



# 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

## December 2017

Sunday Services at 10:30 am

### Theme – *The Light Within*

#### December 3 – “Hundred Dollar Holiday”

In a world where the popular religion is consumerism, how can we make our family celebrations focus on the connections between our hearts more than on the accumulation of more (useless) stuff? Join us as we explore creative strategies by which to find a “reason for the season” that eases the heart and matches our environmental and global justice values. –Rev. Fa Jun

#### December 10 – “The Ram Das Test – Going home for the holidays!”

The famous spiritual teacher, Ram Das, has been quoted as saying that the true test of one’s spiritual development is to go home and spend time with family for the holidays. Truly, there is sometimes no greater test of our empathy, patience, and kindness, than to have a meal with those who think differently than we do, or know all the buttons to push to trigger us. This morning, we’ll explore some strategies for surviving the unique stresses of the holiday season, and what the world’s inner traditions have to say about practicing in the presence of those who annoy us most! –Rev. Fa Jun

#### December 31 – “Sing In the New Year”

In many ancient cultures, the beginning of the New Year is seen to be a time when our actions have a greater “karmic” or spiritual effect. This is because our minds see this as a powerful time of new beginnings. This morning’s service will be a time of contemplation, conversation, and music - helping us to celebrate and mourn what the past year has brought, and to envision an even brighter future for tomorrow. We will plant seeds of empowerment into the fertile ground of new year’s eve, and watch our kind intentions blossom in the days to come. –Dave Coldren, Musical Director

#### December 17 – Guest Speaker

This Sunday Esther Wallace is our guest speaker. Esther is a first-year student at Starr King School for the Ministry. She received her Bachelor of Arts in Asian Studies and Women's Studies, and has worked as a Fulbright scholar in Taiwan, a multifaith congregation-based community organizer in Florida and in student affairs at UC Santa Cruz. Beside her divinity studies, Esther is the interim director of the UC Santa Cruz Women’s Center. Esther was raised in a conservative Christian tradition, and after discovering in college that this was not her spiritual path, Esther spent several years exploring progressive Christianity, Buddhism, Pagan traditions, and Humanism before finding Unitarian Universalism in 2014. Look for Esther’s sermon description in email and weekly updates.

#### December 24 – “Giving Birth to Christ Within”

While it is unlikely that Dec. 25th is the date Jesus of Nazareth was born, it is when all over the Northern Hemisphere, people have celebrated the return of the Light. The ancient festival of Yule celebrated the birth of the sun, and today we will enjoy together the light that each of us shines from our heart. This intergenerational service will be filled with song, meditation, and interaction, sure to bring the light of kindness to birth in each of us. –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.

## December's Share-the-Plate Beneficiary: Second Harvest Food Bank

This month, the offertory on December 17, except for checks and envelopes marked "pledge", will go to **Second Harvest Food Bank**. This is in concert with our annual food drive for this organization (see UUFLG Annual Food Drive article herein.)



## November's Share-the-Plate

STP raised \$511 for  
**Martha's Kitchen**,  
"Feeding the Hungry with  
Dignity" Over 4 million  
meals served to-date and  
celebrating its 36th year.  
**Thanks!**

Based in Silicon Valley, Second Harvest Food Bank of Santa Clara and San Mateo Counties is one of the largest food banks in the nation. Currently providing food to more than 250,000 people every month, Second Harvest is a community-based organization that was founded in 1974. Despite the immense wealth in Silicon Valley, and partly due to the high cost of living, hunger and malnutrition are pervasive. The Food Bank distributes nutritious food, including more fresh produce than almost any other food bank in the country, through a network of 300 nonprofit partners at 905 sites. Second Harvest is pursuing innovative efforts to increase access to food resources as it seeks to feed an additional 100,000 hungry people each month. To reach more people, it connects those in need to federal nutrition programs and other food resources.

Learn more at [shfb.org](http://shfb.org).



## Green Holiday Tips – Simple ways to save money, energy and paper during the holiday season

### **Holiday lights**

- Use low-energy LED lights.
- Use fewer lights.
- Reduce the number of days or the hours per day your lights are on.

