reflect more directly in small groups to discuss the question of the day. This sharing is meant to deepen each person's understanding of the topic and also deepen the connections/friendships of people who come to our services. Guiding questions, as well as coffee and tea, will be available to facilitate the discussions.



Weekday Walks

Come join us for a hour long walk on the fourth Friday of the month. This month it will be on August 22 at 10 am. We will meet at a new location at Los Gatos Creek Trail. We will meet up by the dam and the parking is free. To get there take Los Gatos Blvd to Lark Ave. Turn left on Garden Hill Dr. and park at the curve in the road just past Kingston Hill Way.

If you have any questions, please call Julie Morgan at 650-817-5118 or email at alljsmail@gmail.com

Great Books Discussion Group

On Monday, August 11, 2014 at 7:30 PM the Great Books discussion group at UUFLG will discuss "Discourse Seven" by Joshua Reynolds.

SoulCollage®

Join Kathryn Harper on Saturday, August 16, from 9:30 a.m.-1:30 p.m. and delve into creativity! SoulCollage® is a fun, relaxing way to play with images and explore new avenues for inner wisdom and discovery.

All supplies are provided. A donation of $10-15 is appreciated to offset the cost of supplies, but no one is turned away for lack of funds. Class size is limited to 12.

Please email kathryn@pobox.com by August 11 if you plan to attend.

August Birthdays

2 - Carmella Condino
2 - Bonnie George
4 - Bert Olson
8 - Harry Campbell
15 - Sharon Graham
16 - Elli and Gwen Dadek
23 - Joe Dadek
24 - Brent Browning
29 - Lee Dugan

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

Peninsula Economic Justice Summit

Hold the date! The daylong Peninsula Economic Justice Summit is coming to the Fellowship on October 4!

UUFLG is collaborating with UUFS and the UU Justice Ministry of CA to host this summit exploring poverty in the cities and suburbs of the Bay Area. We will see portions of the film "Inequality for All"; hear from expert speakers; discuss topics such as homelessness, a living wage, and workers' rights; and reflect on the important role faith communities can play in the struggle for economic justice for all.

You can register for this event at http://action.uujmca.org/c/1561/p/salsa/event/common/public/?event_KEY=71372. If you are interested in helping plan or set up for it, please contact Lynn Golbetz (lynngolbetz@comcast.net) or Ellen Hill (ellen_hill@att.net).

SKSM 2014 Symposium

My name is Dee Ward and I'm emailing on behalf of Dr. Ibrahim Farajajé our Provost here at Starr King to invite the UUFLG community to attend "Transformative Change" – SKSM 2014 Symposium featuring our honored teacher Rev. angel Kyodo williams Sensei along with our new President Rev. Rosemary Bray McNatt and other community leaders on August 27-28, 2014.

For more details and to sharing with the UUFLG community, please see the attached flier and please note the Symposium is Free of charge.

To register for one or both days go to the SKSM Symposium website (www.sksmsymposium.org).

Dee Ward
Assistant to the Dean of Faculty &
Coordinator of Academic Programs
Starr King School for the Ministry

INTERESTED IN WHAT THE BOARD 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.

HAVE SOMETHING TO SAY TO THE BOARD? A guest commentary time for members can be made available at the beginning of each monthly Board of Trustees meeting. Contact Jim Beebe (jebeebe1102@yahoo.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**. 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. The purpose of this newsletter is to foster communication and planning among friends and members. However, due to the size constraints of the printing, we regretfully cannot print opinion pieces.

August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:30a - 12:00p Finance Committee Meeting	2
3 9:00a - 10:15a Religious Education Committee 10:15a -11:30p Children's Religious Education Classes 10:30a -11:30a Sunday Service 12:00p - 1:15p Social Action Team Meeting	4 6:30p - 8:00p Women's Spirituality Group	5 10:00a - 11:30a Tuesday Chalice Circle	6 10:30 - 11:30 Caring Committee	7 12:00p - 1:30p, Retired UU Men's Lunch	8	9
10 10:15a -11:30p Children's Religious Education Classes 10:30a -11:30a Spiritual Cafe	11 7:30p - 9:00p Great Books Discussion	12 10:30a-12:30p "So and Sew"	13	14 9:45a - 12:00p Thursday Morning Women's Group	15	16 9:30a - 1:30p SoulCollage®
17 9:00a -10:15a Membership Committee Meeting 10:15a -11:30p Children's Religious Education Classes 10:30a -11:30a Sunday Service	18 6:30p - 8:00p Women's Spirituality Group	19 10:00a - 11:30a Tuesday Chalice Circle	20	21 12:00p - 1:30p, Retired UU Men's Lunch 7:00p - 8:15p Board of Directors Meeting	22 10:00a - 11:00a Weekday Walkers	23 5:00p - 8:00p All Ages Potluck
24 0:15a -11:30p Children's Religious Education Classes 10:30a -11:30a Sunday Service	25	26 10:30a-12:30p "So and Sew"	27	28	29	30 9:00a - 12:00p Bldg/ Grnds Work Party
31 0:15a -11:30p Children's Religious Education Classes 10:30a -11:30a Spiritual Cafe						

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"Affirming the Inherent Worth and Dignity of Every Person"

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The Newsletter is published monthly by the Unitarian Universalist Fellowship of Los Gatos (UUFLG). The Newsletter is available to everyone on the web at **www.uuflg.org**. Members may elect to receive a printed copy. If you would like to be added to our email list to receive our monthly newsletter, please call or email our administrator: admin@uuflg.org or 408-358-1212.