



Unitarian Universalist Fellowship of Los Gatos

# What's Happening

*open minds, loving hearts, serving hands*

November 19 - December 3

November 22, Sunday, 10:30am, Zoom

## How to Nourish Yourself and Others with Gratitude

Did you know that gratitude is an important emotional nutrient? You've likely intuited it, but research confirms our intuitions. When we are grateful for our lives, it strengthens our spirits, and when we receive gratitude from others, it bolsters our hearts. This morning will be an interactive service, sharing the known benefits of gratitude and the practices to take full advantage of them together. –Rev. Fa Jun, Minister

We will gather online via Zoom as congregants will not be present at the Fellowship at this time. [Zoom online/phone-in details for November 22 service](#) (PDF) Zoom details are also always available on our [website](#) and [calendar](#). New to Zoom? Visit our [Zoom basics](#) webpage. Contact [Service Associate](#) Katie Rall to plan UUFLG special announcements, etc.

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To share joys and concerns during the online service, please send an email to [joysandconcerns@uuflg.org](mailto:joysandconcerns@uuflg.org) with a brief message anytime during the week and before the service begins.

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**Children & Youth Religious Exploration** (CYRE) in-person classes will resume once we hold services at the Fellowship again. Opportunities for remote participation are below.

Our Fellowship and First Unitarian Church of San Jose are collaborating to offer children and youth a forum to engage with area UUs via Zoom. Elementary kids meet Sundays at 1:30 pm; middle-schoolers Mondays at 4 pm; and high-schoolers Sundays at 3 pm. Email [Colleen Hamilton](#) for links.

Children may visit [UUFLG Kids YouTube Channel](#) to view videos that entertain or enlighten. To post an original video to our channel or recommend another YouTube video to our playlist, email the file or a link to [Colleen](#).





Retired UU Men

[Thursdays, 1-2:30pm, Zoom](#)



Board of Trustees

[11/19, Thursday, 7-8:15pm, Zoom](#)



Building & Grounds Workday

[11/27, Friday, 9am-12pm, Zoom](#)



Game Night

[11/28, Saturday, 6-9pm, Zoom](#)



Chalice Circle

[12/1, Tuesday, 10-11:30am, Zoom](#)



Click to go to our web calendar with Zoom details for all UUFLG events.

[October 31 through November 29](#)

## A Food Drive with a Difference

Due to COVID-19, instead of collecting canned and boxed food, Second Harvest of Silicon Valley is relying on monetary donations to purchase food in bulk for distribution to the many families and seniors seeking food assistance.

With careful buying, Second Harvest stretches one dollar to provide two meals! Our Religious Exploration students made "Coins for Cans" collection banks at the Halloween Family Activity on Oct. 31. Adults can donate by writing a check to UUFLG with Second Harvest in the memo line any time between Oct. 31 and Nov. 29. Your help is needed more than ever this year so please be generous!



**SECOND HARVEST**  
*of* **SILICON VALLEY**

[November 28, Saturday, 1-4pm](#)

## Thanksgiving travel cancelled? Make bird feeders for our Garden Boutique!

Staying home this holiday? Join your UUFLG family to serve our church community and local residents in need.



Here's how. Drop by the Fellowship to lend a hand any time between 1 and 4 pm on our next [Afternoon of Service](#), Saturday, Nov. 28. Our Religious Exploration team will help us create decorative birdseed dispensers to sell at the Garden Boutique. They will also gladly receive any coins collected for the Second Harvest Financial Food Drive. Participate in ongoing service projects such as [Crayon recycling](#) as well. Kids and kids at heart are welcome. Service activities outdoors can safely engage our youth and full us adults so grab a mask and join us!



Save-the-Date: Saturday, December 5

## Call for Boutique Donations & Help to Publicize!

Our boutique committee welcomes donations from our community members to sell to raise funds for the Fellowship. Donated items will be part of the "UUFLG Collective" and 100 percent of its proceeds will go to the Fellowship.

We are grateful to receive handcrafted items of food, housewares, decor, arts, crafts, and more. If you love it, no doubt others will too!

Contact [Robb Stolberg](#) to donate items and arrange for pick-up, and contact

[Karen Fitch](#) to help with the Boutique.

The UUFLG Collective and other vendors will offer a wide selection of unique and handcrafted items – great gifts for the upcoming holidays.

Help generate a great turnout of shoppers! Please share with friends, family and neighbors in email, on social media and in conversations. **Flyers:** [Portrait](#) | [Landscape](#)

Make plans to attend the Boutique to support our community and local artists!

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## Share Your Cultural Holiday

Our Religious Exploration team invites you to share your holiday. One of the Six Sources that guides our UU tradition is "wisdom from the world's religions which inspires us in our ethical and spiritual life." Sharing this is most meaningful through personal connection or lived experience.



Is there a cultural or religious holiday or tradition you would like to share during a Time for All Ages at a Sunday service? The RE team can help you prepare a two-minute offering of words, images, or music to represent a holiday you feel connected to.

## SPIRITUAL ACTIVISTS LEADING TOGETHER

SALT is a 6-month program focused on training and empowering young adult justice leaders across California through a lens of spiritual practice and community support.

Apply at [UUJMCA.org/SALT](https://uujmca.org/SALT)

### Contact Us

Mx. Maddie Tuning, SALT Coordinator  
(925) 324-8366  
[salt@uujmca.org](mailto:salt@uujmca.org)

Office hours: 3-4pm PST, Tuesday  
through Sunday



Applications open through November 30

**Calling All Young Adult Justice Makers:** Applications for the Unitarian Universalist Justice Ministry of California's *Spiritual Activists Leading Together (SALT) Fellowship program* are open through November 30. Gather with young adults across California for this six-month series of workshops, actions, mentorship, and community building. This entirely online offering is free and open to all UU and UU-aligned justice makers ages 18 to 35. It will run from January through June 2021. Learn more and apply at [uujmca.org](https://uujmca.org).

November 29, Sunday, 10:30am, Zoom

### Finding Gratitude in Challenging Times

Thanksgiving this year has had to change, like so many other celebrations and familiar rituals that mark our passage through the seasons. How do we give thanks when everything has altered? In the midst of this strange and disconcerting time, we come together as a community to consider what makes us feel most grateful; the small points of light we hold within our hearts that continue to illuminate our way. This Sunday's service welcomes you to bring a poem or a short essay on gratitude to share. We'll discuss our different paths to gratitude, the small things that lift our spirits, and new things we are appreciating that we may not have noticed before 2020. –Robb Stolberg, Service Lay Leader

Send announcements to [comms@uuflg.org](mailto:comms@uuflg.org) by Tuesday of that week's issue.

Announcements are edited for brevity, clarity, and style.

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15980 Blossom Hill Rd., Los Gatos 95032