



Unitarian Universalist Fellowship of Los Gatos

Renewing Ourselves to Act for Goodness

Sunday, November 5, 2017

Rev. Fa Jun, Minister

Robb Stolberg, Worship Associate

Dave Coldren, Musical Director

We welcome everyone into our community, without regard to race, gender, age, color, national origin, ethnic background, socio-economic status, marital status, disability, sexual orientation or gender identity.

Turn off phone, pls. Sound tech has headsets for hearing impaired.

Order of Service

Musical Prelude

Welcoming Hymn #1008 “When Our Heart is in a Holy Place”

Welcome | Opening Words, Chalice Lighting

Hymn #1010 “Oh We Give Thanks”

Time for All Ages | Sing Children to Class “Go Now In Peace”

Announcements

Candles of Joys and Concerns

Hymn #1011 “Return Again”

Offertory

Sermon “Using Gratitude to Rewire the Brain (in tough times)”

Closing Hymn #354 “We Laugh, We Cry”

Sung Benediction “Joy, Love, Peace In Our Hearts”



*Thank you for sharing our service today.
Join us for refreshments & conversation.*

Thanks to Our Sunday Volunteers!

Greeter: Pat O'Hare, Sharon Graham; Sound tech: Roopak Patel; Beverages setup: Jim Beebe; Snacks: Lida Kluzek, Coralee Linton; Social Hour Cleanup: Ellen Hill, Jeanie Trigg.



Photos for 2018 UUFLG Directory

TODAY, 11/5, 12p If you missed the photo session on 10/22, Harry Campbell will gladly take your picture for new or updated entries to next year's Fellowship directory of members and friends, which will contain everyone's contact information. Say, "Cheese!"

Compassionate Communication – Sympathy, Empathy

& Apologies Thursday, 11/9, 7-8:30p It's hard to 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 often confused with sympathy or pity. And, apologies are often ineffective or insincere. Non-violent communication's unique take on these communication aspects helps us harmonize some of the most difficult parts of human relating. \$12 donation for non-members; free for members. –Rev. Fa Jun

Service "All About Spiritual Bypassing – when optimism goes too far!"

Sunday, 11/12, 10:30a "Spiritual Bypassing" describes 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. We'll learn about some manifestations of spiritual bypassing, and how not to go too far with gratitude or optimism. –Rev. Fa Jun

Our Mission

think about the meaning of our lives **grow** spiritually

care for each other **act** to make a better place

honor how all living things connect