

# Unitarian Universalist Fellowship of Los Gatos



## FELLOWSHIP NEWS

September 2016 No.9; 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

**September 2016**

**Sunday Services at 10:30**

### Theme: Community

#### Sept. 4: “Labor in the Pulpit – Reclaiming the Commonwealth”

This morning will feature a short talk by a visiting ‘Labor in the Pulpit’ speaker, in addition to Rev. Fa Jun’s sermon.

What would a true commonwealth look like? We sometimes speak as if this were a reality in our world when we say the “Commonwealth of Massachusetts” or the like. But is wealth really common, or is it given to some and taken from others? As we celebrate Labor day, let us remember the ideals that this word “Commonwealth” inspires, and let our inspiration give way to intelligent action in the realm of Labor justice.

#### Sept. 11: “Restorative Justice”

Rev. Fa Jun

In our world, there are many ideas of what is meant by the word ‘Justice’. One idea, the prevailing one is of “retributive justice” - which asks who is to blame, and how to punish them. Another, more radical notion is that justice can be restorative. When we think of justice we can think of balancing her scales, not in an “eye-for-an-eye” way, but in a way that creates more health and harmony in the world.

As we study this insightful path together, we can learn how in our own hearts we can forgive, and how we can ease the pain of so many in our world who seek for justice.

#### Sept. 18: Water Communion

Rev. Fa Jun

Join us for our annual ingathering ceremony of the Water Communion. Each year, UUs all over gather together to start their fellowship-year together with a symbolic ritual of mixing the waters of each of our lives.

Join us as we re-ignite the vision and mission that sustains us as a fellowship. Come bring water from your home or your summer travels to add to our collective vessel - symbolizing your adding the uniqueness of your own experiences to the community we form in our hearts. (This will be an intergenerational service).

#### Sept. 25: “The Joy of Stress”

Rev. Chris Schriner

In this age of anxiety, some of us feel left out. We just can’t work ourselves up into as much of a dither as our friends and work-mates. But don’t despair! Today Dr. Chris Schriner will explain how to achieve the same tightly-wound tension as our peers. By mastering a few simple techniques, you too can participate in conversations about insomnia, panic attacks, existential ennui, and the latest turbo-tranquilizers.

And seriously – understanding the way we make ourselves tense can help us release emotional pressures and attain greater serenity. Our speaker has been a frequent pulpit guest at our congregation. He is Minister Emeritus of Mission Peak Unitarian Universalist Congregation in Fremont, and the author of six books, including *Feel Better Now: 30 Ways to Handle Frustration in 3 Minutes or Less*.

**Sept. 4th**

## **How to Meditate: Cultivating Calmness and Insight**

Meditation is not just about spacing out. If you can get your mind to calm down, what do you then do with it? Or, conversely, what if you can't get your mind to calm down because all it wants to do is think, think, think?

In many schools of meditation there has always been a place for analytical contemplation, and for insight.

Today's class will explore how Calmness and Insight act as supports for each other. We will explore many practical exercises. Open to all levels. Free for members and friends. All others, suggested donation \$18

Rev. Fa Jun  
UUFLG Minister



## **July's Pack-A-Back Drive Results**

Thank you to the Children's Religious Education classes and to everyone who donated to the Pack-A-Back Drive! With your generous donations and volunteerism, we provided ten backpacks filled with the recommended school supplies to local students who may have gone without otherwise, an additional box of school supplies, and a \$50 donation to Sacred Heart Community Services. The students filled the backpacks and carefully checked that each backpack had every item.

This is another collaborative effort with Sacred Heart Community Service and a way that we acted on our UU Principles.

Thank you for making a difference!

## **New Fellowship Sign**



On Saturday, August 20<sup>th</sup>, a new sign on Blossom Hill Road was completed by Justin Quan, a 15-year-old student at Los Gatos High School and a Boy Scout in Troop 339. Justin contacted the Fellowship over a year ago in quest of a project that would be a major part of the requirement to attain the rank of Eagle Scout.

Harry Campbell, our UUFLG scouting commissioner, met with Justin to discuss our Fellowship needs and Eagle Scout project requirements. Replacing the sign on Blossom Hill road with a new, simpler and more visible sign was agreed upon. After approval from our UUFLG Board of Trustees, the troop's Eagle Scout committee and the local district of BSA, Justin and Harry started a year-long planning and preparation collaboration that fully met the very demanding BSA requirements, including planning, leadership, materials purchase, participation by other scouts, and finally the construction of our new sign.

