



FELLOWSHIP NEWS

The Monthly Newsletter of the Unitarian Universalist Fellowship of Los Gatos

our mission

think about our lives grow spiritually care for each other
act to make a better place honor how all things connect

think ✨ grow ✨ care ✨ act ✨ honor

November 2017

Sunday Services at 10:30 am

November Theme – *Gratitude*

November 5 – “Using Gratitude to Rewire the Brain (in tough times)”

Gratitude is one of the hottest things in the modern study of Positive Psychology, and even better, grandma already knew that you should “count your blessings”. But is gratitude still applicable when we’re concerned about the world, or when we need to marshal tremendous energy to meet the challenges of our lives? Over-the-counter gratitude may not work when things are toughest, but fortunately, this Sunday you can get a prescription for something a little stronger. –Rev. Fa Jun

November 12 – “All About Spiritual Bypassing – When optimism goes too far!”

“Spiritual Bypassing” is a term coined by John Wellwood to describe the phenomena where a person uses spiritual concepts to avoid doing important psychological healing or facing inappropriate behavior. It can affect us even if we don’t consider ourselves spiritual. This morning, we’ll learn all about some manifestations of spiritual bypassing, and how not to go too far with our practices like gratitude or optimism. –Rev. Fa Jun

November 19 – “The Practices of Gratitude”

Gratitude is one of the most researched and proven ways to rewire your brain for the better, but like anything, it takes practice. Rev. Fa Jun and Alison have developed this practice-oriented service to present some of the best practices for cultivating gratitude and gaining the benefits thereof. Alison will lead us in meditations, interpersonal practices, and the idea of “savoring” as put forth in Positive Psychology, interspersed with group discussion, to help us taste the resiliency-building benefits of gratitude. –Alison Hurwitz

November 26 – “Explaining Privilege to Nonbelievers”

The concept of privilege (specifically white privilege, but there’s also male, class, heterosexual, etc.) is one of the most contentious subjects in modern political debate. It directly confronts our notions of America as a land where, with enough optimism and hard work, anyone can get ahead. In addition to reviewing together the main evidence that these kinds of privilege exist, we’ll discuss how to use non-violent and compassionate communication to better get across these ideas and cut through cognitive dissonance and resistance.

–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.

Retired UU Men Celebrate Oktoberfest, Advocate Peace as Military Veterans

Our Retired UU Men's group (RUUMs) gathered at Teske's Germania restaurant in San Jose on October 4th for their first annual Oktoberfest lunch. The food and beer were terrific, the discussion was eclectic (and a lot of fun) and the comradery was GREAT. The turnout was larger than our second annual St. Patrick's Day gathering last March 17th, and we agreed to hold these two lunch gatherings in March and October each year.



In another event, four RUUMs met with six members of the local chapter of Veterans for Peace (VFP) to discuss joint activities to educate people on the terrible intended and unintended consequences of war. We discussed and agreed on two joint projects. The first is a gathering on Veterans Day to protest war and to educate people that this is a very recent renaming of Armistice Day – so named to commemorate the end of World War I and the anticipation of lasting peace. This event will be a bell ringing gathering on November 11th at the San Jose Civic Center at 11:11 am.



RUUMs 2017 St. Patrick's Day Lunch, Rock Bottom Brewery, Campbell

The second joint event is in the planning stage – setting up a VFP/ UUFLG table at West Valley College

to distribute anti-war literature and to be available to students to discuss the pros and cons of joining the military in a time when US military personnel are being injured and killed in combat in Afghanistan, Syria, Iraq and Niger, as well as the current threats of nuclear conflict with North Korea. We have not yet set a date for this event (and perhaps many others at local community colleges and high schools). Stay tuned!

RUUMs is a gathering of Fellowship members and friends to participate in open and eclectic discussion over bag lunches twice a month, year around. We meet at the Fellowship on the first and third Thursday of each month. The participation is, on average, from 10 to 15 retired men. Join us or contact Harry Campbell for more information.



Veterans For Peace is an international organization made up of military veterans, military family members, and allies. VFP is dedicated to building a culture of peace, exposing the true costs of war, and healing the wounds of war. VFP is a network of over 120 chapters across the US and abroad. Learn more at veteransforpeace.org



9/11 Peace Rally in Palo Alto

Our Fellowship was an official sponsor of the **Peaceful Presence, Multifaith Prayers for Peace** event in Palo Alto on Sept. 11th. As part of the program, Rev. Fa Jun offered *Meditation on Breathing* as a group prayer.

The organization American Muslim Voice hosted a peace picnic before the evening program of prayers, reflections, music and ritual on the themes of peace, unity, and justice from several religious traditions.

Fourteen South Bay liberal faith organizations co-sponsored the event.

