



# **FELLOWSHIP NEWS**

March 2015 No.3; 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

## **March 2015**

**Sunday Services at 10:30**

### **Mar. 1: “Beyond Good and Evil!”**

Rev. Fa Jun

Ever since the now infamous Eden Incident, humans have had to deal with the "knowledge of good and evil". Many spiritual traditions grapple with the meaning of these principles, and what they mean to our lives. This Sunday's service will be an interfaith exploration of the ideas of Good, Evil, and everything in between. Insights from sociology and brain research will round out our exploration and show how these concepts can make us grow, or hold us back.

### **Mar. 8: “The Goodness of the Human Heart”**

Rev. Fa Jun

Is human nature fundamentally flawed, or is there a spark of virtue in every human being? This question has challenged seekers down through the ages. New research sheds light on the issue and the results may surprise you? Come and find answers to the deepest mysteries of human nature.

### **Mar. 15: “Practical Non-Violence**

**- from Jesus to Aikido, and everything between!”**

Rev. Fa Jun

Jesus said that his followers should not resist “evil” by force. This sentiment was echoed by such great thinkers as Tolstoy, Gandhi, Martin Luther King Jr, and Aikido’s founder Morehei Ueshiba. But can we protect ourselves without forceful resistance? Is there a way to defend ourselves and others without becoming the very violence we wish to overcome? This Sunday will explore a “third option” between the dichotomy of violence, and non-violence, a dynamic way of love that helps both ourselves and others.

### **Mar. 22: “Abracadabra ~ I Will Create as I Speak”**

Carmella Condino

As the Wheel of the Year turns once more and the old winter slips into memory, we observe the Vernal Equinox and Ostara in the northern hemisphere. It is a time of balance and hope; and with the changing season and lengthening days, a time to find clarity and freedom from things which hinder progress. It is a perfect time to start new projects, access new ideas, and give birth to new conditions. Having heard this before, it is easy to be skeptical! So just for a few moments, abandon your scientific, logical mind-set and open yourself to all possibilities. Come try a little practical magic to discover your needs and an almost effortless way to implement that which you desire.

## **UU Principles in Practice - Inherent Worth and Dignity**

Sunday, March 15 12:15-1:45

The first Unitarian Universalist principle is perhaps the most powerful - that each individual is inherently worthy and dignified. Imagine if our world economy or our country's political policies ran upon this assumption? How might we treat others if we assumed that they were inherently a worthy being? How might we treat ourselves if we felt that we were inherently dignified?

Come and explore with us the history of the UU idea of inherent worth and dignity, how we might embrace this principle in our real lives, and scientific findings on how we can develop and sustain acceptance, tolerance, compassion, and appreciation for ourselves and each other. Our class will consist of a first hour of history, philosophy, and research, and a second hour of discussion. Come whether you are new, or experienced in UU philosophy.

Rev. Fa Jun

## **Compassionate Communication - for friends, family, and couples**

Friday, Mar 13. 7:15-9:15pm

Join us for an evening of cultivating the high skill of kind speech. We'll focus on resolving the forces that bind us from deeper connection, both in our own hearts, and in our patterns of speaking with each other.

This evening's class will focus on the idea of praise and criticism. When is criticism appropriate, if ever? Can we give constructive feedback in ways that don't trigger the person we're connecting with? Does praising a loved one weaken our connections, or strengthen them? All these questions will be explored together.

We'll spend roughly the first half of the class learning together, and then spend a while talking together about the issues that are alive in our real relationships.

Rev. Fa Jun

## **Dear Parents and Community,**

For those of you who know me, I was a familiar face in the preschool room. However, I have recently moved into the role of teaching the middle school kids. I am very excited about this role and looking forward to working with this age group. We've been playing games to get to know one another, crafting St. Brigid Crosses for Imbrog, and as part of an ongoing leadership project, brainstorming how we can use our strengths and favorite activities for social good. As the month continues, we will be learning and practicing leadership skills, learning about Black History, the Chinese New Year, and St. Valentine.

The elementary class is taught by Laura Leong. The elementary children are working with Jessica York's Signs of Faith. We are exploring leadership roles for UU adults as well as the children. We brainstormed ways they could also become leaders within the fellowship. She is constantly amazed and delighted with the children's insight.

Warmly,  
Anna Macken

## **News from the Finance Committee**

Our annual pledge drive is under way and the theme this year is "It Takes Teamwork to Make the Dream Work". Lets exercise our teamwork muscles and by returning our pledge cards as soon as possible or, even easier and quicker, simply send an email to our Treasurer Irving Yabroff (iwyabroff@gmail.com) letting him know the amount of your pledge.

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

## A Party to Celebrate Our Community

Saturday, March 14, 6 PM

Everyone is invited to a party at the Fellowship on Saturday evening, March 14, at 6 PM in Celebration of our Community. We'll fete ourselves with delicious food and bubbly beverages and a good time for all. We'll have child care for the younger set, too.

## New on Our Web Site

If you'd like to view a Sunday Service that you missed, go to our web site and click on Ministry. Videos of the sermon portion of our Sunday Services are now being posted there. Take a look!

## To the UUFLG -

I am writing to let you know that Allison Levy, long time member of this fellowship, passed away on Tuesday evening, February 17, 2015. She had most recently been a resident of the Los Gatos Terraces.

There will be no public service. She will be buried in Santa Cruz. This information came from Dick, her son.

Best regards,  
Susan Parks

## SoulCollage®

Join Kathryn Harper on Saturday, March 21, 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](mailto:kathryn@pobox.com) by March 14 if you plan to attend.

