

Unitarian Universalist Fellowship of Los Gatos



FELLOWSHIP NEWS

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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

May 2016

Sunday Services at 10:30

May Theme – The Mother

May 1: “The Reality of Gaia (and the celebration of Beltayne)” by Rev. Fa Jun

Members of many cultures felt that the earth, the plants, and the people who lived on it were all interconnected. They were woven together in a great web of Spirit. How amazing is it that this very much matches what we find in modern research into deep economics, ecology, meteorology, and physics?!

While perhaps not every element of ancient earth-traditions was correct, we can take many of their insights as potent information to inform the way we live our lives. We already see the painful results in our world of living as if all things were separate. What would it be like if we felt we were part of a sacred being, the mother who's body is the earth?

This morning, we will explore these questions and more, plus have a celebratory dance around the Maypole with our youth (so bring your drums, flutes, and stomping feet).

May 8: “Remembering a Mother’s Kindness - a meditation on compassion” by Rev. Fa Jun

Are there sure-fire ways to go about developing compassion in the human heart? Modern research says “Yes!” One of the best ways to help humans become compassionate is to keep them safe and nourished, and to teach them how to be grateful - to understand and count the blessings they've received, and not take them for granted.

In the ancient Buddhist meditations on developing compassion, this wisdom was intuited thousands of years ago, when the meditator was advised to “Meditate on your mother's kindness” in order to bring about a sweet and loving heart.

This morning we will learn the fundamentals of this potent, and proven practice, along with the neuroscientific basis of how gratitude allows us to cultivate kindness toward others. Armed with this knowledge, we will be able to show true appreciation for our own mothers (biological or not), and take steps help the mothers in greatest need on our planet in their struggle to raise children with open hearts.

May 15: “The Trap, and the Quest” by Dr. Chris Schrinier

In this big-picture reflection, we will journey through outer space and inner space, from teachings of the Buddha to twenty-first century neuroscience. Our speaker is Dr. Chris Schrinier, Minister Emeritus of Mission Peak Unitarian Universalist Congregation in Fremont. Chris is also a retired psychotherapist, and the author of six books including *Do Think Twice: Provocative Reflections on Age-Old Questions*.

May 22: “Connected: Population Growth, Social Justice, the Environment & Women’s Rights” by John Seager

John Seager, President of Population Connection, will emphasize the connections between human population growth and social justice, environmental issues, and women's rights. With world population now over 7 billion, the impact of rapid population growth on people and the planet has never been more compelling.

Q&A will follow John's talk, and he will be available during coffee hour for informal discussion.

Population Connection (formerly known as Zero Population Growth) is the preeminent progressive grassroots group for population education and advocacy. It focuses on achieving global population stabilization through universal awareness and access to voluntary family planning together with the full empowerment of women.

May 29: “How Far Are You Willing To Go... To Save Mother Earth?” by Rev. Fa Jun

Any observant person can see that our human habitats are in serious trouble, and we need to act soon. But how much change are we really willing to make? What do we do when change becomes difficult, or asks us to live in ways that are outside our comfort zone.

Today's sermon asks us to confront some difficult truths about things like climate change, but also offers us creative and radical solutions - if only we are willing to employ them. How courageous are you? Come and find out if our willingness to change is up to the challenge of the moment, and how to get it there!

Are you ready to be Welcoming???

You've been hearing for months now about our plans to become a Welcoming Congregation at UUFLG, but we still need to vote on it at our upcoming business meeting. To get in the spirit, we thought we should mention some of the benefits of becoming a Welcoming Congregation.

#1 is that we are truly walking our talk. Becoming a Welcoming Congregation is one hands-on way that we can immediately make our UU values known in the world. We get to send a message, loud and clear, to a population that has often been harmed by religious institutions. We send a message that says "you are safe here, and you are welcome!"

#2 We'll attract new members! Many people in the LGBT community, and those who consider themselves allies only look for Welcoming Congregations when seeking a UU church. By gaining this designation for ourselves, we are more visible to the people we seek to serve as a Fellowship.

#3 and perhaps the most important, is that we'll be taking a step toward reducing prejudice in our close community and in our nation and world. By promoting greater diversity in our Fellowship, encouraging conversations about topics that are sometimes uncomfortable, and extending the hand of friendship to those who may need it most, we are making powerful steps to a more harmonious world.

I am grateful to be taking this journey with you!

Rev. Fa Jun, Minister
Unitarian Universalist Fellowship of Los Gatos



LGBTQ

Welcoming Congregation



How To Meditate – Dealing with Dullness and Excitability May 22 12:30-2:30pm

Join us for our monthly class on How To Meditate.