Photo of Rev. Fa Jun courtesy of Ron Kirkland

November Share-the-Plate Beneficiary: Martha's Kitchen

This month, the offertory on November 19, except for checks and envelopes marked "pledge", will go to **Martha's Kitchen**. Instead of going out to eat one meal in November, eat a low-cost, healthy meal at home. Share *your* Plate and donate the amount you saved to Martha's Kitchen at the Share-the-Plate offering. Learn more about Martha's Kitchen and the work they do to feed the hungry in San Jose at their website marthas-kitchen.org.

In keeping with our goals for sustainability and healthy living, we encourage you to use local, organic ingredients whenever possible. Here are three recipes from Edy Young for delicious, low-cost and healthy meals. Or use your own favorite recipe!

October's

Share The Plate

STP raised \$396 for **San José Peace & Justice Center**, offering organizing space, publicity and forums to educate and engage the South Bay community around critical issues of peace and justice.
Thanks!

Black Beans & Brown Rice

Vegan. Serves 10-12, \$1 per serving.
Serve with green salad.

1-16 oz. bag of dry black beans. Soak in water to cover plus 2 in., overnight, then rinse beans and simmer them in fresh water to cover 2 in.

Add 1 tsp. cumin seeds to bean cooking water.

Simmer beans for 1 1/2 to 2 hours or until tender. *No salt now.* (Salt makes the beans tough during cooking.)

Rinse, drain and reserve cooked beans.

2 cups of brown rice simmered in 4 cups of salted water for 35 minutes or until tender and dry, reserve.

2 Tbsp. of olive oil in large pan to lightly brown:

- 1 large onion in 1/2 to 3/4 inch dice.
- 1 large red bell pepper in 1/2 to 3/4 inch dice
- 2 minced garlic cloves
- 1/2 to 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- Pinch of cayenne pepper or pinch of red pepper flakes for "heat " to taste.
- Salt and pepper to your taste.

2- 14.5 oz. cans of sliced tomatoes, either with Mexican or Italian seasoning, with juice.

Add reserved beans. Simmer together for 10 min. or until the bean mix is the consistency you like for serving over rice. Correct seasonings by adding more if necessary, you may add more olive oil for a richer bean sauce.

Serve over reheated rice. Garnish with chopped, fresh cilantro and cheese or sour cream, if desired.

Polenta & Vegetables

Vegetarian* Serves 6-8, \$1.70 per serving.
Serve with green salad.

*omit cheese & substitute butter for vegan.

Polenta

- 1 cup coarse polenta, (Golden Pheasant) simmered in
- 4 cups hot water, stir immediately, with
- 1 tsp salt.

Stir immediately and often, until thick enough for a spoon to stand upright.

Add 2-3-Tbs butter, stir.

Cover and cook on very low heat for 20-25 min., stirring occasionally, until grains are tender and polenta is very thick. Pour it into a buttered baking dish and set it aside.

Vegetables in tomato sauce, Milanese style

2-3 Tbsp. virgin olive oil in a large fry pan.

Sauté, with medium heat, begin to brown:

- 1 large onion in 3/4 to 1" dice
- 1 large red bell pepper in 1" dice
- 8 oz. box sliced mushrooms, (Or less, as desired)
- 3- 9" (about) zucchini, sliced. Add when all of the veggies brown very lightly

Simmer all above vegetables with:

- 1-28 or 32 oz. can of diced or sliced tomato
- 1/2 of a six oz. can tomato paste, 3 oz.
- 1 tsp dried basil
- 1 pinch nutmeg
- 1 pinch anise seed (optional)
- Salt and pepper to taste; alter seasoning to your taste for tomato sauce.

Cover and simmer for 15 min. If too watery, cook uncovered until vegetables are covered with clinging tomato sauce. Zucchini should be well done, very tender, not crisp, not falling apart. If veggies are dry, add water or stock.

Serve hot veggies in tomato sauce over hot, (reheated) polenta cut into squares.

Sprinkle with Parmesan cheese.

Corn & Green Chili Casserole

Vegetarian. Serves 8-10, \$1 per serving.
Serve with steamed broccoli, Swiss chard, or green salad, and canned Mexican beans.

- 2 eggs, beaten well
- 1 -15 oz. can creamed corn
- 1 -15 oz. can whole corn
- 1 -8 oz. container sour cream
- 1/4 cup butter (optional), melted
- 1 1/2 cups (8 oz.) shredded, med. packed cheddar cheese
- 1/2 to 3/4 cup diced onion
- 1 -4 oz. can diced green chilies
- Pinch black pepper
- 1 -8.5 oz. corn muffin mix

Preheat the oven to 350

Butter a 2 quart casserole

Mix all but the muffin mix together.

Add the muffin mix and stir briefly, until just mixed.

Bake at 350, until center is set, about 75 min.

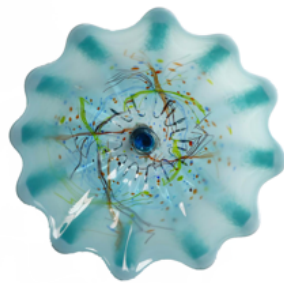
Rest 15 min. before serving.