## UUFLG Birthdays

### March

- 4 - Ike Dadek
- 4 - Albert James
- 7 - Merritt Benson
- 7 - Jim Stubstad
- 10 - Ann Campbell
- 14 - Ken Bull
- 19 - Zoe Thorn
- 21 - Julie Doyle
- 23 - Brady Williams\*
- 24 - Dwight Wygant
- 30 - Jen Dadek



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**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](http://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 ([jebebe1102@yahoo.com](mailto:jebebe1102@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](mailto: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.



## Habitat for Humanity Workdays

On Jan. 24, volunteers from UUFLG joined volunteers from several nearby churches for an All Faiths Workday at the home Habitat for Humanity is renovating on Palm Street in San Jose.

Emphasis of the day's work was on adding structural hardware needed to bring the 55-year-old house up to current earthquake standards; volunteers also worked on interior framing changes.

Next All Faiths Workday for our area will be Saturday, March 21. The workday is from 8:30 am to 4 pm. Sign-up sheet and volunteer information sheets are in the UUFLG lobby. Help turn an old house into a new home for a young family with two small children!



## Survival Sacks Packed!

On Feb. 22, students in the elementary and middle-school religious education cases worked together to pack 15 "Survival Sacks" containing underwear, socks, and basic hygiene supplies for homeless clients at Sacred heart Community Service Center in San Jose.

The students worked quickly and efficiently, completing the task half an hour, with time left over to tour the UUFLG ground in search of "signs of spring." The Survival Sacks were delivered to Sacred Heart Center the following week, along with two boxes of groceries from the ongoing collection basket in the UUFLG lobby.

Many thanks to all who contributed supplies or \$ to the Survival Sack Drive, and to all who brought groceries for the food basket in January and February!

## Special Program on Mental Health Ministry: "The Caring Congregation"

This seven-session curriculum, beginning February 28, will help enhance a congregation's welcome, inclusion, and support of individuals and families coping with mental illness. The course includes an introduction to the categories and treatments of the most common disorders, and it addresses prejudice, myths, and stereotypes. The role of religion, spirituality, and congregational life in recovery and the history of mental health care offer additional rich topics for dialogue.

The Reverend Barbara Meyers, who created the curriculum, is scheduled as our guest speaker at UUSM on Sunday, February 22. Contact Pam Gehrke (psgehrke@gmail.com) for more information.

Saturday Feb. 28 (10:00-2:00), Thursday evenings (7:00-9:00 p.m.) Mar. 5, 12, 19, 26, and Apr. 2



**March 2015**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00a - 10:15a <b>Lifetime Learning Committee</b> 9:30a - 10:00a <b>Morning Meditation</b> 10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b> 12:00p - 1:15p <b>Social Action Team</b> 12:00p - 2:00p <b>Rev. Fa Jun Office Hrs (by Appt)</b>	6:30p - 8:00p <b>Women's Spirituality Group</b>	10:00a-11:30a <b>Tuesday Chalice Circle</b> 10:30a-12:30p <b>"So and Sew"</b>	10:30a-11:30a <b>Caring Committee</b> 5:00p - 6:00p <b>Farmigo Food Pickup</b>	11:00a - 12:30p <b>Finance Committee Meeting</b> 12:00p - 1:30p, <b>Retired UU Men's Lunch</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b>	11:00a - 1:00p <b>Facebook Essentials</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:30a - 10:00a <b>Morning Meditation</b> 10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b> 2:00p - 4:00p <b>Rev. Fa Jun Off. Hrs (by Appt)</b>	7:30p - 9:30p <b>Great Books Discussion</b>		5:00p - 6:00p <b>Farmigo Food Pickup</b>	9:45a - 12:00p <b>Thursday Morning Women's Group</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b> 7:15p - 9:15p <b>Compassionate Communication</b>	3:00p - 10:00p <b>Fellowship Celebration Evening</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30a - 10:00a <b>Morning Meditation</b> 10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b> 12:00p - 1:30p <b>Membership Comm.</b> 12:15p - 1:45p <b>UU Principles in Practice</b>	6:30p - 8:00p <b>Women's Spirituality Group</b>	10:00a - 11:30a <b>Tuesday Chalice Circle</b> 10:30a-12:30p <b>"So and Sew"</b>	5:00p - 6:00p <b>Farmigo Food Pickup</b>	12:00p - 1:30p <b>Retired UU Men's Lunch</b> 7:00p - 8:15p <b>Board of Trustees Meeting</b>	4:00p - 6:00p <b>Rev. Fa Jun Office Hrs (by appt)</b>	9:30a - 1:30p <b>SoulCollage®</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:15a - 11:30p <b>Children's Rel.Ed. Classes</b> 10:30a - 11:30a <b>Sunday Service</b>			5:00p - 6:00p <b>Farmigo Food Pickup</b>			9:00a - 12:00p <b>Bldg/ Grnds Work Party</b> 5:00p-8:00p <b>All Ages Potluck</b>
<b>29</b>	<b>30</b>	<b>31</b>				
10:15a - 11:30p <b>Children's Religious Education Classes</b> 10:30a - 11:30a <b>Sunday Service</b>						

**Unitarian Universalist Fellowship of Los Gatos**  
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*“Affirming the Inherent Worth and  
Dignity of Every Person”*



**Fellowship News**

**March 2015**

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](http://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](mailto:admin@uuflg.org) or 408-358-1212.