



# 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

**September 2018**

Sunday Services at 10:30 am

## September Theme

### Homecoming

#### Sep. 2 – “To Be a True Neighbor: Lessons from Mr. Rogers”

Fred Rogers honored the inherent worth and dignity of all people by connecting with the smallest and most vulnerable of us: Our children. His deep commitment to helping young people develop and sustain emotional intelligence, respect for difference and the desire for cultivating community has much to offer us. Today we'll explore his legacy and the relevant lessons he taught us all about being a true neighbor.

“As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that each of us has something that no one else has – or ever will have – something inside that is unique to all time. It's our job to encourage each other to discover that uniqueness and to provide ways of developing its expression.” –Fred Rogers

Alison Hurwitz and Jori Hurwitz Holst will present.

#### Sep. 9 – Annual Pancake Breakfast & Water Communion

From 9:30 to 10:30 am, enjoy delicious pancakes and good company with family and friends! Please contact Katie Stubstad to assist with this event.

Then join us for our yearly celebration of ingathering. Old friends and new, come and share the waters of your personal life into the river of our shared community through a traditional UU ritual of homecoming. –Rev. Fa Jun

**UUFLG Leadership Retreat Sat., Sep. 8, 1-4 pm** Calling all community leaders! Members of committees, volunteers for working groups and board members, join us for a Saturday afternoon of light refreshment, good company and fulfilling inner work! We'll go over our Fellowship's vision of how we are moving forward toward our most important goals. We'll shape and refine our sense of what we collectively offer to our community, and how we can be even more effective at those offerings. Specifically, we'll work with up-leveling how functional each committee is on their own, as well as how we can increase our interconnection between groups so that our Fellowship can take full advantage of all the talent, generosity and inspiration that its members bring. We hope all our leaders can join us for this very important, regenerative and fun meeting!

#### Sep. 16 – “Secure Attachment and Where to Find It”

Neuroscience, pop psychology, and developmental theory are all excited for Attachment Theory right now. You may have heard the terms “secure attachment” thrown about lately. This morning, we'll discover what this concept means to our lives, and how we can create more of it for ourselves and others. –Rev. Fa Jun

#### Sep. 23 – “America and the Six-Year-Old Brain – An Analogy”

Notice: This is not a peer-reviewed psychological theory. Rather, a friend and I were chatting and came to the conclusion that if America were a person, it would be about the equivalent of a six-year-old child. As we began to think of the aspects of personality development going on at this time of life, we noticed many insight-generating parallels. This talk will highlight the results of that contemplation.

–Rev. Fa Jun

#### Sep. 30 – “Wired For Community”

How do we take full advantage of our innate human desire for community, tribe and home? We see the unhealthy manifestations of this in terms of tribalism, nationalism and partisanship, but what if there were a healthy version of this human need waiting to be unlocked, which might just uplevel our lives and our whole society? Find out more in today's discussion! –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.

## September Share-the-Plate Beneficiary: Youth Science Institute

This month, the offertory on Sep. 19, except for checks and envelopes marked “pledge”, will support the Youth Science Institute.

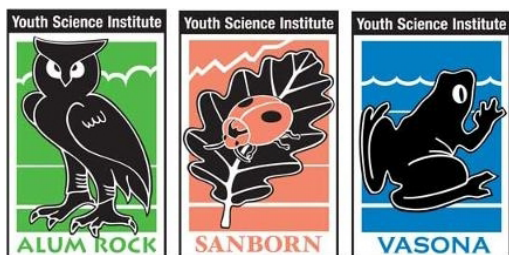
Voted best summer camp in Silicon Valley, the Youth Science Institute is a nonprofit organization committed to inspiring enthusiasm for science, nature, and a love of learning. They offer hands-on, nature-based science camps to children, families and the general public.

41% of fifth-grade students are failing science in Santa Clara County. For students from high poverty neighborhoods, this number jumps as high as 90%.

To address this problem, YSI provides supplemental science education to nearly 30,000 students annually in Santa Clara County by offering school & group programs. When funds allow, these programs are offered for free to Title I schools. Without supplemental science education from out-of-school providers like YSI, many Santa Clara County students would not have a complete grade-level science curriculum.

You can be a part of the solution by investing in youth science education.

—UUFLG Social Action Committee



## SEPTEMBER HAPPY BIRTHDAYS

2<sup>ND</sup> ROBIN WERNICK

3<sup>RD</sup> KATIE STUBSTAD

7<sup>TH</sup> SUE DILEANTIS

9<sup>TH</sup> JO COOLEY

11<sup>TH</sup> WANDA ALEXANDER



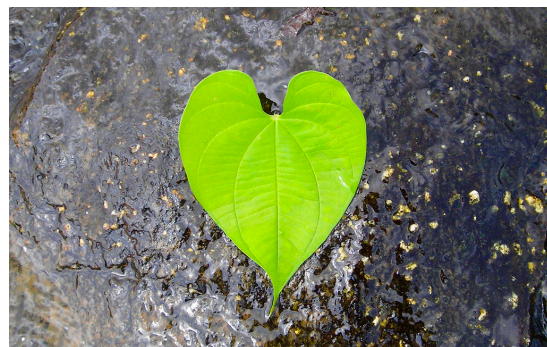
14<sup>TH</sup> SUE FERA

18<sup>TH</sup> RUTH WEBB

20<sup>TH</sup> KAREN O'BRIEN

22<sup>ND</sup> ANNA STUBSTAD

25<sup>TH</sup> SUE ANN LORIG



To be added to the birthday list and to request a mailed 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. The office will forward requests to our Caring Committee.





