



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

April 29 - May 13

May 2, Sunday, 10:30am, Zoom

Jedi Mind Tricks: Limbic Resonance, Cognitive Dissonance, & Transformation

As we move toward May the 4th as in "May the Fourth Be With You" (a riff on "May the *Force* Be with You"), let's upgrade our Jedi skills together. A "Jedi mind trick" is an aspect of the Star Wars mythos that allows a practitioner to influence the thoughts and emotions of another. For us real-life humans, it's important to know we're doing this all the time. Our minds are not conveniently tucked away in our heads, rather our neurobiology seems to be oddly extended and *interpersonal*. This morning, we'll explore how this interconnectedness of our minds and emotions can help us navigate some of the problems that plague society – those based in polarization and cognitive dissonance. –Rev. Fa Jun

As we continue to keep our distance for safety, connection is more important than ever. Apart in body, let us gather in spirit and intention. Join us online: [Zoom online/phone-in details for May 2 service](#) (PDF) Zoom details are also always available on our [website](#) and [calendar](#). New to Zoom? Visit our Zoom [basics](#) webpage. Contact [Service Associate](#) Karen O'Brien to plan UUFLG special announcements, etc.

To share 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.

Children & Youth Religious Exploration (CYRE) in-person classes will resume once we hold services at the Fellowship again.

In the meantime, our Fellowship is collaborating with the UU Fellowship of Sunnyvale and the First Unitarian Church of San Jose to offer children and youth a forum to engage with area UUs via Zoom. Contact [Colleen Hamilton](#), Director of Religious Exploration, for more information.



Children may visit the [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](#).

Offertory Options – A PayPal transaction in the middle of a service can feel less natural than putting a little something in the basket as it passes by. But our Sunday donations really are important to keep our Fellowship financially healthy. Another option than PayPal is to setup a recurring donation of any amount through your bank's bill-paying service. For more information on that, Charlie Holst and Karen O'Brien are available to assist. Mailing checks to the Fellowship remains an option, too.

April 30, Friday

Celebrate Arbor Day

This Arbor Day, take time to appreciate trees. The [Arbor Day Foundation](#) has [ideas](#) to inspire you. From blooming dogwoods to mighty redwoods – ah/awe – trees.



Happy Birthday!

Mark Ditzler – May 1
Joe Fitch – May 2
Christina Morgan – May 9
Ron Kirkland – May 11
Lynn Golbetz – May 19
Audrey Freeman – May 25
Colleen Hamilton – May 26



Retired UU Men

Thursdays, 1-2:30pm, Zoom



Building & Grounds Workday

4/30, Friday, 9am-12pm, masked and distancing



CYRE Committee

5/2, Sunday, 5-6pm, Zoom



Sunday Services Committee

5/3, Monday, 3-4pm, Zoom



Chalice Circle

5/4, Tuesday, 10-11:30am, Zoom



Afternoon of Service

5/8, Saturday, Drop-in 1-4pm



Social Action Committee

5/9, Sunday, 9-10am, Zoom



Great Books Discussion
5/10, Monday, 7-9pm, Zoom



Finance Committee
5/11, Tuesday, 12-1pm, Zoom



Board of Trustees
5/13, Thursday, 7-8:15pm, Zoom



Click for our web calendar with Zoom details of UUFLG events.



Sidewalk-Chalk Flower Communion

Our second annual sidewalk-chalk flower communion will continue all month. Drop by the Fellowship anytime to draw a bloom in our chalk vase. You'll find it sketched on the pavement along the fence by the children's area. A basket with chalk is there, too. Also, greet Community the Goodwill Bear in the West Room window. They are contributing blossoms to our spring ceremony with an azalea. You'll find a basket with supplies and instructions to send a birthday card to Community, too.

It's Community's one-year anniversary of being together apart! That basket is by Community's Together Apart banner, which you are always welcome to sign.



May 8, Saturday, Drop-in 1-4pm

Afternoon of Service

Lend a hand on Saturday, May 8, anytime 1-4 pm. Families and individuals can work outdoors at project stations:

- Sorting spent crayons, markers, pens, and pencils for recycling (bring cast-offs from your home, office, or school)
- Packing personal-care items in “survival sacks” for those experiencing homelessness
- Writing letters of support for preservation of the Amah Mutsun’s sacred lands at Juristac
- Making Mother’s Day cards with hand-recycled paper
- Weeding the children’s area grounds

All work, no play? Of course not! Greet Community the Goodwill Bear through their window—and people from UUFLG and other area fellowships. Wear masks, bring a water bottle, and stop by whenever and for however long you like. Tasks are suitable for all ages; children should be accompanied by a parent or guardian. Email [Colleen Hamilton](#) with any questions. RSVPs welcome but not required.

May 9, Sunday, 10:30am, Zoom

In the Arms of the Great Mother

It can be so easy to get caught up in the hustle and bustle of our everyday lives. Not only do we find ourselves immersed in the minutia of keeping ourselves and families healthy, but we’re also called from within to act on behalf of those harmed in the various tragedies we regularly witness. Underneath all this, there is the subtle hum of the interconnected web, and this can be a refuge for us. Mother Earth is working just fine, it’s *us* we have to worry about. When we settle back into the arms of the Great Mother – the groundedness of Nature herself – we can come at the challenges of our lives from a novel and refreshed perspective. –Rev. Fa Jun, Minister

Send announcements to comms@uufg.org by 7 pm Tuesday of that week's issue.

Announcements are edited for brevity, clarity, and style.

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