



FELLOWSHIP NEWS

The Monthly Newsletter of the Unitarian Universalist Fellowship of Los Gatos

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

think ✨ grow ✨ care ✨ act ✨ connect

September 2017

Sunday Services at 10:30 am

September Theme *Homecoming*

September 3 – “Labor in the Pulpit”

This Labor Day Sunday service will feature a speaker from the 19th annual Labor in the Pulpit program, which provides speakers to congregations across the U.S. each Labor Day weekend. This year's speaker will address the housing crisis facing workers in Silicon Valley, and the role of the faith community in supporting affordable housing in this area. Learn what you can do to help!

September 10 – “Water Communion”

Join us for our annual ingathering ceremony. In this Intergenerational service, participants are encouraged to bring a small vial of water from some place meaningful to them, or to which they travelled over the summer. These are combined together to create our community's “holy water” for the year, in a ceremony held in common by most UUs. (Also, don't miss our pancake breakfast that morning!)

–Rev. FaJun

There will also be a special Time for All Ages during this service. Three children will be moving from the nursery to the elementary religious education class. Help us celebrate our growing UUFLG kids and hear about what they will be doing this year.

–Sarah Ditzler, Director of Religious Education (DRE)

September 17 – “The Power of Local Communities”

In this age, it can be hard to know what to do to help the big, wide world. There is good news: By creating strength, peace, and harmony in our local communities, we can set an example, and have a big effect on the world at large. Come to hear stories of how local communities leveraged their power for change, and explore how we can do so ourselves!

–Rev. FaJun

September 24 – “It starts at home – How our family life builds a better world”

Building on the theme of thinking globally and acting locally, today we will explore the power that a healthy family has to make a ripple effect on those around them. Specifically, we'll cover a few well-researched tools to leverage the power of family to make each member flourish and increase resilience. These tools can be used not only with biological family, but with “soul-family” (non-relatives) as well.

–Rev. FaJun

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 into our community people of all sexual orientations and gender identities.

Upcoming

EVENTS

Annual Pancake Breakfast

Sunday, Sept. 10, 9:30-10:45 am

Join us for our annual pancake breakfast, an occasion to enjoy the company of friends and family as we return from summer adventures for the start of the new church year. Our master pancake artist, Robb Stolberg, will make all the scrumptious pancakes we care to eat. To volunteer, contact Jim Beebe (jbeebeu@gmail.com) or Ann Campbell (annbcampbell@gmail.com) for assignments.

Peaceful Presence: Prayers for Peace and Justice

Monday, Sept. 11, 5:30-8 pm; King Plaza (at Hamilton & Ramona) in Palo Alto

At 5:30, there will be a Multifaith Peace Picnic sponsored by American Muslim Voice along with many other organizations including UUFLG as a co-host. Come for that and have more opportunity to cultivate community and friendship. At 7pm, the Peaceful Presence Gathering will affirm our common humanity and shared commitment to a world of peace, justice and inclusion. Prayers, reflections, music and rituals from diverse religious traditions will call us to unity and compassion as we make a public witness for peace. Those of all faiths and of no formal faith are more than welcome. UUFLG Rev. Fa Jun will offer a short meditation with UU and Buddhist principles. Flyer: multifaithpeace.org/fmd/files/Flyer_Final.pdf

Compassionate Communication – How to Have a Compassionate Debate – Part 2

Thursday, Sept. 14, 7-8:30 pm

In our last class we discovered ways to avoid getting into an argument, and instead facilitate a healthy conversation between friends. In this class and practice group, we'll dive deeper into the skills required to communicate healthily when there is disagreement. Some of the skills we'll explore include: starting with empathy, establishing compassionate boundaries, dealing with "yellow" and "red light", and consequences versus punishments.*



Meditation Class – Discovering our Basic Nature

Sunday, Sept. 17, 12:30-1:30 pm

Meditative traditions from around the world have claimed that who we are deep down as humans is something that is naturally calm, content, and compassionate, and our experience of the stresses of life is something temporary and passing, while this basic nature remains. Interestingly, modern research has found that this view may be quite valid. In today's meditation class, we'll uncover simple and practical ways to quickly discover a part of ourselves that is naturally relaxed and caring, and how to make this a regular part of our experience.*



Easy Tai Chi for Every Body

Sunday, Sept. 24, 12:30-1:30 pm

The graceful movements and breath regulation of Tai Chi have long been sought out for their ability to positively impact the body and mind. Join us this afternoon to learn the first few moves of the Yang style short form, and leave with a powerful healing movement practice that you can perform at home – regulating your acupuncture meridians, your physical body, and your mind and emotions.*

* \$10 is the suggested donation for non-members.

August's Share-the-Plate

STP raised \$454 for **LifeMoves Georgia Travis House**, offering shelter and life-changing supportive services for homeless women and children in San Jose! Thank you!