## Monthly Meditation Group Sun., Sep. 23, 12:30 - 1:30 pm

Join us for our meditation group, meeting once each month, for community, practice tips, and a little peace and quiet. We'll have a brief instructional period, sit for 20 minutes in quiet together then have a time for sharing and Q&A. We'll finish with another short sitting period. Whether you are an advanced meditator or you are just starting today, this is a wonderful opportunity to experience community support and learn practical tips, leading to deeper relaxation and alertness.

## Photos for 2019 UUFLG Directory

Sun., Sep. 23 & Oct. 14, Noon

On 9/23 and 10/14 at noon, Harry Campbell will take individual and family photos for new or updated entries to next year's Fellowship directory of members and friends, which will contain everyone's contact information. Look for Harry and his camera setup in the Fellowship parking lot. Say, "Cheese!"



## Coastal Cleanup – Help Clean the Bay without Leaving Your Neighborhood! Sat. Sept. 15, 9am to Noon

While Los Gatos doesn't have a coast, it does have a creek that carries litter to San Francisco Bay. Join other volunteers from UUFLG for the Coastal Cleanup at Los Gatos Creek Park (1250 Dell Ave., Campbell, 95008). This is a great family activity; spend a morning outdoors and make a difference both in the park and in the Bay!

Wear long pants, sturdy shoes and sunscreen, and bring your own water bottle. Gloves and trash bags will be provided, or you can bring your own.

**Importantly:** Adult volunteers are now each **required** to register online and sign an online waiver form. Here's how:

1. Click on this link: [https://scc.samaritan.com/custom/502/#/opp\\_details/3729](https://scc.samaritan.com/custom/502/#/opp_details/3729).
2. At **Opportunity Details**, scroll down to the end of the list and click on "See more (3 not shown)", then scroll down to the **Los Gatos Creek Park** listing and click on **Sign Up**.
3. Click on **With Group**, then on **New Volunteer** and scroll way down to click on **Unitarian Universalist Fellowship of Los Gatos** and complete the application. Children do not need to sign up online, but parents will need to sign a waiver form for each child at the park.

Questions? Contact Ellen Hill at (408) 371-5776 or [ellen\\_hill@att.net](mailto:ellen_hill@att.net).

## Save the Date! Charity Food Packing Event with Rise Against Hunger Sat., 10/13, 9-11:30 am

The First Unitarian Church of San Jose is holding a food packing event on Saturday, October 13 with Rise Against Hunger. They are inviting area UU fellowships and churches to join them. It is a high spirited event where we work together to pack 10,000 meals to ship overseas to areas threatened with famine. All ages are welcome.

Rise Against Hunger brings all the food and packing materials and are well organized. After a brief training, we go into the Social Hall to pack food together to upbeat music! We get to work alongside UU's from other churches and really see our faith in action. It is a great activity to involve kids as well.

If you plan to participate, please inform Sue Ann Lorig or Ellen Hill, (408) 371-5776 or [ellen\\_hill@att.net](mailto:ellen_hill@att.net).



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

## Help Requested to Replace Lost Rental Income

The Center for Spiritual Living, which rented space each week, terminated their lease effective July 31. Their membership had dropped off, and their Board determined they could no longer afford to stay.

This is a loss of \$7,500, which drastically affects our budget. To offset this loss, we need to find new revenue, and we are asking each of you to help us find additional renters.

Please spread the word to family, friends, neighbors and colleagues that we have a venue suitable for recitals, weddings, memorial services, parties and more!

We are asking for your ideas to increase our rental income! Please contact Donna Brewer, [donna vb@hotmail.com](mailto:donna vb@hotmail.com) or (408) 358-1212.

**UUFLG RENTAL  
SPACE  
AVAILABLE!  
GREAT FOR  
ALL SORTS OF  
EVENTS!**

## Walk with UUFLG at NAMIWalks Sep. 22!



#StigmaFree

**Saturday, September 22, 2018 • San Jose**



Join NAMIWalks Silicon Valley to raise funds and awareness to help change perceptions about mental illness.

UUFLG is a sponsor for this year's NAMIWalks Silicon Valley. Join our team, the UU Fellowship of Los Gatos, for this year's NAMIWalks event! We are walking on Saturday, September 22, to raise awareness of mental illness and raise funds for the important work of NAMI, the National Alliance on Mental Illness.

Please join the UUFLG team and walk with us, or support our team by making a donation to a team member listed on our ROSTER (UU Fellowship of Los Gatos) at [www.NAMIWalks.org/siliconvalley](http://www.NAMIWalks.org/siliconvalley).

