

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

December 2016 **Sunday Services at 10:30**

Dec. 4: “What In Us Is True”

Rev. Jay Atkinson

What is it that lies deepest at the core human nature? Following early “heretics” in Poland 450 years ago, who rebelled against the doctrine of original sin, our liberal religious tradition has repeatedly lifted up the idea of a divine spark in each of us. In this dark season of Advent, looking toward a star, how do we find that spark and nurture the light in one another?

Dec. 11: “Lessons from the life of Jesus”

Rev. Fa Jun

Jesus of Nazareth, if he existed as a historical person, is one of the grandest mythic figures in all Western thought. What lessons can modern people learn from his life and teachings? What truths can the mythic history of the man called ‘Messiah’ and ‘Christ’ be available to unlock some of the problems we face today.

Join us this morning for a new look at some very old tales, as we seek inspiration for our hearts and our activities in the world.



Dec. 18: “Unitarian and Universalist Views of the Bible”

Rev. Fa Jun

While the Bible is often used to justify mistreatment and judgement of others, it can also be a textbook on how to develop a good heart - it all depends on how you read it. Unlike some bible-based traditions, the early Unitarians and Universalists did not require followers to adhere to one specific interpretation of their founding text, but rather encouraged personal contemplation and the use of reason.

Today we will explore how they formulated this radical Christian stance, and how this has affected us down through the years.

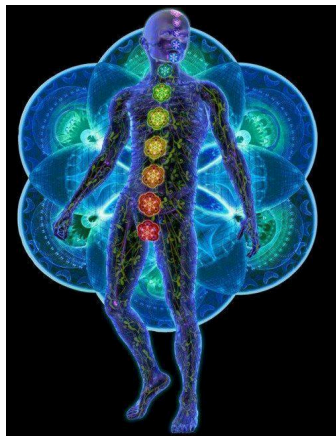
Dec. 25: “Resurrecting Christ Within”

Rev. Fa Jun

Join us for a morning of meditation and song. If you don’t have family obligations until later, never do a traditional Christmas, or just want to explore something different, we will be holding our morning service, but in a slightly different format.

The word “Christ” literally means “the anointed one”, and was applied to many more people than just the famous Jesus of Nazareth, in fact, it was a title of graduation from the mystery schools of ancient Greece. Many meditators have said that we all have a Christ within our hearts, waiting to be re-awakened.

This morning, we’ll engage in songs, meditations, and readings from the New Testament, to put us in touch with this anointed energy of our own hearts!



Dec. 11: How to Meditate – Moving Meditation and the ‘Energy Body’

12:30-2:30

Want to meditate, but just can’t seem to sit still easily? Good news, there are also moving forms of meditation. Or perhaps you just want to learn to have a calm and centered mind not only on the cushion, but also as you move through your day.

In today’s class, we’ll explore some of the classic forms of moving meditation, like Tai Chi, Qigong, and Yoga. We will experiment with some experiential practice, as well as understand the theory of how moving meditation works. This how is the most unique portion of this class. We’ll unlock some of the ancient theories of the “Subtle Body” and see how these may conform to modern science, and our own personal experiences.



Congratulations on Being Welcoming!

As you may have heard, we recently completed the process we started a while back, of becoming officially recognized as a Welcoming Congregation! I personally want to congratulate us all, we did the work that it takes to make a public statement about our values. Not only that, but there is now one more place in the world, where LGBTQ people can know that they will be safe, not shamed, and instead welcomed with open arms.

During these times of conflict in the U.S. where members of the LGBTQ community may be feeling more insecure, I am grateful that we can at least offer one more small point of light within the darkness.

Thank you all for your hard work, and your spirit of Welcome!

-Rev. Fa Jun



Add the Food Bank to Your Shopping List!

UUFLG’s annual food drive for Second Harvest Food Bank begins Nov. 27 and continues through Dec. 11. As you are shopping for holiday meals, remember to add a few extra cans to your cart for the many struggling families and seniors who depend on food bank assistance. If possible, have your children help choose, buy, and bring in some items for the food drive collection box in the UUFLG hallway, moving their focus from “what they want for Christmas” to how they can help others during this holiday season. Most needed foods are:

- tuna or canned meat
- canned fruits in juice
- peanut butter
- low-sodium vegetable cans
- soup, stew, chili
- canned tomatoes or t. sauce
- pop-top lid canned food
- low-sugar cereals

Cash/check donations are also very welcome; put these in the envelope in the collection box or give them to Jim Beebe or Sue Ann Lorig. (Make checks out to UUFLG, with Second Harvest Food Bank in the memo line.)



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



Great American Feminist Keynotes Third Women's Convocation

Do not miss this opportunity to hear Bell Hooks, one of the most influential voices in the American feminist movement! She will give a keynote address at the Third Women's Convocation, Asilomar, CA, February 16-19, 2017.

Writer, professor, feminist theorist, and activist, hooks is the author of numerous critically acclaimed and widely influential books on the function of race, gender, class, and culture. Her most well-known works, such as *Ain't I a Woman: Black Women and Feminism* (1981) and *Feminist Theory from Margin to Center* (1984) focus on issues surrounding the invisibility of black women from common discourses of racism and gender. *Feminism Is For Everybody: Passionate Politics* (2000) details her beliefs on the significance of feminist values in everyone's lives - women and men alike.

Hooks is currently the Distinguished Professor in Residence in Appalachian Studies at Berea College in Kentucky. Register at Third International Women's Convocation. Consult the latest edition of the Program Guide.



Annual Holiday Boutique – 12/4 & 12/11, 11:30-1

Our annual Holiday Boutique is coming up fast, and we need your help to make this important fundraiser a success! Perhaps donate some nice items you no longer use, such as an attractive platter or vase, or some goodies whipped up in your kitchen, or homemade crafts. If we create a big enough treasure trove, we will continue the boutique during the same hours on the following Sunday, 12/11. Contact Erma Browning (408-353-6340) or Ann Campbell (408-374-8844).



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**. 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.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 27	28	29	30	1	2	3
10:30-11:30a Service/Children's Religious Education (CRE)				12-1:30p Retired UU Men's Lunch (RUUMs)	2-4p Memoir Writing Group (MWG)	830a-4p Habitat for Humanity Workday at 868 Delmas St., SJ
4	5	6	7	8	9	10
9-10:15a Lifespan Learning Committee (Cmte) 10:30-11:30a Service/CRE 10-10:30a & 11:30a-1p Holiday Boutique	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 12:30-1:30p Connections Cmte		9:45a-Noon Morning Women's Group	2-4p MWG 4-6p Minister Office Hours by Appointment (MOH)	
11	12	13	14	15	16	17
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 10-10:30a & 11:30a-1p Holiday Boutique 12:30-2:30p Meditation Class				10:30a-12p Finance Cmte 12-1:30p RUUMs 7-8:15p Board	2-4p MWG	
18	19	20	21	22	23	24
10:30-11:30a Service/CRE	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle			2-4p MWG 4-6p MOH	
25	26	27	28	29	30	31
10:30-11:30a Service/CRE					2-4p MWG 4-6p MOH	

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 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.