



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

October 2017

Sunday Services at 10:30 am

October Theme – *The Spirit World*

October 1 – Spiritual Café

This month's spiritual café will be an exploration of the Mission of this Fellowship. We'll start a poetic process of honing our understanding of the mission and vision of our Fellowship to a short, memorable phrase. Bring your poetic and creative mind, your visions for our fellowship, and your community spirit!

October 8 – “The Feast of St. Francis – Animal Blessing”

Join us for our annual animal blessing! This service is intergenerational and you are invited to bring small, well-behaved pets to be blessed during our service.

What more do you need to know? Dogs and cats in church! Maybe a bird or two? Please leash pets for safety. –Rev. Fa Jun

October 15 – “The Reality of Spirit”

When religions, both young and old, discuss the soul, the spirit, the metaphysical aspects of our self, what in the world are they talking about? Is it just mystical hogwash, or is there a basis in something that can only be described with metaphor?

This morning, we'll puzzle out these questions and more, using traditional teachings, scientific findings, and self-inquiry! Bring your questing and inquisitive spirit! –Rev. Fa Jun

October 22 – “A Philosophy of Suffering: From the Perspective of a Hospice Chaplain”

This Sunday, our guest speaker is Wes Fornes, a former evangelical pastor who is now a humanist hospice chaplain. Wes is the psychosocial director at a major hospice organization in the area and works everyday with death and dying. He oversees the psychosocial team of chaplains and social workers whose goal is to provide spiritual and emotional support to patients and their families. Wes often speaks in the Bay Area on issues concerning ethics, morality, grief and terror management theory. But the major focus for Wes is helping people understand meaning and purpose in life.

October 29 – “Dia De Los Muertos – Meditations on Impermanence”

In the first part of our service this morning, during the Time For All Ages, we will construct our Altar for Dia De Los Muertos - congregants are invited to bring photos of passed family members or friends to receive the thoughts, prayers, and respect of the community.

The sermon will explore the idea of meditating on “impermanence” as promoted by many religious traditions of the ancient world. We'll look into how to make this type of contemplation fruitful for living a more beautiful and caring life - rather than something that glooms you out! Join us to study one of the most profound contemplative methods of the ancients for increasing calm and resiliency in the mind! –Rev. Fa Jun

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.

October's Share-the-Plate Beneficiary: San José Peace and Justice Center

This month, the offertory on October 15, except for checks and envelopes marked "pledge", will go to the **San José Peace & Justice Center**.

The San José Peace Center was founded in 1957 by individuals profoundly concerned about peace and justice issues, especially the growth of nuclear arsenals and atmospheric nuclear testing. Sixty years later, the Peace & Justice Center, along with its affiliated organizations, continues to educate and engage the South Bay community around critical issues of peace and justice, with a current focus on ending the wars in Iraq and Afghanistan. Website: sanjosepeace.org

Praise for Pancake Breakfast!



Our Annual Pancake Breakfast on Sept. 10th was a big hit with all ages enjoying the delicious bounty whipped up by Chef Robb Stolberg at the griddles. We even had a chef-in-training. Thanks to all who volunteered and donated items to make this an enjoyable event!



Notes from the Board – Board meetings are open for members of the congregation to attend; if you've wondered about our process, please feel free to come! One thing we've been discussing recently is the Mission of our Fellowship. We will be asking for your help on this at the upcoming Spiritual Café. Less lofty (but still important!), we recently discussed the Orders of Service; we'll be keeping the paper version for now, per requests, so please enjoy it.

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

September's Share-the-Plate

STP raised \$289 for **Youth Science Institute**, offering hands-on, nature-based science camps to children, families and the general public. Thanks!



Volunteers Clean 2 Creeks on Coastal Cleanup Day

Eight volunteers from UUFLG joined a large scout troop and other volunteers to clean up Los Gatos Creek Park on this year's Coastal Cleanup Day, Sept. 16. Though this section of the creek was relatively clean, volunteers found trash ranging from a soggy soccer ball to discarded fishing line and many – far too many – cigarette butts (toxic to wildlife).

Two more volunteers from UUFLG travelled to Morgan Hill to help clean Little Llagas Creek, where 34 volunteers collected 719 pounds of trash and recyclables. (That's over 21 pounds per person!)

Fish, birds and humans can enjoy cleaner creeks and a cleaner bay thanks to this year's Coastal Cleanup volunteers.

Fellowship Hosts Eagle Scout Court of Honor

Saturday September 16th, our Fellowship hosted an Eagle Scout Court of Honor for Los Gatos Troop 539's Justin Quan. Justin did his eagle project by erecting the UUFLG sign that faces Blossom Hill Road.

Harry Campbell, our UUFLG scouting coordinator, was Justin's advisor for the nearly one year of planning, design, fundraising, procurement, preparation and construction of this sign.

