



# 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

## January 2018

**Sunday Services at 10:30 am**

### Theme – *New Beginnings*



### January 7 – “New Beginnings”

Now is the time to start anew. How do we start boldly? How do we let go and move on from things that are no longer working for us? What are the best practices for making a new beginning? Join us for a service all about making a fresh start!

–Rev. Fa Jun

### January 14 – “MLK Day – Why Black Lives Matter”

You’ve heard the slogan, and you’ve likely heard the counter slogans, but what does ‘Black Lives Matter!’ really mean? This morning, we’ll talk about the history of the civil rights movement and black culture in America, and where we stand now as a culture. We’ll learn various methods of political action and rhetoric, and how both sides of the debate are utilizing these tactics, with the goal of living up to our UU principle of “peace, liberty and justice for all.” –Rev. Fa Jun

### January 21 – “The Worst Form of Government – Except All the Others”

It is famously said that Democracy is the worst form of government – except all the others! What principles underlie this assertion? Our UU principles assert the value of a democratic process. Why is that so central to our living tradition? It turns out that the reason democracy is so important may have a lot to do with the belief in freedom and in non-violence. This morning, we’ll discover the value of true democracy, how democracy and non-violence are inextricably linked, and tools to make our own American democracy more functional! –Rev. Fa Jun

### January 28 – “How to make plans when the deck is stacked against you”

In many ways, the situation is dire now on Planet Earth, and for her people. It can be hard to make plans in the same way that our parents maybe did when we don’t know what climate change or culture change may do to our strategies, investments or nations! But throughout history, people have had to face the fact that life is uncertain and decide how to move forward anyway! This morning we’ll explore how to put our best foot forward, even when it doesn’t seem like the best of worlds.

–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.

## January's Share-the-Plate Beneficiary: Minister's Discretionary Fund

This month, the offertory on January 17, except for checks and envelopes marked "pledge", will go to our **Minister's Discretionary Fund**. The minister's discretionary fund is used to assist members and friends of our Fellowship and members of the larger community to meet their basic living needs such as shelter, food, utilities and medical care and other exigencies such as transportation and fees. Funds may be given as a loan or a gift, depending upon the person's ability and the circumstances. The minister has discretionary and confidential use of these funds within the UUFLG Board's guidelines.

## December's Share-the-Plate

STP raised \$581 for **Second Harvest Food Bank**, a non-profit that assists over a quarter million families in the Bay Area every month. In addition to the monetary contributions, we collected 117 lbs. of food. On average, 1.2 lbs. of food equals one meal, so the food we donated equates to 98 meals. Thank you for your generosity!

## UUFLG Board & Minister Initiate Long-term Visioning

About a year ago someone brought up the question, "What's our long-term vision? How are we planning for events that may be coming down the line in the future?" And the Board and minister began contemplating how best to go about creating a coherent vision of what we are becoming long-term at UUFLG, along with the practical matters of refining our financial goals for long-term projects such as roof-repair, a non-gendered bathroom, and the like.

We would like to share with you how we plan to go about this process for the church year of 2017-2018. It starts with the process we've already been in about clarifying our sense of mission/vision, and creating a pithy "vision statement" that we can all agree on, and which expresses our values to ourselves and those who may be seeking a Fellowship like ours. From this foundation, we are then asking all our committees to get clear on what their vision is, and how the roles and tasks of that committee work toward our larger goals as a community. Finally, in the coming church year, we will ask our various committees and working groups to craft their goals for the year – in alignment with our stated vision/mission – with the intention that this will give us a community more holistic, integrated and transparent than ever, and one that functions efficiently to make its values known in the world!

It feels like a very exciting time at UUFLG, where our community is very warm and tight, and we have the potential to be a great force of good in the larger society. More details will be coming soon about this long-term planning process, and how you can be involved! –Board & Rev. Fa Jun



## WhaleCoast Alaska 2018 Registration Open

Ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2018 is for you! 4 Alaska UU fellowships invite you to experience our eco-cultural and spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals & otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Tours led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For details, visit [whalecoastak.org](http://whalecoastak.org), email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org) or call 907-322-4966. Discounts for 8 or more. We'd love to share our Alaska with you!



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 ([lynngolbetz@comcast.net](mailto:lynngolbetz@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/).



# Upcoming

## EVENTS

### The Art of Meditation – Deepening mindfulness & relaxation

Sunday, Jan. 14, 12:30-1:30 pm

“Mindfulness” is all the rage in the modern world because it’s been shown to lessen stress, to speed up healing, and do a host of other measurable benefits. But what exactly does “mindfulness” mean, and how do we get the most out of it? This month’s meditation class will be all about the practice of mindfulness, both in it’s classical context in meditation texts and in the modern context of scientific best-practices based on neurology.\* –Rev. Fa Jun



### Compassionate Communication – “Reprogramming Negative Self-talk”

Thursday, Jan. 25, 7-8:30 pm

The model set forth by Dr. Marshall Rosenberg as “Nonviolent Communication” is a tremendous tool for helping us speak kindly to those around us, but it is also an inner practice about how we relate to our own thoughts and emotions. Tonight, we will aim these powerful tools inward and learn a way to speak to ourselves that creates more peace, safety, insight, and warmth than ever before.

And the news is that when we’ve learned to utilize this type of communication within, we’ll automatically start utilizing it on the outside too! \* –Rev. Fa Jun

### UU Principles in Practice (‘New to UU’) Class

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

Join us for our quarterly evening where we discuss the principles and sources that 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 a wonderful opportunity for those who want to refresh, renew and explore their relationship with our 7 Principles and 6 Sources. 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**.

\* \$12 suggested donation for non-members.



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.

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec 31	1	2	3	4	5	6
New Year's Eve 10:30-11:30a Service/CRE		10-11:30a Chalice Circle 2-3:30p Caring Cmte		12-1:30p Retired UU Men's Lunch (RUUMs) 4-6p Minister Ofc Hrs by Appt (MOH)	2-4p Memoir Writing 1-2p Connections Cmte	
7	8	9	10	11	12	13
9-10:15a Children's Religious Exploration Committee (Cmte) 10:30-11:30a Service/CRE 12-1p Sunday Services Cmte	7:30-9:30p Great Books Discussion			9:45a-12p Morning Women's Group 4-6p MOH	2-4p Memoir Writing	
14	15	16	17	18	19	20
9-10:15a Social Action Cmte 10:30-11:30a Service/CRE 12:30-1:30p Meditation Class 3-4p Men's Circle	<i>Martin Luther King, Jr. Day</i> 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	
21	22	23	24	25	26	27
10:30-11:30a Service/CRE				4-6p MOH 7-8:30p Compassionate Communication Class	2-4p Memoir Writing	9a-12p Bldg. & Grounds Workday 5:30-9p Game Night
28	29	30	31	Feb 1	2	3
10:30-11:30a Service/CRE				4-6p MOH 6:30-8:30p UU Principles in Practice 'New to UU' Class	2-4p Memoir Writing 1-2p Connections Cmte	

**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](#) online.