



# 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

## **Theme – Rise Up!**

With the return of the Spring, we can feel the energies of life Rise Up within us! This month's sermons are all about how to bring this energy forward into the world so that we can contribute the full force of the goodness that yearns to be expressed in us!

## **March 4 – “Rise Up Singing – Protest Art, and the Art of Protest”**

Social movements just aren't what they used to be! Lobbyists and big contributors have more and more say in our democracy while ordinary people have less and less. The way we get our government's attention has to continually adapt. Fortunately, one thing that hasn't changed is that we humans respond to art, humor and song. This morning, we'll explore how to use these and other unexpected tools in the arena of social change-making. –Rev. Fa Jun

## **March 11 – “Blue States and Basic Goodness”**

Common wisdom has long held that if a person is punished, they will behave in kinder or more social ways. But new research and schools of thought show us that the opposite is true: When our nervous systems are able to relax, we are innately kind and generous beings. Join Maggie Truelove, who is a meditation instructor, practitioner of Organic Intelligence, and longtime massage therapist, as she leads us in experiential practices and discussion to uncover this “Basic Goodness” living in us all.

## **March 2018**

Sunday Services at 10:30 am

## **March 18 – “Spring Equinox Meditation – We Rise Again”**

Join us this morning for a meditative and ceremonial celebration of the Spring Equinox. We'll begin our sermon by calling in the elemental energies of the 4 Directions and creating a sacred space within which to practice together; then we'll take this time to go within and explore what has been lying dormant and is ready to come into the light! Let us bring the sunlight of our awareness to what is calling to be born from us. –Rev. Fa Jun

## **March 25 – “The Rise of the Green Redneck – a Course in Holonic Thinking”**

Holon means something that is both its own self and part of a greater whole. The truth is, anything you can point to is a holon. The stereotypical stances of conservatives and liberals each exemplify one aspect of this dual-nature – focusing either exclusively on one's independence or exclusively on one's interdependence. But perhaps deeper understanding could be reached by taking into account the best parts of each stance.

This morning will offer a controversial way to think about some of the deep challenges of our world and our personal lives and perhaps uncover surprising solutions! –Rev. Fa Jun



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



## March Share-the-Plate Beneficiary: UU Service Committee

This month, the offertory on March 18 (except for checks and envelopes marked “pledge”) will go to the Unitarian Universalist Service Committee (UUSC).

UUSC advances human rights through grassroots collaboration. In more than a dozen countries throughout the world, UUSC fosters social justice and works toward a world free from oppression. UUSC advances a full array of human rights – promoting economic justice, bolstering environmental justice and protecting rights at risk. UUSC also works to deliver aid with dignity and advance the rights of people left behind during humanitarian crises, which include forgotten conflicts and natural disasters.

UUSC’s innovative approach and measurable impact are grounded in the belief that all people have inherent power, dignity and rights.

Please support UUSC’s work to continue partnering with marginalized communities in the struggle for human rights and social justice.

Read more about UUSC’s work at [www.uusc.org](http://www.uusc.org).

–UUFLG Social Action Committee

## Survival Sacks for the Homeless Winter Drive

At publication time, the Fellowship’s winter drive was wrapping up and appears on track to meet its goal. From Jan. 28 through Feb. 11, the congregation donated items and money for personal hygiene “Survival Sacks” and smaller “Hygiene Kits” that Sacred Heart Community Service distributes to the homeless. Our youth assembled the sacks and kits during Religious Exploration classtime for two Sundays in February. Look for final results in the April edition of *Fellowship News*.

Thanks to all who donated and worked on this. Big thanks to Ellen Hill for organizing this effort and modeling for our youth a compassionate response to those less fortunate!

## February’s Share-the-Plate

Last month, Share-the-Plate raised \$430 for Village Harvest, which 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. As a nonprofit volunteer organization harvesting fruit from backyards and small orchards, Village Harvest helps people share the abundance of their gardens and their talents to build a healthier community for all.

**Thank you for your generosity!**

## MARCH HAPPY BIRTHDAYS



**4TH ALBERT JAMES**

**6TH DONNA BREWER**

**7TH MERRITT BENSON**

**7TH JIM STUBSTAD**

**19TH ZOE THORN**

**23RD BRADY WILLIAMS**

**T**o 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.

Submit items for the newsletter by the 20th of the month to Lance Jacobson (editor) at [news@uuflg.org](mailto:news@uuflg.org). Submit as single-spaced Microsoft Word documents in rich text format (.rtf) or plain text.



# Upcoming

## EVENTS

### A Celebration of Life Service for Carmella Condino

**Sat., Mar. 3, 2 pm**

Carmella Condino's husband Luigi Rosassto invites you to attend a Celebration of Life Service for Carmella. A reception will follow.

UUFLG's Caring Committee requests volunteers for this occasion. We could use help setting up, decorating the Foyer, West Room and Sanctuary and cleaning up. Some finger food donations will be accepted; please check to see what's needed. Please contact Edy Young, Memorial Service Coordinator, 408-978-8244.