Justin was able to raise nearly \$1000 for this project, mainly from family and friends of Troop 539, as well as an online funding appeal.

The Fellowship presented Justin with a small brass plaque to commemorate his accomplishment.



Retired UU Men's Oktoberfest Lunch at Teske's Germania

Breaking out their best lederhosen and limbering up to hoist a stein, our Retired UU Men's Group

will hold its first meeting of the month on Wednesday, October 4th, at Teske's Germania Restaurant, 255 North 1st Street in San Jose. RUUM's inaugural Oktoberfest luncheon starts at 12 noon. Contact Harry Campbell at harryrcampbell@gmail.com or 408-374-8844.

**Worth a
1,000 Words!**



Help make our newsletters more engaging. Take photos with your smartphone or other camera at our events. Event coordinators, assign/remind folks to snap pics.

Pic tips:

- Ask people to smile 'real purty' ☺
- Keep the light/sun behind the camera & focus
- Take close-ups; avoid large group shots where everyone is tiny
- Action shots are always fun

Send pics to news@uufg.org by the 20th of each month.

Planning for Luck – Call for Disaster Preparedness Working Group

The Social Action Committee would like to help our Fellowship:

- Prepare for emergencies
- Protect our children
- Preserve our houses and church building, records
- Pack disaster kits

The Social Action Committee would like a few concerned members to form, with us, a working group to plan a disaster preparedness program and activities for families at home and at the Fellowship. You would not need to work on other social action activities.

Are you ready for an earthquake or fire, now? Help us plan to be the lucky ones.

Call Edy Young, 408-978-8244, to join this group.

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/.

Upcoming

EVENTS



Compassionate Communication – On Requests and Consequences

Thursday, Oct. 12, 7-8:30 pm

Being a compassionate communicator does not mean being a doormat! But at the same time, there are some “hacks” that we can utilize if we want to have a better chance to get what we want. Also, if we are dedicated to being compassionate, we want to learn to make our voice heard without falling into a dynamic of “power over” rather than “power with”.

These issues and more will be explored in tonight’s class, giving participants practical tools they can use right now to begin making their communication more effective! * –Rev. Fa Jun

The Art of Meditation Countering Negativity

Sunday, Oct. 15, 12:30-1:30 pm

The human mind is like velcro for negative experiences and teflon for pleasure. Our inborn “negativity bias” works to keep us safe.

But are we stuck that way? The research says we are not! In today’s class, we’ll learn ways to use our meditation to specifically counter this bias, and to make our pleasurable experiences stick – giving us a healthier mind and body overall. * –Rev. Fa Jun

* \$12 is the suggested donation; free for members.

New to UU Class: UU Principles In Practice

Thursday, Nov. 2, 6:30-8:30 pm


Join us for our quarterly evening to discuss the principles and sources which make up the backbone of the Unitarian Universalist tradition. This class is designed especially for those who may be checking out UUism or our Fellowship for the first time, but it is also quite a good opportunity for those who want to refresh, renew and explore their relationship with our 7 Principles. 6:30-7 pm, mingle and nosh. No cost.

–Rev. Fa Jun & Connections Committee members



To be added to or removed from the UUFLG birthday list and to request an ecard instead of a mailed birthday card, simply email admin@uufg.org or leave a message at (408) 358-1212, and we'll pass it on to our Caring Committee.

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
9-10:15a Children's Religious Education Committee (Cmte) 10:30-11:30a Service/CRE	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 12:30-1:30p Connections Cmte 2-3:30p Caring Cmte	12-1:30p Retired UU Men's Oktoberfest Lunch 	4-6p Minister Office Hours by Appointment (MOH)	2-4p Memoir Writing (MW)	1p Celebration of Life for Odila Magalhaes
8	9	10	11	12	13	14
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 3-4p Men's Circle	7:30-9:30p Great Books Discussion		National Coming Out Day (LGBTQ) 7-9p Veterans for Peace	9:45a-12p Women's Group 7-8:30p Compassionate Communication Class 4-6p MOH	2-4p MW	
15	16	17	18	19	20	21
10:30-11:30a Service/CRE 12:30-1:30p Art of Meditation Class	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		10:30a-12p Fin. Cmte 12-1:30p RUUMs 4-6p MOH 7-8:15p Board	2-4p MW	9a-12p Building & Grounds Work Party
22	23	24	25	26	27	28
10:30-11:30a Service/CRE				4-6p MOH	2-4p MW	5:30-9p Board Game Night
29	30	31	Nov 1	2	3	4
10:30-11:30a Service/CRE 11:30a-12:30p Children's Book Exchange		Halloween		4-6p MOH 6:30-9p UU Principles In Practice (New to UU Class)	2-4p MW	

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](http://www.uuflg.org) at www.uuflg.org.