### **Shopping**

- Shop online to save gas and stress.
- Combine trips; shop at just a few stores.
- Buy gifts made from recycled materials.
- Bring your reusable bags.

### **Gifts**

- Give homemade gift certificates for a day of babysitting, house or yard help, or cooking a meal.
- Give homemade cookies, bread, or muffins.
- Give energy-saving gifts: tire pressure gauges, under-door draft guards, low-energy LED or fluorescent bulbs.
- Give "like new" used books from thrift stores or "friends of the library" sales.

### **Gift Wrapping**

- Wrap gifts in scarves, old maps, or newspapers, or decorate brown-paper grocery bags.
- Use reusable gift bags or boxes.
- Make gift tags from old cards or scrap paper.
- This year, open gifts carefully and save the paper, ribbons and cards for reuse.



### **Entertaining**

- Use your own dishes and silverware whenever possible.
- If you must buy one-use items, choose plates and cups that are recyclable and made from unbleached materials. (Don't use Styrofoam!)
- Wash plastic forks and spoons and save them for future parties.
- Make it easy for your guests to recycle. Put a bin for cans and bottles next to the one for garbage. Mark it with a sign or the recycling symbol.

### **Some Reasons Why**

- If everyone replaced their old holiday lights with LEDs, two billion kilowatt hours of electricity could be saved in one month.
- If each family cut holiday gasoline use by one gallon (about 20 miles), we'd reduce greenhouse gases by one million tons.
- If every family wrapped just 3 gifts in recycled paper, the paper saved would cover 45,000 football fields.
- If every family reused just 2 feet of ribbon, the 38,000 miles of ribbon saved could tie a bow around the Earth!

# Upcoming

## EVENTS

### The Art of Meditation – Meditation for Soothing Challenging Emotions

Sunday, Dec. 10, 12:30-1:30 pm

Join us for our monthly meditation class as we explore how to utilize meditation to soothe challenging emotions. In today's class, we'll explore breathing techniques, visualizations, and other potent methods to help us deal with painful or difficult emotions that are arising in the moment. We'll also learn how to best utilize meditation to help re-train our mind when we experience recurring "triggers" around the same emotional issues. Join us for this journey of neuro-plasticity and the power of our own minds! –Rev. Fa Jun



### Compassionate Communication – “Home for the Holiday” Online Only

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

Ever had to endure uncomfortable discussions at a holiday dinner? Perhaps you and your family members share opposing views and you're not sure how to navigate a conversation in these politically charged times. Does the surface-level conversation just bore you to death, and you wish you could do something really meaningful with that time together? If so, this is the class for you! Tonight we will learn a secret key to unlocking meaningful and loving interactions with our families - while avoiding many of the pitfalls that can make communication nearly impossible! –Rev. Fa Jun

◆ This class will be held online only to facilitate easy attendance during the busy holidays. Watch our email announcements list for the link.



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



## Behold! The Holiday Boutique Is Nigh!

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

Are you crafty, artsy or a culinary wiz? Donate your talents to create irresistible items to sell at our annual holiday boutique! Great ideas include jams, jellies, chutneys, baked goods, sewing, knitting, crochet and jewelry crafts. Objet d'art donated for the boutique are welcome, too. We will hold our boutique before and after the services on 12/3 and 12/10. Contact Sharon Graham, 408-204-2585. Unable to contribute to our bounty? Be a customer and buy treasures for family and friends! The boutique raises operating funds for our Fellowship.