September's Share-the-Plate Beneficiary: Youth Science Institute

This month, the offertory on September 17th, except for checks and envelopes marked "Pledge", will go to the **Youth Science Institute**. Voted best summer camp in Silicon Valley, the Youth Science Institute is a nonprofit committed to inspiring enthusiasm for science, nature, and a love of learning. They offer hands-on, nature-based science camps to children, families and the general public. 32% of fifth-grade students are failing science in Santa Clara County. For students from high poverty neighborhoods, this number jumps as high as 90%. To address this problem, YSI provides supplemental science education to nearly 30,000 students annually in Santa Clara County. When funds allow, these programs are offered for free to Title I schools. Without supplemental science education from out-of-school providers like YSI, many Santa Clara County students would not have a complete grade-level science curriculum. Be a part of the solution by investing in youth science education.



Coastal Cleanup Day – Los Gatos Creek Saturday, Sept. 16, 9-Noon

While our local area doesn't have a coast, it *does* have creeks and rivers that carry litter into San Francisco Bay. Help prevent that litter from reaching the Bay! Join other volunteers from UUFLG as part of the **Coastal Cleanup at Los Gatos Creek Park** (1250 Dell Ave., Campbell, 95008). Wear long pants, sturdy shoes and sunscreen. Bring your own water bottle. Work gloves and pick-up sticks will be provided, or you can bring your own. This is a great family activity—spend a morning outdoors and make a difference both in the park and in the Bay! Sign-up sheet and volunteer waiver forms will be in the UUFLG lobby starting Sept. 3. Questions? Call Jim Beebe (408-315-5066) or Ellen Hill (408) 371-5776).



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 meeting. Contact Lynn Golbetz (lynngolbetz@comcast.net) for more information. View the minutes of Board meetings online at uufg.org/board-of-trustees-minutes/.

Collecting Supplies for Homeless People's Pets

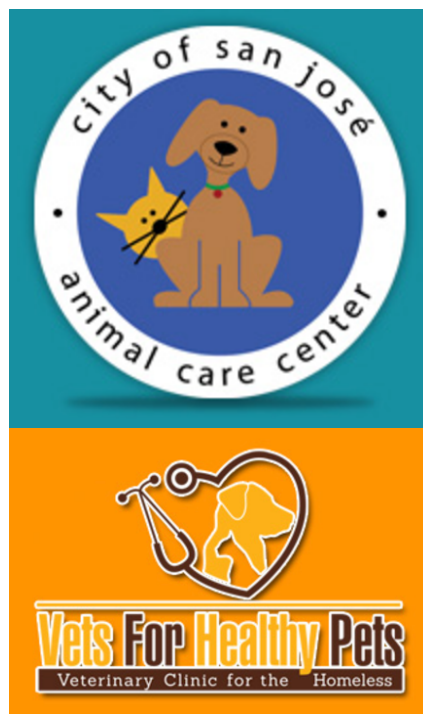
This month, the Children's Religions Education program will collect donations for the **Vets for Homeless Pets** program of the San Jose Animal Care Center. Once a month, volunteer veterinarians hold a free clinic at one of the homeless shelters in downtown San Jose.

Items needed include:

- Dog harnesses and leashes
- Pet bowls
- Pet beds
- Litter boxes
- Pet toothbrushes and toothpaste
- Nail clippers
- Grooming supplies
- Dog or cat food

Bring your donations to the Fellowship and place them in the specially-decorated collection box in the foyer. To donate money, please see Sarah Ditzler, DRE.

We plan to take the donations to the San Jose Animal Care Center, 2750 Montgomery Rd., San Jose after church on Sunday, September 24. Thanks All!



Submit items for the newsletter by the 20th of the month to Lance Jacobson (editor) at news@uufg.org. Submit as single-spaced Microsoft Word documents in rich text format (.rtf) or plain text.

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 27	28	29	30	31	1	2
10:30-11:30a Service/Children's Religious Education (CRE) 11:30a-12:30p Children's Book Exchange (CBE)						
3	4	5	6	7	8	9
9-10:15a Children's Religious Education Committee (Cmte) 10:30-11:30a Service/CRE		10-11:30a Chalice Circle 12:30-1:30p Connections Cmte 2-3:30p Caring Cmte		12-1:30p Retired UU Men's Lunch (RUUMs) 4-6p Minister's Office Hours by Appt. (MOH)	2-4p Memoir Writing Group	
10	11	12	13	14	15	16
9:30-10:45a Annual Pancake Breakfast 10:45-11:30a Service/CRE 12-1:15p Social Action Cmte	5:30-8p Multifaith Prayers for Peace & Justice 7:30-9:30p Great Books Discussion			9:45a-12p Women's Group 4-6p MOH 7-8:30p Compassionate Communication	2-4p Memoir Writing Group	9a-12p Coastal Cleanup Day, Los Gatos Creek Park
17	18	19	20	21	22	23
10:30-11:30a Service/CRE Share-the-Plate: Youth Science Institute 12:30-1:30p Art of Meditation	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		10:30a-12p Finance Cmte 12-1:30p RUUMs 7-8:15p Board 4-6p MOH	2-4p Memoir Writing Group	5:30-9p Game Night @ the Fellowship
24	25	26	27	28	29	30
10:30-11:30a Service/CRE 11:30a-12:30p CBE 12:30-1:30p Easy Tai Chi				4-6p MOH	2-4p Memoir Writing Group	9a-12p Building & Grounds Work Party

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.