

Unitarian Universalist Fellowship of Los Gatos



FELLOWSHIP NEWS

October 2016 No.10; 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

October 2016

Sunday Services at 10:30

October Theme: “The World of Spirit”

In many religions, the mid-fall season is a time when the “veils become thin” between our waking world, and the unseen world of the spirit. What does this mean for modern people, who may or may not believe in these subtle spiritual influences? This month we will embrace the pleasant gloominess that comes with Autumn, and use the shortening days of this season to lead us inward, to find our own answers to the questions of the spirit!

Oct 2: Blessing of the Animals to Celebrate Feast of St. Francis – Rev. Fa Jun

Join us for our annual celebration of the Feast of St. Francis as we participate in the Blessing of the Animals!

Bring your (friendly) pet or teddy bear to receive a blessing on this special day, and come prepared to be inspired by music, as we will be joined by the Serendipity Choir!

This is an intergenerational service.

Oct. 9: LGBTQ Youth Discussion Panel

As part of our Welcoming Congregations program and in recognition of National Coming Out Day on Oct 11, young people from the speakers’ program of the LGBTQ Youth Space in downtown San Jose will share their stories during our Oct 9 service. As many as 40% of homeless youth identify as LGBTQ. 68% of those kids were kicked out of their families and homes because of their sexual orientation or gender identity, and 54% reported being survivors of abuse from their families. Such experiences leave these young people particularly vulnerable to mental and physical health issues, and remind us how far we’ve yet to go for true equality of sexual and gender identity. The Youth Space provides a nurturing environment for LGBTQ youth to find help, community, and tools to develop their own strengths. Support like this gives us cause to celebrate, despite our society’s need for further change. Join us for what should be a moving and insightful program.

Oct. 16: “Faith”, “Spirit”, and the judicious use of “quotation marks” – Rev. Fa Jun

Some words, which are easy to use in other houses of “worship”, can be very triggering to Unitarian Universalists. The UU Fellowship movement attracted many atheists, agnostics, and other free thinkers into the “fold”, and some of the religious terminology that comes along with a “faith” tradition can be difficult to hear.

This morning we will confront these issues, and engage in wonder about what old, new, and surprising meanings there might be in words like “faith,” “spirit,” “worship,” and more!

Oct. 23: Spiritual Café – Acceptance / Living in the Now

“The opportunity of life is very precious and it moves very quickly.” – Hyani Ywahoo

During this Spiritual Café, we will contemplate and discuss being fully present in each moment of our life and the impact that has on our experience(s). Spiritual Cafés are lay led by worship associates and provide a time of discussion.

Oct. 30: “How to Be a UU Heretic” – Rev. Fa Jun

In a tradition like Unitarian Universalism, it can sometimes be hard to answer that most important question about a religion – “What exactly do you believe”. Many UUs respond with something like “you can believe whatever you like.” Or, with a tiny bit more education “We follow the 7 principles” (most of us can recall #1 and #7).

A great way to find out what exactly a tradition believes is to study what it would take to get kicked out! This morning, we will explore the notion of heresy in general, and the question of how, if one were so inclined, could one be labeled a UU “heretic”.



How To Meditate – Contemplating the Nature of Reality

Oct 16, 12:30-2:30pm

Meditation traditions world-wide offer the promise of calming and relaxing the nervous system, healing the body, and clarifying the mind. These results have been experienced by many, and even proven in the laboratory.

Meditation also claims something even more grand – that it can clue you in to the nature of reality itself! Join us in this class as we discover how to set the mind at ease, cultivate calm awareness, and to use this state of mind to gain deepening insight into how our mind and life really work.

When we uncover the mechanisms below the surface of our perceptions and motivations, we have a secret key to creating a life of ever greater happiness for ourselves and for others!

Rev. Fa Jun

Compassionate Communication – Empathy: Why we need it; how to create it!

NEW DATE: Nov 4 (was Oct 28), 7-9pm

Join us for our ongoing communication course with Rev. Fa Jun. In this month's class we will go over the fundamentals of “empathy” – what this word means, why empathy is such a fundamental nutrient for the human heart, what goes wrong when someone doesn’t get it, and how we can create more of it, for ourselves and for each other.

This 1.5- to 2-hour class will involve instruction, discussion, and practical exercises to help us upgrade our relating skills right away!

Rev. Fa Jun

Congratulations UUFLG!

