



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

November 2018

Sunday Services at 10:30 am

November Theme *Gratitude*

Nov. 4 – Harmonious Activism: Creative Expression Aligned with Our UU Values

If you would like, please bring a poem or prose work to share on the issues important to you!

In today's service we will use our creativity to express our beliefs, in song, poetry or prose. We will read poetry and prose related to current issues, and enjoy music from the Resistance Chorus, volunteer singers who support marchers and protesters with music at events throughout the greater Bay Area.

Using the arts to inspire social action unites our minds and hearts in a shared pursuit, and motivates us to stay committed to our values. Let's give thanks for these creative collaborations that help us address the greatest challenges we face in our world today.

Nov. 11 – “Grateful for Mother Earth: The Top 7 Ways to Reverse Climate Change”

Many of us have heard the latest predictions that catastrophic effects of climate change may be coming sooner than we'd previously predicted. Rather than give in to fear, we may wonder what we can do about it, and good news, scientists have spent considerable effort researching this. In this morning's sermon, we'll honor the abundance of Mother Earth and talk practical strategy for preserving our human habitat and the balance of nature. –Rev. Fa Jun

Nov. 18 – On William James, and how I learned to love “Worship”

In the UU tradition, it is common to refer to our Sunday morning service together as “worship,” which prompts many of our non-theist attendees to wonder, “What or who exactly are we worshipping?” Is some type of “worship” important in a human life, and if so, how does it apply to those who don't pray to supernatural forces? Join us for a discussion on the human urge toward the spiritual and what it has to do with our Sunday service! –Rev. Fa Jun

Nov. 25 – “The Power of Yes, and the Power of Gratitude”

In today's world, exhortations to “stay positive” can sound glib, but at the same time, there is plenty of evidence that points toward the power of “positive thinking”. This morning, we'll discover how to create a realistic form of optimism, positivity, and gratitude, which empowers us to live more powerful and ethical lives. –Rev. Fa Jun



Meditation Sun., Nov. 18, 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 an advanced meditator or just starting today, this is a wonderful opportunity to experience community support and learn practical tips, leading to deeper relaxation and alertness.

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.

November Shared Plate Beneficiary: Martha's Kitchen

This month, the offertory on Nov. 18 (except for checks and envelopes marked "pledge") will go to Martha's Kitchen.

Started almost 40 years ago as a "little soup kitchen", Martha's Kitchen is not so little anymore. It still gives out nutritious hot meals onsite in San Jose with its mission to "feed the hungry with dignity, no questions asked, no judgment made." By collaborat-



ing with other meal sites, it is able to take advantage of economies of scale making it possible to prepare meals at an average of just \$2 per meal. It sends out over 360,000 hot and cold meals annually to over 40 other non-profit organizations in Santa Clara County as far south as Morgan Hill and Gilroy, as well as Merced, Santa Cruz and Monterey counties. The "little soup kitchen that could" has proven it certainly could run an efficient kitchen with a lean staff of 9 employees.

Hunger is their primary focus. Just ask any chronically hungry person what their goals are and you will most likely get a blank stare. Even those of us who can afford three square meals a day know that it is hard to focus on anything else with an empty stomach.

At its location in San Jose, Martha's Kitchen serves not only as a soup kitchen and a central kitchen that prepares meals for other sites, it also serves as a clearing house of produce, meat, poultry, frozen and baked goods collected by a band of volunteers from grocery stores and produce markets. These are sorted, then usable goods are kept for meal preparation, and any surplus shared with partner agencies. Learn more at marthas-kitchen.org.

-UUFLG Social Action Committee

September & October Shared Plate

In September, we collected **\$351** for the Youth Science Institute, which offers nature-based science camps in Santa Clara County to children, families and the general public.

In October, we collected **\$573** for the San Jose Peace & Justice Center, which serves as a resource and action center for progressive activism and works toward creating a just, peaceful and non-violent society.

Thank you for your generosity!

Last Chance for UUFLG Directory Photos Sun., Nov. 4, Noon

If you missed out previously, Harry Campbell will hold a final photo session at noon on 11/4 to 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, near the main entrance. Say, "Cheese!"