All funds raised directly support the mission of NAMI to provide support, education and advocacy to individuals and families in our region.

Check-in is at 8:30 am and the walk starts at 9:30 am from Arena Green West, 98 N Autumn St, San Jose.

The 3.5-mile route takes walkers along the Guadalupe River into Downtown San Jose then back to the Arena Green West area. Please let Sue Ann Lorig know if you plan to attend.

And remember your water bottle, sunscreen, comfy shoes and sunglasses!

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 ([lynn golbetz@comcast.net](mailto:lynn golbetz@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/).

# 9/11 Multifaith Peace Picnic and Prayers



*Mark this day for peace, justice and hope!*

**Tuesday, September 11**

**King Plaza, 250 Hamilton Avenue, Palo Alto**

7:00 pm – Multifaith picnic with brief program and children's singing

8:00 pm – Multifaith prayers, music and ritual, marking the end of

Rosh Hashanah at 8:11 pm

8:30 pm – Closing candlelight vigil

*Everyone welcome!*



**Hosted by Multifaith Voices for Peace & Justice and American Muslim Voice**

## **Co-Hosts**

All Saints Episcopal Church, Palo Alto

Anjuman-e-Jamali (San Jose Muslim Organization)

Baha'i Community of Palo Alto

Bend the Arc: A Jewish Partnership for Justice,  
South Bay Chapter

Berkeley Masjid (Mosque)

Congregation Beth Am

Congregation Etz Chayim

Council on American Islamic Relations (CAIR-SFBA)

First Baptist Church, Palo Alto

First Congregational Church, Palo Alto

First Lutheran Church, Palo Alto

First Presbyterian Church, Palo Alto

First United Methodist Church, Palo Alto

Human Concerns Committee of St. Thomas Aquinas  
Catholic Parish, Palo Alto

Keddem Congregation

MVPA (Mountain View/Palo Alto) Musalla  
(Muslim Mosque)

Oshman Family Jewish Community Center

Palo Alto Buddhist Temple

Peninsula Solidarity Network

Region 7, Sathya Sai Int'l Organization USA

SiVIC (Silicon Valley Interfaith Council)

St. Mark's Episcopal Church, Palo Alto

Stanford Memorial Church and the Office  
for Religious Life

Trinity Church in Menlo Park (Episcopal)

Unitarian Universalist Church of Palo Alto

Unitarian Universalist Fellowship of Los Gatos

Unitarian Universalist Fellowship of Sunnyvale,

Social Justice Team

University AME Zion Church, Palo Alto

University Lutheran Church, Palo Alto

**For more information, visit [www.multifaithpeace.org](http://www.multifaithpeace.org)**

While the whole event is free, RSVP will really help us plan for the picnic! To reply, click on:

<https://www.eventbrite.com/e/multifaith-peace-picnic-multifaith-prayers-tickets-48716367968>

**Click here to visit our Facebook Event page and share with others!**

## September 2018

\* As of Aug. 22, there were no UUFLG activities scheduled on Sat., Sept. 1.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2*	3	4	5	6	7	8
9-10:15a Children's Religious Exploration (CRE) Committee (C.) 10:30-11:30a Service & CRE		10-11:30a Chalice Circle		12-1:30p Retired UU Men's Lunch (RUUMs) 4-6p Minister Office Hours by Appt (MOH)	1-2p Connections C. 2-4p Memoir Writing (offsite)	1-4p Leadership Retreat
9	10	11	12	13	14	15
9:30-10:30a Annual Pancake Breakfast   10:45-11:30a Annual Water Communion Service 3-4p Men's Circle	7:30-9:30p Great Books Discussion	10:30a-12p Finance C. 2-3:30p Caring C. 7-8:30p Multifaith Peace Picnic & Prayers		9:45a-12p Morning Women's Group 4-6p MOH 7-8:15p Board	2-4p Memoir Writing (offsite)	9a-12p Coastal Cleanup Day (offsite) 10a-12p Resistance Chorus (RC)
16	17	18	19	20	21	22
10:30-11:30a Service & CRE 12p Sunday Services C.	7-9p RC	10-11:30a Chalice Circle		12-1:30p RUUMs 4-6p MOH	2-4p Memoir Writing (offsite)	8:30-11a NAMI Walks Silicon Valley (Arena Green West, N. Autumn St., SJ)
23	24	25	26	27	28	29
8:30-10:15a Social Action C. 10:30-11:30a Service (Share-the-Plate: Youth Science Institute) & CRE			6-7:30p Men's Circle	4-6p MOH	2-4p Memoir Writing (offsite)	9a-12p Building & Grounds Workday 10a-12p RC 6-9p Game Night
30	Oct 1	2	3	4	5	6
10:30-11:30a Service & CRE 11:30a-12:30p Children's Book Exchange	7-9p RC	10-11:30a Chalice Circle		12-1:30p RUUMs 4-6p MOH	1-2p Connections C. 2-4p Memoir Writing (offsite)	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.