



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

May 13 - May 27

May 16, Sunday, 10:30am, Zoom

Secure Attachment, Save Us All

Healing our attachment wounds will heal our world. Attachment theory is becoming more and more known. Put simply, secure attachment comes from a child feeling felt – having the sense that their guardians are sensing them and prioritizing their thriving. When we don't get this strong foundation of secure attachment early on, life is more difficult later, and that makes it difficult to be someone who helps create a good world. Fortunately, we can work to heal attachment wounds at *any* age. This morning, we'll look at the basics of how we can start to heal our own minds and hearts while we make this process easier for those around us. –Rev. Fa Jun, Minister

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 16 service](#) (PDF) Zoom details are also always available on our [website](#) and [calendar](#). New to Zoom? Visit our Zoom [basics](#) webpage. Contact [Service Associate Lynn Golbetz](#) 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.



Retired UU Men

Thursdays, 1-2:30pm, Zoom



Board of Trustees

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



Park Clean-up

5/15, Saturday, 10-11am, Blossom Hill Park



Chalice Circle

5/18, Tuesday, 10-11:30am, Zoom



"All We Can Save" Book Circle

5/22, Saturday, 11:30am-12:30pm, Zoom



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

May 15, Saturday, 10-11am, Blossom Hill Park

Family-Friendly Park Clean-up

Each year, our Fellowship participates in National River Cleanup Day in May. This year, UUFLG will be doing a mini-cleanup at Blossom Hill Park, just three blocks from the Fellowship. Come to the back parking lot on Shannon Road for cleanup tools, gloves, and trash bags

before we spread out. Families and individuals can also check out a set of trash grabbers at the end of the cleanup to do their own neighborhood litter pick-up, and return them at the end of the month. If you want to check out cleanup tools, but can't come to the park next Saturday, email or call [Ellen Hill](#), [408-371-5776](tel:408-371-5776). This activity is family friendly, and the park has play equipment.



Register Today!

UU JUSTICE MINISTRY OF CALIFORNIA'S Regional Justice Convenings

MAY 14 & 15

NORTHERN
CALIFORNIA

MAY 21 & 22

CENTRAL
CALIFORNIA

JUNE 11 & 12

SOUTHERN
CALIFORNIA



uujmca.org/RJC



Love ARCs: Online Regional Justice Convenings for Calif. UUs

Join UUJMCA and our California partners for our 2021 Regional Justice Convenings! These convenings are a free opportunity to deepen our faith-rooted work for justice, learn about active legislative efforts and statewide actions, and take a "deep dive" into UUJMCA's Core Campaigns for 2021 (including: Defund Police, ICE out of California, Fossil Free California, and Medicare for All). This year we are especially excited to root our conversations and community in our redeveloped "Love ARC" model for putting our love into faithful and intentional action for collective liberation. Our Regional Justice Convenings include an optional but recommended spiritual grounding Friday evening, followed by a half-day of programming and conversation with plenty of breaks on Saturday. Convenings will be held online on the following dates.

Northern California: Friday, 5/14 & Saturday, 5/15

Central California: Friday, 5/21 & Saturday, 5/22

Southern California: Friday, 6/11 & Saturday, 6/12

[Learn more and register today!](#)



50 Survival Sacks Packed this Year

At our Afternoon of Service this past Saturday, 5/8, youth and adult volunteers packed 20 more survival sacks for the homeless, containing underwear, socks, and hygiene supplies. We delivered them to Sacred Heart Community Service this week. We donated a total of 50 sacks this year, by far the most we've ever filled, thanks to your very generous donations during our drive in February.

Afternoon of Service Brings UUs Together for Greater Good

UUs from the Los Gatos, Sunnyvale, and San Jose fellowships joined together in service to others this past Saturday, 5/8. In addition to the survival sacks, they sorted paraffin crayons to be recycled and donated to children in hospitals; colored Mother's Day cards urging First Partner Newsom to promote a bill requiring setbacks of toxic oil and gas

operations from playgrounds, schools, and residences; and signed a [petition](#) to protect the Amah Mutsun's sacred lands at Juristac from a sand and gravel mine.

There's still time to get involved remotely! On Sunday, 5/23, in recognition of Endangered Species Day, Time for All Ages will involve a display showing species whose habitat is threatened by the sand and gravel mine proposed for Juristac. In-person participants kicked off this project by making clay figures of a badger, puma, red-legged frog, and tiger salamander. If you or your child wants to make one too, email [Colleen Hamilton](#) to get supplies and instructions.



May 22, Saturday, 11:30am-12:30pm, Zoom

Climate Discussion Circle

Youth and adults are welcome to join a discussion of women's writing on the climate crisis in *All We Can Save: Truth, Courage, and Solutions for the Climate Crisis* via [Zoom](#). The section of this anthology entitled "Feel," pages 228-283, will be our focus. Join us for a discussion of emotions related to the climate crisis. Read only selections of interest and/or explore these [multimedia materials](#). The book is available for purchase at a 15 percent discount from Books Inc in Campbell or on loan from generous UUFLG donors. Email DRE [Colleen Hamilton](#) if you are interested in borrowing a copy or have further questions.

May 23, Sunday, 10:30am, Zoom

What Brings You Here? Sharing Our Spiritual Autobiographies

Why are you here in this Unitarian Universalist Fellowship? What was your spiritual up-bringing, if you had one? What journey took you from there to here, and what made this path meaningful to you? What brought you to UUFLG and how did you know that you were in the right place when you got here? Come share your spiritual autobiography with us. We are so looking forward to getting to know one another better. Our service format will facilitate sharing in small groups. –Robb Stolberg & Karen O'Brien, Service Lay Leaders

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

Announcements are edited for brevity, clarity, and style.

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