We have succeeded in financing a new roof with very generous contributions reaching our targeted amount of \$35,000. Installation is scheduled to begin on November 3. Woo-Hoo!



The Multifaith Peace Walk on September 11, in Palo Alto, was attended by an estimated 600 people, and was an uplifting experience for all who participated. The inspiring words and music at each stop (at three houses of worship), and the speeches, songs and dances at the delicious international picnic that followed created a mood of peace that carried past the end of the day into the following week.



UUFLG Caring Committee

Achievements and Anticipation of the Future

The Caring Committee had an eventful and more or less successful year. We had some bad news and some good news.

First the bad news. A few members or friends of UUFLG died: Ken Bull died in June of 2015. A memorial service was held at UUFLG, arranged by his family and coordinated by the Caring Committee. Irving Yabroff also died in June, and his memorial service was held on July 30. A memorial service was also held at UUFLG for Ken Stahl on Saturday, February 27, 2016, also coordinated by the Caring Committee. Lee Dugan died on May 3, 2016, and his daughter Kathleen and family planned and held a wonderful Irish wake memorial service on July 15 in our Fellowship.

Two of our Caring Committee members, Julie Morgan and Isobel Carson, left the congregation. We will miss them and wish them well!

Now the good news! Jan Pitcher joined the Caring Committee and another person has indicated a strong interest in joining soon! Because of our soup suppers, vegan cooking classes, and the committee's budget allotment from the Board of Trustees, the Caring Committee was able to purchase an AED (automated external defibrillator) for the Fellowship! We had a successful CPR (cardiopulmonary resuscitation) and AED class at the Fellowship last year, and we hope to present a demonstration with the new AED machine soon.

During our second Soup Supper last July, Fa Jun coordinated a "brain-storming" session for Fellowship issues, and shortly afterwards, he presented a Sunday sermon incorporating some of the issues that had been discussed at the supper.

Maggi Benson attends Connection Committee meetings as the Caring Committee's liaison. This has helped us coordinate between the two committees.

Activities summary

Transportation: Ann and Harry Campbell and Tim Connelly have provided rides to Sunday Services and Kendra Hershey and Linda Osborne have offered to provide rides to those in need as well.

Home Visits: Ann Campbell, Maggi Benson, Dave Kiebert and Isobel Carson brought good cheer to a few of our congregants during hospital stays and at home.

Memorial services: Edy Young coordinated a few memorial services in the last year, including for the families of Ken Bull and Jim Stahl.

Correspondence: Coralee Linton, Edy Young and Dave Kiebert sent several congregants birthday, condolence and sympathy cards.

Phone calls: Various Caring Committee members, especially Maggi Benson, called those convalescing or living alone.

Altogether a most satisfying year, and we look forward to another!

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!



Voting for Local Labor Justice on Election Day

The general election next month will allow us to vote our values and conscience on more than the next president. As US House Speaker Tip O'Neill was famously credited with saying, "All politics is local." And so it is with Measure E in San Jose. Measure E is named the "Opportunity to Work Initiative", and it would require companies with 36 or more employees to offer additional hours to existing workers before hiring more. The San Jose Mercury News ran a story 9/22/2016, "San Jose's 'Opportunity to Work' draws heated arguments from both sides". It's reprinted below to inform your vote on Measure E.

After watching her manager hire several new part-time employees, Blanca Rodriguez, a mother of three who works at a popular fast-food chain, asked if she could snag some extra hours to feed the kids and pay off lingering bills.

She was told no.

"When I asked for more hours, they said they don't have the sales, but then they hire more people," said Rodriguez, 41, who saw her hours dwindle down to 22 per week. "I think it's an excuse. I can use the extra money to buy them food, shoes or clothes."

Supporters say Measure E, a first-of-its-kind initiative on San Jose's November ballot, would stop large employers from denying part-timers like Rodriguez extra hours they want while instead giving the work to new hires, perhaps to avoid extra benefit costs for full-time work.

But business owners and other critics including the San Jose Sharks and Splunk say the measure would be a bureaucratic nightmare for employers and a barrier to economic growth that would kill jobs and hurt entrepreneurs and nonprofits.

Angelo Heropoulous, founder of Opa! Authentic Greek Cuisine, fears "another hurdle" for small businesses to overcome.

"There are so many regulations that we have to abide by and this is another thing that we would need to monitor and evaluate," Heropoulous said.