### Sign-up 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](http://FreeRedwoodsDays.org). Reservations for each month begin at 8 am the Monday following the previous “second Sat.” Registration for Sat., Mar. 10 began Feb. 12; registration for Apr. 14 will begin Mar. 12.

### How to Meditate – Non-Self and Non-Duality Part I

**Sun., Mar. 18, 12:30-1:30 pm**

In this month's meditation class, we'll explore the concept, developed most famously by the Buddha, of “non-self”. Does this mean a type of nihilistic blankness, or maybe a spiritual form of low self-esteem? No, we will find in our exploration that it has much more to do with openness and flexibility as well as a related concept of “nonduality”. Join us to learn and practice profound meditations to help us gain the benefits of this type of awareness that transcends a tight sense of rigid “self”-hood. –Rev. Fa Jun

### Compassionate Communication Practice Group

**Thu., Mar. 22, 7-8:30 pm**

Our monthly communication class this month will take the form of a practice group. We'll work through practices suggested by Marshall Rosenberg and other masters of communication both individually and with partners or in group discussion. Bring your issues and relationship challenges, and let's learn to use the tools of more skillful communication together! –Rev. Fa Jun

### 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! Beautiful Cowell State Park is open from sunrise to sunset and includes an accessible trail, the Redwood Grove Loop Trail. The Visitor Center and Mountain Park Nature Store (both open 10 am to 4 pm) are also accessible. Look for more details in our April newsletter.



# Talent



**Saturday, March 10 @ 7 pm**

save  
the  
date

***sing a song  
play an instrument***

bring  
a  
friend

share  
joy

***tell a joke  
do a trick***

be  
you

smile  
clap

***dance a dance  
surprise us***

ooh  
ah

**All ages welcome!**

**Contact Colleen Hamilton**

**hamiltoncolleen@sbcglobal.net (408) 997-1399**

**Join us! Witness amazing  
displays of talent!**

**light refreshments available**

**\$7 adults • \$5 children & seniors**

***Proceeds support operating costs of our Fellowship***



## Join the Green Sanctuary Team!

Our Fellowship is working to become an official Green Sanctuary, as accredited by the Unitarian Universalist Association. To do this, we'll assess the environmental impact of our building, grounds and activities. We'll also examine the environmental benefits we as a group can implement – both within our Fellowship and in the larger community – especially focused on those people most adversely affected by climate change and other environmental justice issues. If you are not already on the GS mailing list and are interested in joining our team, please contact Laurie West Roberts (lauriequilt@gmail.com) or Robb Stolberg (bigbrownbat73@yahoo.com).

We are starting back up and will have a meeting in March (date to be announced).

***We would love your help  
and input!***



## Town Hall Meeting – Refreshing our sense of vision & mission

**Sun., Mar. 25, 12-1:30 pm**


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 capturing in brief words 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 now at our Fellowship!

–UUFLG Board & Rev. Fa Jun



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 (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/).

## March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb 25	26	27	28	1	2	3
10:30-11:30a Service & Children's Religious Exploration (CRE)				12-1:30p Retired UU Men's Lunch (RUUMs)  National Pig Day	1-2p Connections C. 2-4p Memoir Writing (MW)	2p Celebration of Life for Carmella Condino
4	5	6	7	8	9	10
9-10:15a Children's Religious Exploration Committee (C.) 10:30-11:30a Service & CRE	10:30a-12p Finance C. 6:30-8p Women's Spirituality Group	10-11:30a Chalice Circle 2-3:30p Caring C.	12p Sun. Services C. online only	International Women's Day 9:45a-12p Morning Women's Group 7-8:15p Board	2-4p MW	10a-12p Resistance Choir 7-9p Talent Show
11	12	13	14	15	16	17
Daylight Saving Time 9-10:15a Social Action C. 10:30-11:30a Service & CRE	7-9p Resistance Choir 7:30-9:30p Great Books Discussion	Mar. 12 - 1 <sup>st</sup> day to register for free admission to Henry Cowell State Park for UUFLG's Apr. 14 "Day in the Redwoods"	Pi Day II	12-1:30 RUUMs offsite 4-6p Minister Office Hrs by Appointment (MOH)	Freedom of Information Day	St. Patrick's Day
18	19	20	21	22	23	24
10:30-11:30a Service/Share the-Plate with UUSC 12:30-1:30p Meditation Class	6:30-8p Women's Spirituality Group	Vernal Equinox 10-11:30a Chalice Circle		4-6p MOH	2-4p MW	
25	26	27	28	29	30	31
10:30-11:30a Service & CRE 12-1:30p UUFLG Town Hall Meeting			6p Men's Circle	4-6p MOH	2-4p MW	10a-12p Resistance Choir 9a-12p Bldg. & Grounds Workday 6-9p Game Night

**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.