



# 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

**July 2018**

Sunday Services at 10:30 am

## July Theme – The Light of Love and Wisdom

### July 1 – “Enlightenment Values and the Moral Arc”

Is the Western Enlightenment still of value to our modern world? What benefit have these ideas of liberty, rationality, and humanism brought to our societies? It turns out that they have brought great benefit, and if allowed to, will keep doing so! In today's sermon, we'll review some of the great strides made by the humanistic aims of the Western “Enlightenment”. We'll be renewed by hope when we see how far we've come, and we'll make a vision about how to move forward! –Rev. Fa Jun

### July 8 – Poetry Service

By popular demand, the Sunday Services Committee will be presenting a poetry-reading service on July 8. Many of you will remember the last such service, held in February 2017. We enjoyed a wide range of poems, some written by our talented members and some by other poets near and far. If there is a poem you would like to read to the fellowship, please let Lynn Golbetz know (so we will know how many participants to expect). Of course, if you don't wish to read, please come anyway, just to listen. This is not an intergenerational service, but there will most likely be young persons present, so although poems may be as deep as you wish, they should be appropriate for a wide audience.

### July 15 – “Enhancing Our Welcome”

As a follow-up to Pride month, let's continue the conversation of being a welcoming congregation. We'll refresh our understanding of why this is important, and we'll study some of the subtle ways we can enhance the creation of a safe, welcoming, and loving space for all people, and especially our LGBTQ+ friends!

### July 22 – “How to Stoke Your Inner Fire”

In the yogic traditions of India and Tibet, they speak of a type of love that is so strong it burns like a fire within. When times are tough in the world, or when we're stressed, this inner fire can die down to its embers and be hard to stoke. In today's talk, we'll explore how to keep this inner fire strong, and how to rekindle it when it threatens to die down. We'll practicing kindling the light of inner love so that we can be a powerful force for good. –Rev. Fa Jun

### July 29 – “The Life Cycle of Social Change Movements”

When the world looks dark, it can be easy to get discouraged about the type of change “We the People” are able to make. But when we look over the history of non-violent change movements, we see that there are similar patterns that recur over and over, which can inform how we look at our own change efforts. This morning, we'll get in touch with this basic template and learn the exact methods to apply to whichever campaign most drives us to have the biggest impact and keep hope alive! –Rev. Fa Jun



As a Welcoming Congregation, the UUFLG welcomes everyone into our community, without regard to race, gender, age, color, national origin, ethnic background, socioeconomic status, marital status, disability, sexual orientation or gender identity.

## July Share-the-Plate Beneficiary: Pack-a-Back Drive

On August 10th, 3,300 students in our community will come to Sacred Heart Community Service to choose a new backpack and school supplies.

With budget cuts in Santa Clara County, schools have increased their list of school supplies that students need for their first day of school.

Living in one the most expensive regions in the country means a bulk of parents' paychecks goes to rent, leaving little left for basic needs, let alone school supplies.

This month, the offertory on July 15, except for checks and envelopes marked "Pledge", will be used to purchase backpacks and school supplies for Sacred Heart Community Service's Pack-a-Back Drive.

Our RE students will pack the school supplies into the backpacks the following Sunday for area children who would otherwise go without these needed supplies. We're also collecting supplies in the box in the hall; the list of items needed is on the welcome table.

**You** can invest in our future talent by contributing to Pack-a-Back 2018. -UUFLG Social Action Committee

## How to Meditate – Meditations to Soothe the Subtle Body

**Sun., July 22, 12:30 pm**

The "Subtle Body" is an important topic in most classical meditation systems. Forming the basis for disciplines like Acupuncture and Ayurveda, this theory utilizes imagery and sensation to help regulate both the mind and physical body. In today's meditation class we'll learn meditation methods involving visualization, breath, and movement that are meant to soothe and calm this body of subtle energy – allowing us to calm the mind, heal the body, and overcome challenges to our meditation practice! -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/).

## June's Share-the-Plate with PFLAG

In June, we collected \$376 at our special collection for the San Jose & Peninsula Chapter of Parents, Families and Friends of Lesbians and Gays (PFLAG).

Thank you for helping promote the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends.

**Thank you for your generosity!**

## JULY HAPPY BIRTHDAYS



**15<sup>TH</sup> LOU YABROFF**  
**24<sup>TH</sup> ROOPAK PATEL**  
**29<sup>TH</sup> DAVE COLDREN**

To be added to the birthday list and to request a mailed card instead of an ecard via email (default), simply email [admin@uufg.org](mailto:admin@uufg.org) or leave a message at (408) 358-1212. The office will forward requests to our Caring Committee.

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.



## Pack-a-Back Drive

### *Give kids the tools they need for school!*

This July, UUFLG is again participating in the Pack-a-Back Drive for Sacred Heart Community Service. In July, Sacred Heart Center holds a registration day for parents who cannot afford to buy school supplies for their children. Each year, hundreds of parents line up, some waiting in line overnight, to apply for this assistance. Their children return in early August to choose their own backpacks.

