

# **Unitarian Universalist Fellowship of Los Gatos**

# **FELLOWSHIP NEWS**



## **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

## **March 2017**

**Sunday Services at 10:30**

### **March Theme: Rising up!**

All over the world, and especially in America, we see people rising up and doing the work it takes to empower themselves to change the world. But what truly empowers us to rise to a new level? What types of action actually accomplish the change we want to see in the world? And how can we rise together, as a community, making choices that lift us all?

### **March 5: “Doo-Dah!”**

Martha Kendall

From “Camptown Races” to “Hard Times” and “Oh Susanna,” the tunes written by Stephen Foster defined the American character for more than a hundred years. In her presentation, Martha Kendall performs some of Foster’s most beloved music and tells the poignant story of the life of America’s first professional songwriter.

See Martha’s bio on page 2.

### **March 12: “Getting Our Priorities Straight – How to make our actions most effective”**

Rev. Fa Jun

So, you want to change the world? But where do we start? Which actions are going to give us the most bang for our buck? And how do we deal with the uncertainty about whether the actions we take will have the desired effect, and not produce some undesirable outcome? Should we spend our time on small, energy intensive expressions of our values at home, or should we use that time and resources to focus on large-scale changes abroad? What will make the most difference?

Come join us in unpacking these mysteries and more, and exploring a radical way of cutting through this type of decision!

### **March 19: Annual Flower Communion Ceremony**

Rev. Fa Jun and special guests, Serendipity Choir

Join us for the UU ceremony of the Flower Communion, in which we honor the return of spring and celebrate our community coming together.

Participants are invited to bring a flower from their own home or neighborhood, which will be offered as a gift during the ceremony.

Learn more about the ceremony here: [www.uua.org/documents/zottolireginald/flowercommunion.pdf](http://www.uua.org/documents/zottolireginald/flowercommunion.pdf)

### **March 26: “The Games We Play”**

Rev. Fa Jun

In the 1960s and 1970s, the psychological method known as Transactional Analysis was quite well-known. One of the major contributions of this system was the concept of “Game Theory” – the idea that each of us plays various kinds of psychological “games” or roles to try to get subconscious needs met in our interactions.

What might the impact of these games be on our personal growth work, or on our social action? Does it ever seem like some political figures or activists can be speaking more from an inner script than speaking honestly and directly to the issues? Today we’ll explore some of the major Games that people play, and how we might be substituting these for authentic personal connection, or powerful and efficient action in the social sphere.

*We invite everyone to join us, without regard to race, gender, age, color, national origin, ethnic background, socioeconomic status, marital status, disability, sexual orientation or gender identity.*

*We are a Welcoming Congregation, intentionally and openly taking steps to welcome in to our community people of all sexual orientations and gender identities.*



## Martha Kendall Bio:

Martha Kendall is a singer and multi-instrumentalist. She plays on Joe Weed's record "Swanee, The Music of Stephen Foster," and she performed at the Stephen Foster symposium in Kyoto, Japan. Her program "Doo-Dah!" has been called "both informative and entertaining," and attendees remark that she brings alive the music of their childhood.

Many people who know Martha as a musician are delighted to discover she is also an accomplished academic. She holds many advanced degrees and taught for many years at San Jose City College until retiring as Dean of Language Arts. She has written twenty books ranging from college texts to picture books for children.

## Classes and Meetings

Rev. Fa Jun – Minister

### March 12 12-1:30pm

#### Activism 101 and Social Action 'Huddle'

In this new age of activism, it's time for some teach-ins. This series of meetings, called 'Activism 101', is designed to be an introduction to, or refresher course in the best practices of social action for creating change.

In this month's gathering, we'll review the logic behind Non-Violent Civil resistance, the research on how it creates change, and discuss a few of the most potent forms of non-violent action and why they work.

After the discussion, we'll have time to "Huddle" – to get together in small groups and discuss specific actions that we feel inspired to take, and work together on. It's a chance to inform ourselves and each other of all the opportunities to make this world a better place.

