



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

May 28 - June 11

May 31, Sunday, 10:30a, Live Video/Phone-In Only

Pandemic Poetry Share

As we continue to cope with COVID-19 and the physical separation it has imposed, we find solace and inspiration in our creativity and that of others. This Sunday, please bring a poem or equivalent (your own or someone else's) that responds to the current situation or supports you and/or others within it. These may be profound meditations, but they may also be lighthearted diversions – whatever you are inspired to offer is welcome. Please do remember that this is an all-ages service, so language and themes need to be appropriate for all. If possible, please let Lynn Golbetz or Alison Hurwitz know in advance that you would like to participate, as this is the first time we have done a sharing service remotely. We are also happy to look at your poem in advance if you are in any doubt about its suitability. However, last-minute offerings will also be welcome. Contacts:

lynngolbetz@comcast.net, alison.hurwitz@gmail.com

We will gather virtually via Zoom for remote participation. Congregants will not be present at the Fellowship due to physical distancing to mediate the spread of COVID-19.

[Zoom online/phone-in details for May 31 service](#) (PDF)

Note: Zoom details are also always available on our [website](#) and [calendar](#).

For us to efficiently share our joys and concerns during the online service, please send an email to joysandconcerns@uuflg.org with a brief message anytime during the week and before the service begins, and our service associate will share it.

New to Zoom? Our Zoom [basics](#) webpage has links to quick videos on how to use Zoom, including signup, application download, joining a meeting, using chat, and video and sound setup and control during a meeting.

Children & Youth Religious Exploration (CYRE) classes will resume once we start holding services at the Fellowship again. In the meantime, continue to look for emails and Facebook posts from a UU perspective relevant to children and their caregivers sheltering in place. Below, read about Community the Goodwill Bear and a rock art project to promote kindness.



Twice Weekly Meditation

Wednesdays, 12:45-1:30p & Saturdays, 8:30-9:20a via Zoom



Retired UU Men

Thursdays, 1-2:30p, Zoom video/phone-in Only



Parent Support Group

Thursdays, 3-4p, Zoom video/phone-in Only



Building & Grounds Workday

5/29, Friday, 9a-12p, physical distancing, BYO mask, soap & H2O provided



Game Night

5/30, Saturday, 6-9p, Email albertjames420@gmail.com for online access



Chalice Circle

6/2, Tuesday, 10-11:30a, Zoom video/phone-in Only



CYRE Committee

6/7, Sunday, 1-2p, Zoom video/phone-in Only



Finance Committee

6/9, Tuesday, 10:30a-12p, Zoom video/phone-in Only



Women's Group

6/11, Thursday, 10:30a-12p, Zoom video/phone-in Only



Board of Trustees

6/11, Thursday, 7-8:15p, Zoom video/phone-in Only



Click here to visit our web calendar for Zoom access details of all the activities above (unless otherwise noted).



Community Paves the Way to Reunite One Day

While we wait to reunite at UUFLG, Community the Goodwill Bear invites all ages to pave the way by painting “kindness rocks” expressing what’s important to them about Unitarian Universalist fellowship.

Painting rocks to lay along paths has become a way to share uplifting messages and images, especially during the COVID-19 shelter-in-place ([Kindness Rock Project](#)).

We will have an opportunity to lay all our stones down together at the Fellowship when we do return. In the meantime, keep yours at home as a promise to yourself and your family that we will reunite one day and as an inspiration to passersby. Be inspired by the seven UU principles or a hymn. Here are links to the [Seven Principles](#), along with a [child-friendly version](#).

Check out Community’s painting gear and UU-inspired kindness rocks!

[Save the Date - June 14, Sunday, 12p, Live Video/Phone-In Only](#)

UUFLG Annual Membership Meeting

We are holding our annual meeting on Sunday, June 14 at 12 noon.

We are mailing ballots to members to vote on the 2020-2021 budget and open Board and Nominating Committee positions. Voting will be completely mail-in and must be submitted prior to our annual meeting so we can share voting results then.

As always, Zoom video and phone-in access details are available on our web [calendar](#) (link on the right column of [uuflg.org](#)). This will be a different Zoom link than the one for

our Sunday service.

Thank you for your patience and flexibility as we continue to navigate these uncharted waters.

June 7, Sunday, 10:30a, Live Video/Phone-In Only

Unbinding the Knots of Shame

Shame sits way down at the roots of our modern culture, with its roots in Christian dualism. In some of us, shame is also a root motivator in our own psyches. Imagine the freedom and wonder we could experience if we could untie ourselves from the fetters of false shame that we have weaponized against ourselves and one another.

In today's talk, we'll learn about why shame may *seem* like a good idea but is actually one of the worst experiments we've ever attempted. We'll explore techniques to free ourselves from the bondage of shame, and to hold space for others who need help untying as well.

All through June, we will explore the theme of pride - both pride in general, and the pride celebrations in the LGBTQ+ community. Today, we'll take time to specifically educate ourselves on how shame, blame, guilt, and dehumanization have injured LGBTQ+ hearts, families, and bodies. We'll strategize how we can each become a greater force of welcome and healing to dissolve and obstruct homophobia, transphobia, and all forms of shame-based intolerance wherever we may find them. –Rev. Fa Jun

Send announcements to comms@uufhg.org by Tuesday of that week's issue.

Announcements are edited for brevity, clarity, and style.

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