Whether you are brand new to the art of meditation, or have been cultivating for years, you can get key insights from this class to empower your practice.

Today we will be exploring the major obstacles to the practice of focused, sitting meditation. In the ancient texts of Buddhism, these are called Dullness and Excitation.

These Buddhists and other yogis of old began to cultivate, thousands of years ago, ways to help soothe the mind when it is too excited, and to stimulate the mind when it has sunk too low.

The best news is that these remedies work not only during a meditation session, but also when dealing with emotional swings like anxiety, depression, irritability, and more.

Come for an illuminating afternoon of learning about the art of meditation together.

UUFLG Birthdays

May

2 - Joe Fitch
4 - Glen Marchant
18 - Marilyn Buelteman
19 - Lynn Golbetz
22 - Richard G. de Thorp
23 - Mary Hoover
25 - Audrey Freeman
26 - Colleen Hamilton



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.



Brief Bio – Donna Brewer

I will always be a “Jersey Girl”! I was born there and have lived there more than half of my life. I have also lived in PA, TX, IL, WI and most recently in VA for sixteen years before moving to Willow Glen last May. I have also lived in India, Turkey and Sri Lanka three different times beginning in 1983. I have traveled in Canada, Mexico, Europe, Asia, Australia, New Zealand and Egypt.

I was divorced from my childhood sweetheart in 1966, widowed in 1971 and again 2001. I have two children, Richard, who lives in Willow Glen with his wife, Beth, and son, Mason who will be three on April 19 – my reason for relocating! My daughter, April, moved with me and is living with her brother and his family until she finds affordable housing.

I began attending the Unitarian Church of Princeton when Richard was three so that he would be exposed to influences other than just my own! I had been raised Roman Catholic but decided at fifteen that I was an atheist. I was involved in establishing Forum For Singles which became a major source of income for the church. In 2001 a week after I was widowed I walked into the UU Congregation of Fairfax in Oakton, VA and knew I had found a home. I served in many capacities, the most satisfying of which was as Lay Minister for Caring and Wellness.

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

Park and Trail Cleanup Saturday, May 21, 9 am to Noon

Join the team from UUFLG who will be helping to clean Vasona Lake County Park and the Los Gatos Creek Trail as part of National River Cleanup Day on May 21. This is a great family service activity (children must be accompanied by an adult).

Volunteers should wear long pants, closed shoes with socks (no sandals), a hat, and sunscreen, and bring a refillable water bottle and gloves. (A litter pick-up stick is also helpful!) Snacks and trash bags will be provided.

Volunteers should meet at 9:00 am at the chain-link fence on Garden Hill Drive opposite Vasona Dam. Parking will be available nearby. (Access Garden Hill Drive from Lark Ave. near Highway 17, as there is a locked gate blocking access from Vasona Park.)

Sign-up sheet, volunteer information, and waiver forms will be in the UUFLG lobby.

If questions, contact Jim Beebe (408-315-5066) or Ellen Hill (408-371-5776).



Interested in what the Board of Trustees 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 of Trustees? 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.

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9-10:15a Lifespan Learning (RE) Cmte 9:30-10a Morning Meditation 10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-2:30p Minister's Hours by Appt	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 10:30a-12:30p "So and Sew"	10:30a-12p Caring Committee Mtg.	12-1:30p Retired UU Men's (RUUMs) Lunch	2-4p Memoir Writing Group (Offsite) 4-6p Minister's Ofc Hours by Appt	
8	9	10	11	12	13	14
9-10:15a Social Action Cmte 9:30-10a Morning Meditation 10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-2:30p Minister's Ofc Hours by Appt	7:30-9:30p Great Books Discussion Group			9:45a-12p Morning Women's Group 10:30a-12p Finance Committee	2-4p Memoir Writing Group (Offsite)	
15	16	17	18	19	20	21
10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-1:30p UUFLG Annual Business Mtg.	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 10:30a-12:30p "So and Sew"		12-1:30p Retired UU Men's (RUUMs) Lunch 7-8:15p Board of Trustees	2-4p Memoir Writing Group (Offsite)	
22	23	24	25	26	27	28
10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-2:30p How to Meditate Class					2-4p Memoir Writing Group (Offsite) 4-6p Minister's Ofc Hours by Appt	9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
29	30	31	1	2	3	4
9:30-10a Morning Meditation 10:15-11:30a Children's RE 10:30-11:30a Sunday Service 12:30-2:30p Minister's Ofc Hours by Appt					2-4p Memoir Writing Group (Offsite) 4-6p Minister's Ofc Hours by Appt	