### March 17 7-9pm

#### Compassionate Communication

##### – How to talk with anybody

This class is about how \*anyone\* can learn to talk with \*anyone\*. We all fall into different types. Some are introverts and some extroverts, some have specific political or religious ideologies. Some people need special care around certain topics.

In this class, we'll learn ways to use our \*own\* strengths to make a heartfelt connection with another, no matter what "type" they may fall into.

If you're an introvert and want skills for knowing how to start or stay in a conversation, this class is for you.

If you're an extrovert who wants to learn to have a deeper impact in the way you share, or care for those with more sensitive nervous systems, this is a great opportunity.

If you're looking for new ways to make connections with others, no matter who you are, or who they are, this is the class for you! Hope to see you there!

### March 24 2-4pm

#### Tai Chi, Health, and Non-Violent Self-Defense for Every Body

The fluid movements of Tai Chi are widely known to promote health and peace of mind, but it is also a practical art of personal self-defense. In this two part class, we'll study first the forms and breathing to create peace within, and then we'll move on to study some practical applications of these movements for helping keep us safe on the outside.

Attendees can come to either section, or to both, for best results!

### March 26 12:30-2:30

#### How To Meditate - the Sudden and the Gradual

Meditation traditions tend to fall into two camps - "Sudden" schools, who focus on states of mind that can be accessed in any moment, and "Gradual" schools, who focus on long-term development of specific states of mind and awareness.

Today's class will teach us the strengths of each school, and practices to tap the fruit of each. We'll end the long-time debate on which is better, and practice in ways that give us instantaneous results, which also change us for the better over time!

# Invest in LOVE

## Annual Pledge Drive

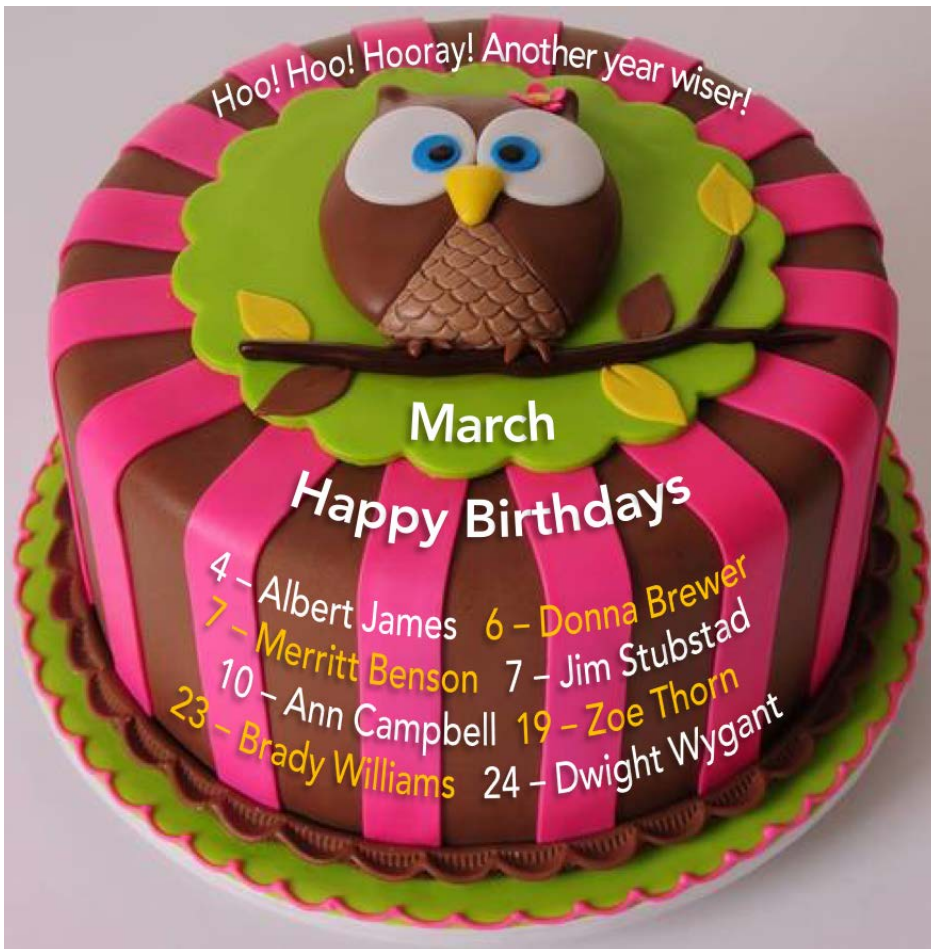
### UUFLG Pledge Drive Update!