The project involved raising nearly \$1000, demolition of the old sign, purchasing the materials (10-foot-long, 4x6-inch posts and 8-foot-long, 2x12 boards, sign letters, fittings and concrete), sanding and staining the wood, attaching the letters, and finally raising the vertical posts (sunk in concrete) and attaching the horizontal boards with letters. Justin and his fellows scouts did all the construction work over four weekends.

This sign is a major improvement over the previous signs and is a very generous gift to our Fellowship by Justin.



## Whooooaa! We Are Going To Put A New Roof On the Fellowship

Several years ago the Fellowship Finance Committee, along with the Board of Trustees, put together a financial plan to address our ageing property and building.

The plan had five parts:

1. Pay off all loans
2. Install safety equipment at the front entrance.
3. Resurface and re-mark the parking lot.
4. Install a simple, sturdy, readable sign on Blossom Hill Road.
5. Last, and most expensive of all, put a new roof on our building.

And, lo and behold, the first four objectives have been completed and we remain debt free (a real necessity for a small fellowship like ours).

Now it is time to put on a new roof. Bids are being secured and a few very generous members have made substantial contributions. It's now time to kick off a capital campaign to raise the remaining money from members and friends of our wonderful community.

This capital campaign will start on September 1<sup>st</sup> and run for only 2 weeks. Our goal is an additional \$10,000 in contributions, and we request that our generous members and friends who have not yet contributed give as generously as they can. All funds must be collected by September 30<sup>th</sup>.

Contributions and promises to contribute can be given to Ann Campbell.

Please be as generous as you can to help us put our building in good repair. Also, please note that the amount to be raised is in addition to pledges made for our operations this year.

It's expected that the new roof installation will take place over a one-week period during the month of October.

Sincerely,

Your UUFLG Finance Committee

## Retired Unitarian Men (RUMs)

The RUMs meet at noon at the Fellowship on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month. Everyone brings a bag lunch and beverage and we generally eat out on the deck if the weather is fair. The RUMs have been meeting since the Fellowship bought this building and added the deck circa 1989.

The RUMs have no leader and no prescribed format for their meetings. We gather and talk, and any and all subjects are acceptable. Each person is expected to respect the others and are expected to keep the discussion civil and interesting. Long stories are saved for after the meeting, but short 1 to 2 minute anecdotes are not a problem.

Participation has been gradually growing and our group now numbers 14 men who come to our discussions on a regular basis. Not all men are members of our Fellowship and participants are encouraged to bring a friend. On a typical Thursday we will have 8 to 10 participants. On rare occasions we will have our meeting at a local restaurant such as a St. Patrick's Day beer lunch at a local brewery.

The current contact for the RUMs is Harry Campbell and he can be contacted by phone at 408-374-8844 or via email at [harryrcampbell@gmail.com](mailto:harryrcampbell@gmail.com).

## UUFLG Birthdays September

- 2 - Sezen Vorsai
- 2 - Robin Wernick
- 3 - Katie Substad
- 9 - Jo Cooley
- 11 - Wanda Alexander
- 14 - Sue Fera
- 18 - Ruth Webb
- 20 - Karen O'Brien
- 22 - Anna Stubstad
- 25 - Sue Ann Lorig
- 28 - Philo Phineas Frederiksen



## Pauline Stonehill's New Address

To those who wish to correspond with Pauline, her new address is 326 California Ave, S.W., Seattle, WA 98116.



## Food Drive for Sacred Heart Community Service

Ongoing for All Ages

Remember to bring nonperishable food items for the collection box in the foyer.

Parents and Grandparents: This is a way great way to involve children in social justice outreach and nutrition education! Ask the children to help select items to donate, keeping in mind that the food should be healthy, low in sugar and sodium, and easy to prepare. Canned food with pop-top lids and boxed foods (not glass) are recommended.

Foods high in protein such as canned stews, canned meats, unsalted nuts, peanut butter, and beans, are good choices. Individual boxes of 100% fruit juice (no corn syrup, please!) are great, too, as are no sugar added fruits, low sodium vegetables, low sugar cereal, canned pasta sauce, whole grain pasta, and brown rice.

Sacred Heart offers two food programs: a three-day supplemental supply of groceries and an assortment of food for homeless customers that requires no prep or cooking, so know that your donations are going to a good cause.

Together we can make a difference!



## Updates from UU Justice Ministry of California – Legislation Advocacy, US-Mexico Border Trip, CA Farmworker Protections

Check out the UU Justice Ministry of California's advocacy portal at [action.uujmca.org](http://action.uujmca.org) to find out how you can make a meaningful impact on important legislation. There is information on legislation as well as ways you can take action to advance justice today!

