

Unitarian Universalist Fellowship of Los Gatos **FELLOWSHIP NEWS**



January 2017 No.1; 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

January 2017 **Sunday Services at 10:30**

January Theme: "New Beginnings"

As people all over the world celebrate the turning of the New Year, we can each be inspired by, and take advantage of this collective energy to explore how we make new beginnings, and how we sustain the energy of the decisions we have made. This month, we'll be learning together how to face the new beginnings that are happening in the world, our own lives, and in our hearts, and how to bring more openness, presence, and courage than ever before!

Jan 1: New Years Visioning and Pot-Luck Brunch

Alison Hurwitz & Katie Rall

Join us for a non-traditional service this morning as we explore our visions together for the coming year. Bring your favorite brunch dish to share, and we'll make the coffee. We'll learn a visioning process to get the most out of our creative energies, and then we'll break out - spiritual cafe style to eat delicious foods and practice conversational inquiry into what we are each dreaming into being.

Jan 8: "Throw Out Resolutions, Get Metanoia!"

Rev. Fa Jun

Google's online dictionary defines Metanoia as "change in one's way of life resulting from penitence or spiritual conversion." This is the word that is often translated in the Bible as "repent"! Many of our best and brightest New Year plans fail because they lack abundant emotional energy. We are trying to force a conversion from outside, rather than grow it from within. But is there a way to tap the psychological, emotional, perhaps even spiritual energies within that give us vast power and motivation to change our lives and the lives of others? Come find out this Sunday!

Jan 15: "Resiliency: Lessons from the Rev. Dr. King"

Rev. Fa Jun

We can learn many lessons from the life and actions taken by the Rev. Dr. Martin Luther King Jr. But one of the most profound might be how to remain empowered and keep moving in the face of hardships. In hindsight, sometimes the civil-rights period may seem like it was one straight shot, but in fact it was a series of obstacles that have not stopped up to this very day. And yet, the great swell of activists who have called for change have found a way to carry on. Come this morning and partake in their wisdom.

Jan 22: "Now We Move Forward"

Rev. Fa Jun

The best generals know that a strategy can look perfect on paper, but it only exists until the first engagement. Because life is dynamic! Like a battle, you can never know exactly what surprises are going to await you. Sometimes we need to do a full stop or a radical 180 in our plans. But even though our strategies and tactics may change - must change! - if we hold true to the long-term vision, we can always keep moving forward. This morning we will explore how, in a world that seems to change radically every morning, we can keep moving forward until our goal is reached.

Jan 29: Under The Stars: How America Fell In Love With Camping

Dan White

Dan White, author of the recently released book *Under The Stars: How America Fell In Love With Camping*, will take the audience on a tour through the strange history of camping in America. He will talk about how the idea of optional camping got started in the 19th century (before then, people camped strictly for survival!). He will also share a few stories of some of the crazy adventures he has had, from the Adirondacks to the Everglades, while exploring camping's past and present.

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Installation & Egrgdtcvkqp – 2/25!

Cp'cf "j qe'eqo o kwgg'qh'eqpi tgi cpw'ku'dwu{ "r rppkpi "vj g" lpstallation egtgo qp{ "cpf "egrgdtcvkqp'hqt "Tgx0Hc'Lxp"vq" dgeqo g'vj g'WWHNI u'ugwgf 'o lpkvgt. 'uej gf wvgf 'hqt Ucwtf c{. 'Hgdwtct{ '47.'6/8'r o . 'O cng'r rpu'vq'lqk'wu" hqt "vj ku'lpur klpki "cpf "lq{ qwu'occasion#



Lcp035<'Communication Class ô'The Art of CRAMMING

CRAM stands for: Celebrations, Mournings, Appreciations & Reassurances. (I know they're not in order, but the acronym is better as 'cram') This is an intimacy building practice that allows us to come into a more deep understanding of another's feelings, needs, and values. This process can be used in a committed partnership, with friends, or even with business associates.

Through learning how to CRAM, we will learn the building blocks of emotional connection, how to make it or break it, and how to get more of it!

—Rev. Fa Jun, UUFLG Minister

Jan. 22: Meditation Class – How to Contact Your Inner “Guru”

Almost every meditation tradition of old recommends that one find a mentor with whom to work closely. What's so important about finding a teacher to study meditation with? Can we be our own guru? If there IS a guru within, how do we contact her? What are the benefits and the perils of working with an inner teacher, or with an outer teacher?

This class will cover a controversial aspect of the path of meditation through philosophy and practice. We will discuss some of the most confusing aspects of the teachings about gurus, and we will also practice traditional and modern meditation techniques based on this philosophical idea. Bring your open and discriminating mind and prepare for some exciting new thoughts!

Coming Soon!

Feb. 4: Self-Defense For Everyone

Join us again for a fun, comfortable and practical exploration of the principles of personal Self-Defense on Saturday, Feb. 4, 1:30-3:30 pm.

Rev. Fa Jun's Buddhist tradition comes from a long line of monk warriors, who felt that it was important to be able to defend themselves, as well as those who could not defend themselves, so that we could live in a world filled with more peace and dignity.

In this class, we will explore basic principles of how to defend oneself from harm - primarily by being aware of one's surroundings, and also through physical principles of movement for personal safety.

All levels of physical fitness, all ages and all genders are welcome to attend.