Many thanks to those who already pledged for our upcoming fiscal year, which starts July 1. At the start of March, we're halfway to our \$85,000 goal with 24 pledges. We're aiming for 50 pledges in total.

As shared previously, over this past year, we've had generous congregants die, move or experience significant life changes. This makes it especially important for us to pledge more or for the first time to close the gap. We encourage everyone to pledge as generously as possible. You can mail, email or hand your pledge to Ann Campbell, Donna Brewer or Lance Jacobson.

As Rev. Fa Jun shared in a recent Sunday service, pledging is how we know all the great things we can continue and take on as a beloved community. Now more than ever, we need to be a beacon of hope and progress for ourselves and the wider community.

In gratitude, Your Finance Committee



### Volunteer for Our Auction Team!










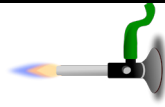

We're beginning to plan a Fellowship Auction for April 22 and are putting together the team to make it happen. Let me know if you would like to help with soliciting donations, preparing publicity, creating the catalog, working on food and beverages, decorating the building or work on the setup and cleanup. Katie Rall, Auction Chairperson, 408-425-8852 or [katierall@sbcglobal.net](mailto:katierall@sbcglobal.net)

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.

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



# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb 26	27	28	1	2	3	4
10:30-11:30a Service/CRE				12-1:30p Retired UU Men's Lunch (RUUMs)		
5	6	7	8	9	10	11
9-10:15a Lifespan Learning Committee (C.) 10:30-11:30a Service & Children's Religious Education (CRE)	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 12:30 Connections C. 2-3:30p Caring C.	6-8p Welcome to UU <i>International Women's Day</i> 	9:45a-Noon Morning Women's Group	2-4p Memoir Writing 4-6p Minister Office Hours by Appt. (MOH)	
12	13	14	15	16	17	18
9-10:15a Social Action C. 10:30-11:30a Service & CRE 12-2p Social Action Huddle				<i>Freedom of Information Day</i> 10:30a Finance C. 12-1:30p RUUMs 7-8:15p Board	 <i>St. Patrick's Day</i> 3-5p Marilyn Buelteman Memorial Service 7-9p Compassionate Communication Class	
19	20	21	22	23	24	25
10:30-11:30a Service & CRE	 <i>International Earth Day</i> 6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		<i>National Puppy Day</i> 	2-4p Memoir Writing 2-4p Tai Chi & Self-Defense Class 4-6p MOH	9a-Noon Building & Grounds Work Party 5-9p Game Night @ the Fellowship
26	27	28	29	30	31	April 1
10:30-11:30a Service/CRE 12:30-2:30p How to Meditate		<i>Weed Appreciation Day</i> 		<i>Take a Walk in the Park Day</i> 	2-4p Memoir Writing 4-6p MOH <i>Bunsen Burner Day (Science!)</i> 	<i>April Fool's Day</i> 

**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. To request updates to the online calendar , email [admin@uuflg.org](mailto:admin@uuflg.org). For recurring event details and contacts, refer to [Activities & Programs](http://www.uuflg.org) at [www.uuflg.org](http://www.uuflg.org).