Optional red sauce (about \$3)

- 1 medium onion, chopped and sautéed in 2 Tbs. olive oil
- 2 cans mild Rotel tomatoes

Simmer together until a rough sauce, not watery.

Serve over the corn casserole, the beans, or both.



Get Crafty for Our Holiday Boutique!

Save the Dates!

Sunday, Dec. 3 & 10, 10 am - 12 pm

We will hold our holiday boutique before and after the services on Dec. 3rd and Dec. 10th.

Time to put your creative skills to work, crafting irresistible items for sale at our annual holiday boutique. Great gifts include jams, jellies, baked goods, sewing and jewelry crafts and cards. Objet d'art donated for the boutique are welcome, too!

We'll let you know if crafting gatherings pop up.

Contact Sharon Graham, 408-204-2585.



UUFLG Annual Food Drive for Second Harvest Food Bank

Nov. 26 through Dec. 10

As you shop 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 Fellowship lobby. This moves 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
- peanut butter
- soup, stew, chili
- canned foods with pop-top lids
- canned fruits packed in juice
- low-sodium canned vegetables
- canned tomatoes, tomato sauce
- low-sugar cereals

Cash and 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, our Social Action Committee co-chairs. Write checks to UUFLG, with Second Harvest Food Bank in the memo line.



Worth a Thousand 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 😊
- 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@uuflg.org by the 20th of each month.

Submit items for the newsletter by the 20th of the month to Lance Jacobson (editor) at news@uuflg.org. Submit as single-spaced Microsoft Word documents in rich text format (.rtf) or plain text. | 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 (lynn golbetz@comcast.net) for more information. View the minutes of Board meetings online at uuflg.org/board-of-trustees-minutes/.

Upcoming

EVENTS

UU Principles In Practice

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

6:30-7 pm, hors d'oeuvres, wine; 7-8:30pm discussion

Join us for our quarterly event for new people and long-term UUs to find out more about how to put our principles into practice! We'll focus mainly on helping anyone new to our community get an idea about what UUism believes and enacts, and also have plenty of time to share our wisdom together and learn a little more than we may already know.

Feel free to bring an appetizer to share, your questions, and your friendly spirit!

—Rev. Fa Jun & Connections Committee

The Art of Meditation – Using meditation to heal the past

Sunday, Nov. 12, 12:30-1:30 pm

Understanding how our past traumas, or even minor hurts influence our mind is a powerful insight coming from the latest research. But is there a way that we can begin to heal these traumas so that they no longer get in the way of living our happiest lives?

According to studies on self-directed neuroplasticity, there is a way to heal the past, and using the tools of meditation is an amazing way to supercharge our personal healing process. Join us to gain practical tools that allow you to use the power of meditation to heal the mind and the emotions! * —Rev. Fa Jun

Compassionate Communication –Sympathy, Empathy & Apologies

Thursday, Nov. 9, 7-8:30 pm

One of the hardest things to know how to do is express sympathy for another who is hurt. It's even harder if they think you are the one who has hurt them (and maybe you did)! Empathy is another thing and often confused with sympathy or pity. Finally, apologies are often ineffective or insincere, or in some other way fail to bring the desired effect.

Non-violent communication has a unique take on all these elements of communication, which we will cover in tonight's class, helping us to harmonize some of the most difficult parts of human relating! * —Rev. Fa Jun

* \$12 donation for non-members; free for 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@uuflg.org or leave a message at (408) 358-1212, and we'll pass it on to our Caring Committee.

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 29	30	31	1	2	3	4
10:30-11:30a Service/CRE		Halloween		12-1:30p Retired UU Men 4-6p Minister Office Hrs by Appointment (MOH) 6:30-8:30p New to UU	2-4p Memoir Writing (MW) 2-3p Connections Cmte	
5	6	7	8	9	10	11
9-10:15a Children's Religious Ed. Committee (Cmte) 10:30-11:30a Service/CRE 12p 2018 Directory Photos ☺	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 2-3:30p Caring Cmte		9:45a-12p Morning Women's Group 4-6p MOH	Veterans Day observed	VETERANS DAY
12	13	14	15	16	17	18
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 3-4p Men's Circle	7:30-9:30p Great Books Discussion			10:30a-12p Finance Cmte 12-1:30p RUUM 4-6p MOH 7-8:15p Board	2-4p MW	
19	20	21	22	23	24	25
10:30-11:30a Service/CRE	Transgender Day of Remembrance 6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		Thanksgiving Day 	2-4p MW	9a-12p Bldg. & Grounds Work 5:30-9p Game Night
26	27	28	29	30	Dec 1	2
Second Harvest Food Drive 10:30-11:30a Service/CRE				4-6p MOH	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.