This year, UUFLG will be filling backpacks for 3rd and 4th graders. Beginning July 8, filled backpacks, school supplies from the list to the right, and cash or checks to purchase supplies will be collected at our Fellowship. Shopping lists and a collection box will be in the lobby.

Helping to shop for a backpack and supplies can be a great learning opportunity for your children.

If you are donating by check, please make the check out to UUFLG, with Pack-a-Back Drive on the memo line. Checks may be placed in the envelope attached to the collection box or given to one of the Social Action Team members listed below. Monetary donations will be used to purchase additional backpacks and supplies.

Our RE students will fill backpacks with supplies on July 29.

All backpacks will be delivered to SHCS by August 3.

Questions? Contact Jim Beebe (408-315-5066), Sue Ann Lorig (408-827-4304), or Ellen Hill (408-371-5776).

### *School Supply List for 3rd & 4th Grade Students*

- New backpack (no red, blue, or "character" backpacks, but other colors, patterns OK)
- 1 three-ring binder, 1 to 2 inches thick
- 2 packages of wide-ruled filler paper
- 1 box of Kleenex
- 10 #2 pencils
- 1 package of colored markers (fine point preferred)
- 1 pack of 16 or more crayons
- 2 highlighters
- 2 glue sticks
- 2 erasers
- 1 pencil sharpener
- 1 USB
- \$20 gift card for shoes

## Vegetarian potluck dinner to celebrate our steps toward becoming a Green Sanctuary! Sat., 7/14, 5:30 pm

Bring a favorite vegetarian dish to share. Please also bring one copy of the recipe so others can take a picture of your recipe. For those without smart phones, we will make arrangements to get you a copy of recipes you'd like. Strive for organic, local, vegan ingredients if possible. Perhaps we can find some organic wine to share. There will be a short presentation about the Green Sanctuary program and some information on how eating vegetarian (or eating less meat) can help the environment. Please join us for a fun evening of delicious food that helps reduce our impact on the earth!

Music in the soul can be  
heard by the universe.

Lao Tzu



# July 2018

| Sun   | Mon                                | Tue  | Wed  | Thu  | Fri  | Sat  |
|---|------------------------------------|--|--|--|--|--|
| 1   | 2                                  | 3  | 4  | 5  | 6  | 7  |
| 9-10:15a CRE Committee (C.)<br>10:30-11:30a Service & Children's Religious Exploration (CRE)                                    |                                    | 10-11:30a<br>Chalice Circle                |  12p Sunday Services C. via web only | 12-1:30p Retired UU Men's Lunch (RUUMs)<br>4-6p Minister Ofc Hrs by Appt (MOH) | 1-2p Connections C.<br>2-4p Memoir Writing | 10a-3p Resistance Chorus   |
| 8   | 9                                  | 10   | 11   | 12   | 13   | 14   |
| Pack-a-Back Drive - Week 1/3<br>9-10:15a Social Action C.<br>10:30-11:30a Service & CRE<br>3-4p Men's Circle                    | 7-9p Resistance Chorus             | 10:30a-12p Finance C.<br>2-3:30p Caring C. | 12p Sunday Services C. via web only  | 9:45a-12p Morning Women's Group<br>4-6p MOH<br>7-8:15p Board                   | 2-4p Memoir Writing                        | 5:30-8:30p Veggie Potluck & Recipe Share                         |
| 15  | 16                                 | 17   | 18   | 19   | 20   | 21   |
| Pack-a-Back Drive - Week 2/3<br>10:30-11:30a Service & CRE  | 7:30-9:30p Great Books Discussion  | 10-11:30a Chalice Circle                   |  | 12-1:30p RUUMs<br>4-6p MOH   | 2-4p Memoir Writing                        | 5:30-8p An Evening Together – Potluck & Concert by Dave Col-dren |
| 22  | 23                                 | 24   | 25   | 26   | 27   | 28   |
| Pack-a-Back Drive - Week 3/3<br>10:30-11:30a Service (Share-the-Plate: Pack-a-Back Drive) & CRE<br>12:30-1:30p Meditation Class |                                    |  | 6-7:30p Men's Circle   | 4-6p MOH   | 2-4p Memoir Writing                        | 9a-12p Building & Grounds Workday<br>6-9p Game Night             |
| 29  | 30                                 | 31   | Aug 1  | 2  | 3  | 4  |
| 10:30-11:30a Service & CRE<br>packs donated school supplies for Pack-a-Back Drive<br>11:30a-12:30p Children's Book Exchange     | UN International Day of Friendship |  |  | 12-1:30p RUUMs<br>4-6p MOH   | 1-2p Connections C.                        | 10a-12p Resistance Chorus  |

**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.