Join fellow UUs on a justice journey to Tijuana, Mexico on November 4-7. Deepen your understanding of life on the border and the systems that have led to our broken immigration system. Meet with individuals and groups directly impacted by the current immigration policies. Visit [uuborders.org](http://uuborders.org) for more information and to register.

Justice for Farmworkers! Stop abuse of farmworkers in California. Long-omitted from national labor protections, there is now an effort to restore some dignity to the hard working farm laborers in our state. Visit [uujmca.org/economicjustice](http://uujmca.org/economicjustice) to find out more and take action today.

**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](http://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 ([jbeebeu@gmail.com](mailto:jbeebeu@gmail.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.





## Multifaith Peace Walk & Picnic

Sunday, 9/11

2:00 pm (Walk) & 4:30 pm (Picnic)



Join a large community of diverse faith groups to walk for peace in Palo Alto on September 11. UUFLG is a sponsor and we hope you will join fellow congregants in this symbolic event. All ages are welcomed and encouraged to attend.

Arrive at Congregation Etz Chayim, 4161 Alma Street, at 1:30pm for welcome, registration, refreshments, and children's activities. The program will begin at 2pm, followed by the walk at 2:20pm. Along with the opening program, hosted by Congregation Etz Chayim and Spark Church, the walk will also stop at Unitarian Church, African Methodist Episcopal Zion Church, St. Andrews United Methodist Church and Our Lady of the Rosary Catholic Church, ending at Mitchell Park for a Peace Picnic hosted by American Muslim Voice at 4:30pm. There will be shuttles available for transportation back to parking.

The walk is 2 miles, with an additional half mile to the picnic at Mitchell Park. Bring wagons and strollers for children (to be decorated), and wear white and blue! Of course, stay fueled and hydrated for the walk. Water and snacks will be provided.

To find out more, visit [multifaithpeace.org](http://multifaithpeace.org). Let's join together as brothers and sisters to say "no" to fear and "yes" to friendship!

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



## Are You Ready to Take a Stand on Issues that Concern Women Like You?

Good news: the early bird rate for the Third International Women's Convocation (February 16-19, 2017, Monterey Peninsula, CA) has been extended one last time. You can still save \$100 on registration – but only through September 30th!

The Convocation will bring together U\*U women from around the world to connect, share, celebrate, and empower in the beautiful, inspirational setting of Asilomar, “a refuge by the sea.”

An additional \$50 discount is available for UU ministers. Young adults aged 18-40 can register at a special rate of \$490, covering accommodation and all meals in addition to the reduced registration fee.

Are you interested in offering a workshop at the Convocation? If so, please submit a proposal.

Visit [IntlWomensConvo.org](http://IntlWomensConvo.org) for all details.

## Save the Date!

Saturday, September 17



## Guadalupe River Trail Cleanup

(part of statewide Coastal Cleanup), 9a-12 noon. We will explore a new cleanup site this year – We are cleaning the Guadalupe River Trail from Almaden Light Rail Station to Blossom Hill Road. Meet at 9a at the trail entrance in the southwest corner of the light rail station parking lot. Find details in the UUFLG foyer and in future Weekly Updates.



**You Are Invited to a Screening of**

## ***How to Let Go of the World and Love all the Things Climate Can't Change***

**a film by Josh Fox**

UUFLG, Sunday, October 2, 12:30 pm

**Free Admission**

Doors open at 12 pm; the screening will start promptly at 12:30 pm

Our Social Action Committee is enthused to present Oscar-nominated director, Josh Fox's new film, *How to Let Go of the World and Love all the Things Climate Can't Change* to Fellowship members and the community. This influential and thought-provoking film has toured the nation, visiting over 100 cities, asking Americans to think about the dangers of climate change. Now it's coming to you!

Partnering with grassroots organizers and helping lead a renewable energy revolution, Josh Fox is rallying Americans against the fossil fuel industry. The *How to Let Go and Love* mission is to stop the mass build out of oil and gas infrastructure and expedite the adoption of renewable energy alternatives. At the same time, we want you to think about love, community, and the goodness of humanity that climate can't change.