## UUFLG Annual Food Drive Supporting 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:

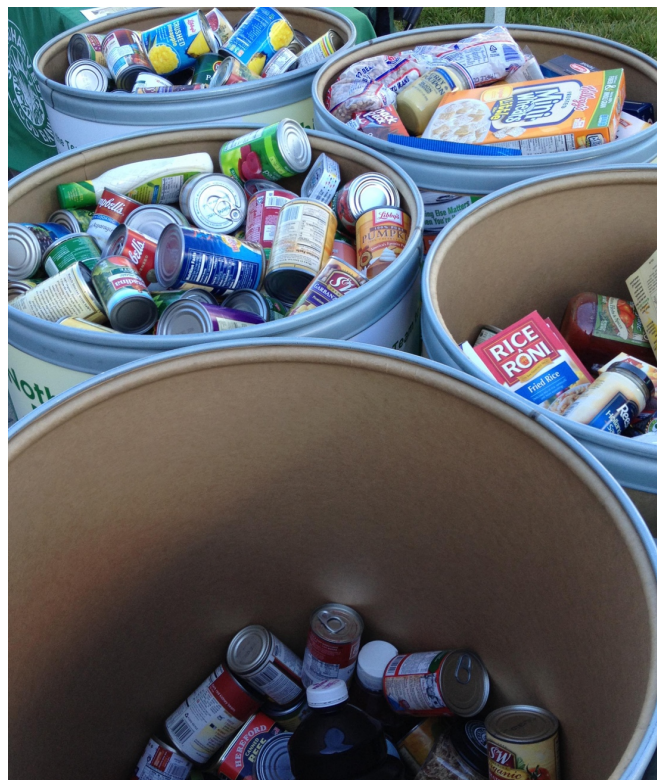
- tuna or canned meat
- peanut butter
- soup, stew, chili
- canned foods with pop-top lids
- canned fruits packed in juice
- low-sodium canned vegetables
- canned tomatoes, tomato sauce
- low-sugar cereals

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. This year, you can also donate online at the Second Harvest website [SHFB.org/donate](http://SHFB.org/donate). On the donation page, click on Food Drives (top of page) and scroll down to the search box to enter Unitarian Universalist Fellowship of Los Gatos.

## Chalice Circle Ladies Repair Hymnals





*From left: Ruth Webb, Katie Rall, Lida Kluzek & Edy Young.  
Photo by Donna Brewer.*



Submit items for the newsletter by the 20th of the month to Lance Jacobson (editor) at [news@uufg.org](mailto:news@uufg.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 ([lynnngolbetz@comcast.net](mailto:lynnngolbetz@comcast.net)) for more information. View the minutes of Board meetings online at [uufg.org/board-of-trustees-minutes/](http://uufg.org/board-of-trustees-minutes/).

## December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 26	27	28	29	30	Dec 1	2
10:30-11:30a Service/CRE				4-6p Minister Ofc Hrs by Appt (MOH)	2-4p Memoir Writing 2-3p Connections Cmte	
3	4	5	6	7	8	9
9-10:15a Children's Religious Education Committee (Cmte) <b>10a &amp; 1130a Holiday Boutique</b> 10:30-11:30a Service/CRE	6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 2-3:30p Caring Cmte		12-1:30p Retired UU Men's Lunch (RUUMs) 4-6p MOH	2-4p Memoir Writing 12:30p Sunday Services Cmte (video conference only)	
10	11	12	13	14	15	16
9-10:15a Social Action Cmte <b>10a &amp; 1130a Holiday Boutique</b> 10:30-11:30a Service/CRE 3-4p Men's Circle	7:30-9:30p Great Books Discussion			9:45a-12p Morning Women's Group 4-6p MOH	2-4p Memoir Writing	
17	18	19	20	21	22	23
10:30-11:30a Service/CRE	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 Memoir Writing	
24	25	26	27	28	29	30
<b>Christmas Eve</b> 10:30-11:30a Service/CRE	<b>Christmas Day</b> 			4-6p MOH	2-4p Memoir Writing	9a-12p Bldg. & Grounds Work 5:30-9p Game Night
31	Jan 1, 2018	2	3	4	5	6
<b>New Year's Eve</b> 10:30-11:30a Service/CRE				4-6p MOH	2-4p Memoir Writing	

**Note:** In case of errors, omissions and changes after publication, find the most up-to-date calendar online at [www.uuflg.org](http://www.uuflg.org). 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](#) at [www.uuflg.org](http://www.uuflg.org).