Mayor Sam Liccardo, who earlier this year met with proponents to help craft the plan, withdrew support and authored ballot arguments against it.

"We're now presented with a risky 'take-it-or-leave-it' measure that has never been tried anywhere else in the United States," Liccardo wrote.

If passed by a majority of voters, Measure E, also called "Opportunity to Work," would require companies with 36 or more employees to offer additional hours to existing workers before hiring more.

If current employees decline the extra hours, then the business owner can hire from outside the company. There are hardship exemptions for up to 12 months for those who cannot comply with the law because it's "impracticable, impossible or futile."

Ben Field, executive officer of the South Bay AFL-CIO Labor Council, the measure's sponsor, said he solicited input from business leaders in more than a dozen phone calls and meetings, reaching out to the mayor, the San Jose Silicon Valley Chamber of Commerce, Team San Jose, the San Jose Earthquakes and the San Jose Sharks.

The concerns, Field said, echo the fears voiced about a 2012 measure that raised the city's minimum wage, which the labor council also backed and which won overwhelming voter support — and none of those fears turned out to be true.

Measure E supporters, who include Congressman Mike Honda, state Senator Jim Beall and the county Board of Supervisors, have raised \$325,802, according to recent filings. The opposition campaign, run by the San Jose Silicon Valley Chamber of Commerce with money from eBay, the Sharks, the Earthquakes, and the San Jose Water Company, has raised \$57,000.

Field said the measure isn't as complicated as critics suggest, and that businesses would only need to show proof that they've offered extra hours to employees if a complaint is filed. Otherwise, their records would not be inspected by City Hall.

Critics in the nonprofit sector, however, argue keeping all those records would amount to a paperwork nightmare. That is especially so for nonprofits, where part-timers on average make up about a fourth of their workforce, more than any other sector, said Patricia Gardner, executive director of the Silicon Valley Council of Nonprofits, a coalition of 230 charitable organizations.

"We'd have to develop a system for accounting and reporting that doesn't currently exist," said Gardner, whose board recently voted to oppose Opportunity to Work.

If approved, the ordinance would go into effect 90 days after certification of the election results. Field said the measure includes language that would allow the City Council to modify it to address concerns.

By Ramona Giwargis, 9/22/2016

The Mercury News, copyright 2016

Official website of Measure E sponsors: <http://opportunitytowork.org/>

You're 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

Admission is FREE

Please arrive early; 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 Movie trailer: <https://www.facebook.com/gaslandmovie/videos/10153585271418365/>



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

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 (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](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.

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2*	3	4	5	6	7	8
9-10:15a Lifespan Learning Cmte 10:30-11:30a Service/Children's Religious Education (CRE) 12:30-3:30p Film Screening of How to Let Go of the World and Love All the Things Climate Can't Change	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 12:30-1:30p Connections Cmte		12-1:30p Retired UU Men's Lunch/ RUUMs	2-4p Memoir Writing Group (MWG)	
9	10	11	12	13	14	15
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE	7:30-9:30p Great Books Discussion			9:45a-Noon Morning Women's Group	2-4p MWG 4-6p Minister Office Hours by Appt (MoH)	
16	17	18	19	20	21	22
9:30-10a Meditation 10:30-11:30a Service/CRE 12:30-2:30p Meditation Class	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		10:30a-12p Fin. Cmte 12-1:30p Retired UU Men's Lunch/ RUUMs 7-8:15p Board Mtg.	2-4p MWG	6-10p Parents' Night Out
23	24	25	26	27	28	29
10:30-11:30a Service/CRE					2-4p MWG 4-6p MoH Compassionate Communication Class Rescheduled to 11/4	9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
30	31	Nov 1	2	3	4	5
9:30-10a Morning Meditation 10:30-11:30a Service/CRE		10-11:30a Chalice Circle 12:30-1:30p Connections Cmte		12-1:30p Retired UU Men's Lunch/ RUUMs	2-4p MWG 4-6p MoH 7-9p Compassionate Communication Class – Empathy	

* **Editor's Note:** We omitted Oct 1 to save space since there are no scheduled UUFLG activities on Oct 1. 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 under Welcome/Calendar. To request updates to the online calendar, email admin@uuflg.org. For recurring event details and contacts, refer to [Activities & Programs](#) at www.uuflg.org.