—Rev. Fa Jun, UUFLG Minister



Jan. 20: Inaugural Bowl – Soup Supper

Our Social Action Committee invites you to break bread together in the West Room on the day of the US presidential inauguration. Draw strength from each other and double-down on our values as an antidote for challenging times. The evening will feature Rev. Fa Jun's introduction of the Green Sanctuary Program.

To aid planning, please RSVP to Jim Beebe, jbeebeu@gmail.com.

Auction in April – Call for Volunteers!

We have started to plan a Fellowship Auction for April 22nd and are putting together the team to make it a great success! Let me know if you would like to help with soliciting donated auction items, preparing publicity, creating the catalog, working on food and beverages, decorating the building or work on the setup and cleanup.

Katie Rall, Auction Chairperson, 408-425-8852 or katieall@sbcglobal.net

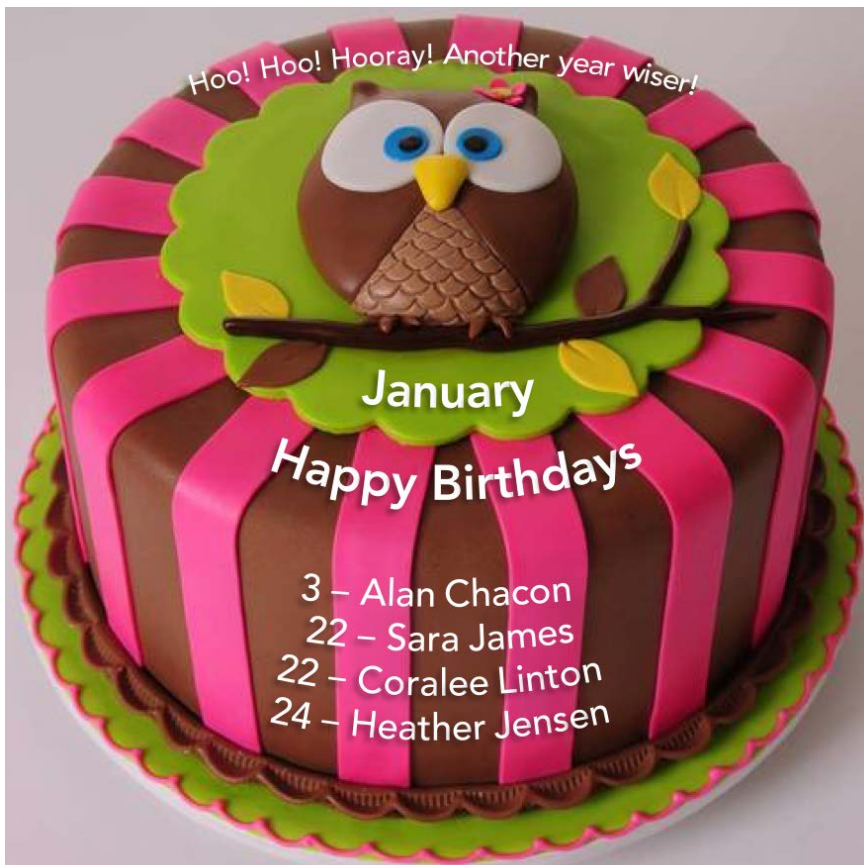


WhaleCoast Alaska 2017

Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2017 is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Programs led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime before our tours sell out! Visit www.WhaleCoastAK.org, email dfrey@whalecoastak.org, or call 907-322-4966. We would love to share our Alaska with you!

Connect. Be Inspired. Commit.

Join UU women from around the world February 16-19, 2017! Build connections, discover inspiring work for global women's rights, and forge a commitment to spur positive change in your community in Asilomar, Monterey, CA – “a refuge by the sea.” Keynoters include Dr. bell hooks, writer, professor, and feminist theorist; Dr. Cecilia A. Conrad, Director of the MacArthur Fellows Program; and Rev. Florence Caplow, UU minister, author, and Soto Zen priest. Registration is \$350. Discounts are available for ministers, LREDA members, young adults and groups as small as two. For more information and to register, visit www.intlwomensconvo.org.



*Thanks for wearing your
 name tag on Sundays, and for
 parking on the street to make
 room for newcomers.*



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.

Submit items for the newsletter by the 20th of the month to Glen Marchant at [UUFLGnews@ att.net](mailto:UUFLGnews@att.net). Submit as single spaced MS Word documents, .rtf (Rich Text format), or plain text.

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
10:30-11:30a New Years Visioning & Potluck Brunch 10:30-11:30a Children's Religious Education (CRE)		10-11:30a Chalice Circle 12:30-1:30p Connections Cmte	10:30a-Noon Caring Cmte	12-1:30p Retired UU Men's Lunch (RUUMs)	2-4p Memoir Writing Group (MW) 4-6p Minister Office Hours by Appt. (MOH)	
8	9	10	11	12	13	14
9-10:15a Lifespan Learning Committee (Cmte) 10:30-11:30a Service/CRE				9:45a-Noon Morning Women's Group	2-4p MW 4-6p MOH 7-9p Communication Class	
15	16	17	18	19	20	21
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		10:30a-Noon Finance Cmte 12-1:30p RUUMs 7-8:15p Board	2-4p MW 4-6p MOH 6-9p Inaugural Bowl – Soup Supper	
22	23	24	25	26	27	28
10:30-11:30a Service/CRE 12:30-2:30p Meditation Class					2-4p MW 4-6p MOH	9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
29	30	31	Feb 1	2	3	4
10:30-11:30a Service/CRE					2-4p MW 4-6p MOH	1:30-3:30p Self-Defense for Everyone

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 www.uuflg.org.