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

Please spread the word to family, friends, neighbors and colleagues that we have a venue suitable for recitals, weddings, memorials, parties and more! We welcome your ideas to increase our rental income!
Contact Donna Brewer, donnaavb@hotmail.com or (408) 358-1212.

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/.



Appeal for Contributions to the UUFLG Endowment Fund for Long-term Stability

UUFLG has an Endowment Fund (invested with the UUA) whose purpose is to ensure the long-term financial stability of the Fellowship.

Please consider donating to our Endowment Fund. Our goal is to grow the Endowment Fund to the \$50,000 base amount as soon as we can. Donations can be by check made out to UUFLG with “endowment fund” in the subject line or you may want to consider donating Stocks or IRA proceeds. All donations, large or small, are greatly appreciated.

As a reminder, the Endowment Fund is separate from the Fellowship’s Operating Fund. The Operating Fund is funded by our pledges, fundraising, building rentals, etc. It pays for the Fellowship’s programs, staff and expenses.

The Endowment Fund, on the other hand, is funded by gifts specifically made to the Endowment. Gifts may be of money, stocks, annuities, etc. and may be

given at any time. Charitable donations can be part of people’s end of the year tax planning, for instance. Folks also may wish to remember UUFLG in their wills. The UUFLG Endowment Fund is invested with the Unitarian Universalist Association Endowment, which is a professionally managed, socially responsible investment fund.

The UUFLG membership, at the 2018 Annual Meeting, approved governing documents for our Endowment. The Endowment will be allowed to grow to \$50,000 before any proceeds are withdrawn or separately earmarked (think building a reserve fund), and there is an annual process for reporting and decision-making. No part of the Endowment Fund or its proceeds are to be used as part of the regular Operating Fund. Only a majority vote of the Membership can override these provisions.

An Endowment Committee is charged with overseeing the Endowment Fund. Three Fellowship members (Cindy Giesing, Lida Kluzek and Donna Brewer) developed the current governing documents, and the Board appointed them as the initial members of the Endowment Committee. We meet monthly and hope to be both good stewards and good communicators in service to the Fellowship.

NOVEMBER

11TH LAURIE ROBERTS

12TH SARAH JACOBSON

12TH ERIC JACOBSON

12TH LIDA KLUZEK



HAPPY BIRTHDAYS

To be added to the birthday list and to request a mailed card instead of an ecard (default), email admin@uufg.org or leave a message at (408) 358-1212 and your request will be forwarded to our Caring Committee.

UUFLG Volunteered, Walked at NAMIWalks Silicon Valley

UUFLG provided two volunteers (Dave Kiebert and Francie Perren) plus two walkers (Ellen Hill and Sue Ann Lorig) at NAMIWalks Silicon Valley in San Jose Saturday morning, Sep. 22. The Walk proved to be one of the best yet. As the largest awareness-building event of the year for the National Alliance for Mental Illness (NAMI), over 88 walks took place across the country. Silicon Valley had 1,483 walkers show up in Downtown San Jose to help end stigma. The Walk festivities started with a visit from the 49er's Sourdough Sam who took photos with walkers and danced to music. Featured speaker Dr. Stephen Hinshaw gave a moving speech about the importance of ending the stigma associated with mental illness. Dr. Hinshaw is an internationally recognized psychologist, whose contributions lie in the areas of developmental psychopathology and combating the stigma that still surrounds mental illness. Barre 3 led stretches to get walkers invigorated for the 5K walk downtown, followed by Miss Silicon Valley, Amia Nash, who said a few words before she led the countdown to the Walk's start. Walkers were met at the starting line by the Aztec Dancers. Local Bay Area band 5150 helped everyone get in the groove, too. It was a great time for a great cause, with all ages participating. Let's have even more UUFLG folks there next year!



Dave Kiebert



Ellen Hill & Sue Ann Lorig

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/.