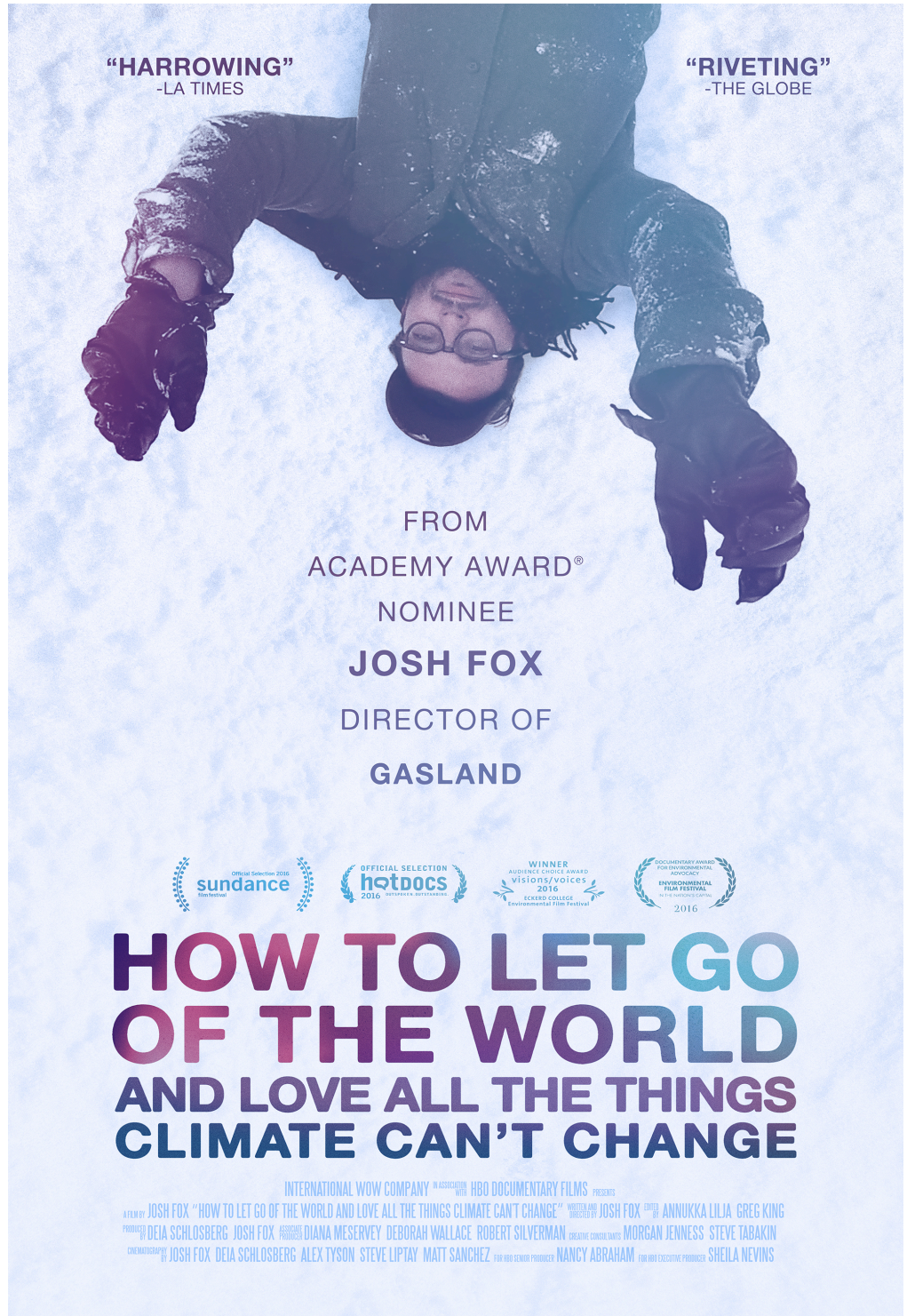
Director Josh Fox (*Gasland*) continues in his deeply personal style, investigating climate change – the greatest threat our world has ever known. Traveling to 12 countries on six continents, the film acknowledges that it may be too late to stop some of the worst consequences and asks, what is so deep within us that no calamity can take it away?

Film's official website:


[www.howtoletgomovie.com](http://www.howtoletgomovie.com)

Movie trailer: <https://>

[www.facebook.com/gaslandmovie/videos/10153585271418365/](https://www.facebook.com/gaslandmovie/videos/10153585271418365/)



# September 2016

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

**Editor's Note:** We do our best to publish an accurate calendar in the monthly newsletter. In case of errors, omissions and changes after publication, find the most up-to-date UUFLG calendar online at [www.uuflg.org](http://www.uuflg.org) under Welcome/Calendar. For recurring event details and contacts, refer to [Activities & Programs](#) at [www.uuflg.org](http://www.uuflg.org).