



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

February 2018

Theme – LOVE

Sunday Services at 10:30 am

February 4 – “Illuminating the Shadows”

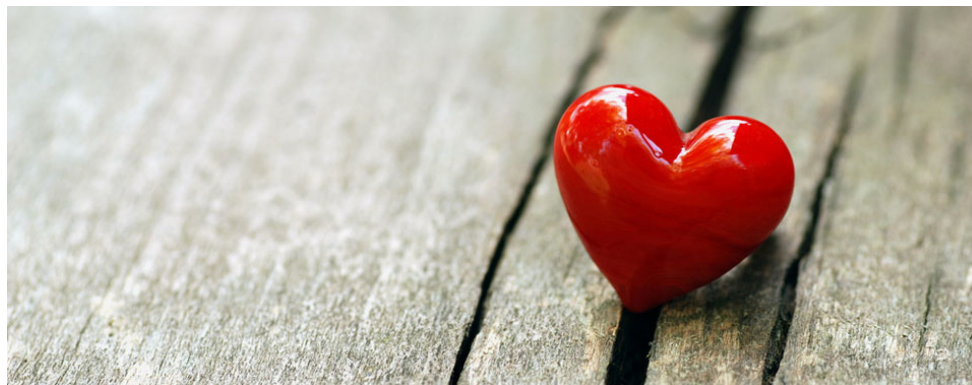
In ancient times, the beginning of Feb. was a celebration of the Return of the Light. We begin to feel the lengthening of days that began at the Winter Solstice, and though it may still be a bit chilly, our minds turn toward the brightening year to come.

Today on Candlemas, we'll explore how we can Bring in the Light into the places that are shrouded in shadow. We'll explore a process of “shadow-work” to help integrate unconscious material and free up psychological energy we can use to better love ourselves and others. –Rev. Fa Jun

February 18 – “Love Service with special guests, the Serendipity Choir”

We all want to cultivate loving, reciprocal relationships in our lives, but sometimes find it challenging to navigate the complex territory of connection. In this Sunday's service, Alison will share a few of her thoughts on love in the modern world, stories from couples she has married, and insights gleaned from her own personal experiences in relationship. She will invite you to ask yourselves what has helped you to nurture love in your own lives, and to explore affection from multiple perspectives. Joining us will be our friends from the Serendipity Choir, to add a musical counterpoint to our verbal contemplations!

–Alison Hurwitz, Lay Worship Leader



February 11 – “The Languages of Love”

We may think we know what “love” means, but it actually means different things to different people. One popular way of exploring this variety of meanings is the ‘5 Love Languages’. This morning, we'll explore how learning this map of meanings of Love cannot only help make our friendships or marriages wonderful, but how it can give us new tools to explore how we make our love more visible in the world. –Rev. Fa Jun

February 25 – “Innate Virtue in Daoism”

Today, we'll celebrate the Asian, Lunar New Year by learning about the idea of Innate Virtue in Daoism, China's indigenous religion. Much like Unitarian Universalists, the Daoists believe that our innate nature is possessed of worth and dignity. Come learn how they tell us we can unveil this inherent worth at the core of our being! –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.



Winter Survival Sack Drive Sundays 1/28 – 2/11

From Jan. 28 through Feb. 11, our Fellowship will collect personal hygiene items, socks, and underwear for the “Survival Sacks” and smaller “Hygiene Kits” that Sacred Heart Community Service distributes to the homeless. The Survival Sacks are backpacks containing 3 months of supplies. Sacred Heart distributes about 100 of these each month. Items needed for one sack:

1 rain poncho	2 pairs of socks	1 toothbrush	1 comb
1 small blanket	(men or women)	1 toothpaste	1 razor
2 pairs of underwear	1 small first aid kit	(full-size tube)	2 rolls toilet paper
(esp. men’s L & XL)	1 washcloth	1 shampoo	1 bar of soap (3 oz.)

The “Hygiene Kits” are small bags of hygiene items that are available at Sacred Heart on an ongoing basis to those in need. All items for these kits should be small “travel” or “hotel amenity” size in order to fit into a gallon-sized ziplock bag. Hygiene kit items:

1 toothbrush	1 deodorant
1 toothpaste	1 hand lotion
1 shampoo	1 razor
1 conditioner	1 tissue pack
1 body wash &/or soap	1 mouthwash
1 comb	1 washcloth



Cash or check donations are also welcome, and will be used to purchase the backpacks needed, as well as any items in short supply. Youth in our Religious Exploration elementary and middle school classes will pack the sacks on Sun., Feb. 18 during their class time. Because underwear and socks are included, “men’s” and “women’s” sacks will be packed. With your help, our youth will fill 15 backpacks and 15 hygiene kits!



February’s Share-the-Plate Beneficiary: Village Harvest



spirit to make a difference for others. This year Village Harvest will harvest and donate enough healthy local fruit to food banks to help tens of thousands throughout the year, like the 225,099 pounds donated in 2017. Every \$1 provides all the fruit 1 person needs for an entire week. As a volunteer-powered organization, Village Harvest can make money go a long way, and community funding pays for transportation, equipment and supplies, insurance, and a small organizing staff. Learn more at villageharvest.org.