Local UU's Packed Food with Rise Against Hunger

Jean-Marc Blanchard, Jerry Morgan, Lynn Golbetz, Sierra Golbetz, and Sue Ann Lorig from our Fellowship joined other UUs from Sunnyvale and San Jose to pack 10,000 meals at the First Unitarian Church of San Jose on Saturday morning, Oct. 13.

We packed 10,000 meals, learned how Rise Against Hunger is focusing most of their food distribution efforts on schools in impoverished areas, which has the added benefit of keeping kids in school instead of working to earn money for food. We'll learn in a few weeks to which community our packed meals were shipped.

We had lots of fun, met new people, and got to know each other better. Helping others really does make you feel good, too!



Below: Jean-Marc Blanchard and Jerry Morgan (left) and Sue Ann Lorig (right)



Above: Sierra and Lynn Golbetz



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



Add the Food Bank to Your Shopping List! Support Our Annual Food Drive!

UUFLG's Annual Food Drive for Second Harvest Food Bank begins Nov. 25 and continues through Dec. 9. As you are shopping for holiday meals, remember to add a few extra cans to your cart for the many struggling families and seniors who depend on Food Bank assistance. If possible, have your children help choose, buy and bring in some items for the food drive collection box in the Fellowship foyer. This can help move their focus from "what *I* want for Christmas" to "How can I help *others* during this holiday season."

Most needed foods are:

- tuna or canned meat
- peanut butter
- soup, stew, chili
- canned foods with pop-top lids
- canned fruits packed in juice
- low-sodium canned vegetables
- canned tomatoes/ tomato sauce
- low-sugar cereals

Cash and check donations are also very welcome; put these in the envelope in the collection box or give them to Jim Beebe or Sue Ann Lorig. Checks should be made out to UUFLG, with Second Harvest Food Bank written in the memo line.



Save the Dates! Fellowship Fundraising

Our Finance Committee requests that you mark your calendars for these important dates:

- 12/2 & 12/9 Holiday Boutique**
- 2/3 Annual Giving Campaign Kickoff**
- 5/4 Auction**

Each of these events needs to be successful to keep the Fellowship solvent in light of an unexpected, recent loss of significant rental income. What can you bake, make or give to the Holiday Boutique?

A Crafting We will Go! Thu. 10a to 12p, 10/25 & 11/29

Our Thursday Morning Women's Group is hosting a crafting group on 10/25 & 11/29 to make items for the Holiday Boutique. Please contact Donna Brewer (donnavb@hotmail.com) to express interest and to pass on any ideas for suitable crafts.

***All women are encouraged
to join us!***

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 28	29	30	31	1	2	3
10:30-11:30a Service & Children's Religious Exploration (CRE)			Halloween 6-7:30p Men's 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)	10a-12p Resistance Chorus
4	5	6	7	8	9	10
9-10:15a CRE Committee (C.) 10:30-11:30a Service & CRE 12p Photos for 2019 UUFLG Directory	7-9p Resistance Chorus	10-11:30a Chalice Circle		9:45a-12p Morning Women's Group 4-6p MOH 7-8:15p Board	2-4p Memoir Writing (offsite)	
11	12	13	14	15	16	17
10:30-11:30a Service & CRE 3-4p Men's Circle		10:30a-12p Finance C. 2-3:30p Caring C.	10:30a Sunday Services C. online only	12-1:30p RUUMs 4-6p MOH	2-4p Memoir Writing (offsite)	10a-12p Resistance Chorus
18	19	20	21	22	23	24
8:30-10:15a Social Action C. 10:30-11:30a Service (Shared Plate: Martha's Kitchen) & CRE 12:30-1:30p Meditation Group	7-9p Resistance Chorus	Transgender Day of Remembrance 10-11:30a Chalice Circle 		Thanksgiving Day 		9a-12p Building & Grounds Workday 6-9p Game Night
25	26	27	28	29	30	Dec 1
Kickoff of Annual Food Drive for Second Harvest Food Bank 10:30-11:30a Service & CRE			6-7:30p Men's Circle	10a-12p Women's Crafting Gathering for Holiday Boutique Crafts	2-4p Memoir Writing (offsite)	

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.