This month, the offertory on February 18, except for checks and envelopes marked “pledge”, will go to **Village Harvest**. In Silicon Valley more than 1 of every 10 people needs extra food, especially low income families and seniors. Through Village Harvest, the community comes together to share fruit from our gardens, our volunteer time, and our community

JANUARY’S SHARE-THE-PLATE

STP raised \$621 for the **Minister’s Discretionary Fund**, used to assist members and friends of our Fellowship and members of the larger community to meet their basic living needs. Thank you for your generosity!

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.

Upcoming

EVENTS

UU Principles in Practice ('New to UU') Class

Thu., Feb. 1, 6:30-8:30 pm

Join us for our quarterly meeting where we have time to sit and discuss together the UU Principles and sources that make up the foundation of our living tradition. This time we'll focus on the 6 Sources of the UU tradition and what they might mean to us individually and collectively.

This evening is especially geared to those who are just learning about Unitarian Universalism, but is also a wonderful time to come and share and explore our principles if you are more experienced! Snack and mingle at 6:30 pm; class starts at 7 pm. Led by Rev. Fa Jun and members of the Connections Committee. This class is **free**.



THE NEW SCIENCE OF
PERSONAL TRANSFORMATION

SAVE THE DATE! Sunday, March 25, 12-1:30 pm

Town Hall Meeting – On refreshing our sense of vision & mission

Some of us already participated in a spiritual cafe where we brainstormed how we see ourselves, who we serve, and what are some pithy ways that we can represent this in the world through our website, orders of service, and other materials. After our service, we'll meet to complete this process of refining a pithy slogan that captures the essence of our Mission, our Values, and our Community spirit – to help guide us in the work we'll do in the years to come. We hope all members that are able will attend this event so we can get plenty of feedback and share what is most meaningful to us in relation to who we are now at UUFLG!

–UUFLG Board & Rev. Fa Jun



WE ARE UNITARIAN UNIVERSALISTS WITH OPEN MINDS, LOVING HEARTS & HELPING HANDS

The Art of Meditation – Mindsight – How to see your mind!

Sun., Feb. 11, 12:30-1:30 pm

'Mindsight' is a term coined by Dr. Daniel Siegel for a type of "metacognitive" awareness in which you can take perspective on your own inner processes. Not only can this bring powerful psychological stability and healing, it is also one of the classic methods of Buddhist mind-training.

All levels are welcome to learn basic practices to enhance calm, psychological well-being, and meditative states in this monthly class. –Rev. Fa Jun

\$12 suggested donation for non-members.

Do you 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) for more information. View the minutes of Board meetings online at uufg.org/board-of-trustees-minutes/.

FEBRUARY HAPPY BIRTHDAYS



3RD DEAN CHACON

6TH DANIEL REES

9TH EDNA WINDES & RORI JENSEN

11TH DAVE KIEBERT

13TH KATIE RALL

24TH PAMELA ROBINSON

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 or leave a message at (408) 358-1212, and we'll pass it on to our Caring Committee.

Sign-up Online to Visit a Redwood Park – Free!


There is no better place to experience the “interconnected web of life” than in a redwood forest, and this year, you can do it for free. In 2018, the Save the Redwoods league is celebrating its 100th birthday by distributing free day passes to 40 California redwood parks for the second Saturday of each month. To get a free pass, go to FreeRedwoodsDays.org. Reservations for each month begin the Monday following the previous “second Sat.” For example, registration for Sat., Feb. 10 began Jan. 15; registration for Mar. 10 will begin Feb. 12.



SAVE THE DATE! UUFLG Day in the Redwoods!

A UUFLG “Day in the Redwoods” is planned for Sat., Apr. 14, at Henry Cowell State Park, near Felton. Registration for the Apr. 14 “free day” will begin Mar. 12, so mark that date on your calendar, too! More details to follow in the March newsletter.

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 28	29	30	31	1	2	3
Survival Sack Drive - Week 1/3 10:30-11:30a Service/Children's Religious Exploration (CRE)				12-1:30p Retired UU Men's Lunch (RUUMs) 6:30-8:30p UU Principles in Practice	1-2p Connections Cmte 2-4p Memoir Writing	
4	5	6	7	8	9	10
Survival Sack Drive - Week 2/3 9-10:15a Children's Religious Exploration Committee (Cmte) 10:30-11:30a Service/CRE	10:30a-12p Finance Cmte 6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 2-3:30p Caring Cmte	12p Sun. Svc. Cmte	9:45a-12p Morning Women's Group 4-6p Minister Ofc Hrs by Appt (MOH)	2-4p Memoir Writing	
11	12	13	14	15	16	17
Survival Sack Drive - Week 3/3 9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 12:30-1:30p Meditation Class 3-4p Men's Circle	7:30-9:30p Great Books Discussion			12-1:30p RUUMs 4-6p MOH 7-8:15p Board	2-4p Memoir Writing	
18	19	20	21	22	23	24
10:30-11:30a RE Youth Pack Survival Sacks for Homeless 10:30-11:30a Service/Share-the-Plate with Village Harvest	Presidents' Day 6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle		4-6p MOH	2-4p Memoir Writing	9a-12p Bldg. & Grounds Workday 5:30-9p Game Night
25	26	27	28	Mar 1	2	3
10:30-11:30a Service/CRE				4-6p MOH 12-1:30p RUUMs	2-4p Memoir Writing 1-2p Connections Cmte	2p Celebration of Life for Carmella Condino

Note: In case of errors, omissions and changes after publication, find the most up-to-date calendar online at www.uuflg.org. To request updates to the online calendar, email admin@uuflg.org. For recurring event details and contacts, refer to [Activities & Programs](#) online.