



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

October 14 - October 28

October's Theme is the Unseen Realm

The unseen realm is one of blessings, subtle forces, the human unconscious, and the mysterious wonders of the night. As autumn deepens, we ride that tide to take ourselves *inward* and explore this realm of subtlety, nuance, art, and mystery. –Rev. Fa Jun, Minister

October 17, Sunday, 10:30-11:30am, In-person & Zoom

Spiritual Bypassing: What it is (and what it isn't)

Spiritual bypassing has been a little-known phenomenon for many years, but you'll be hearing of it more and more. It comes up when we have used a belief system to avoid our problems, and can even cause mental health challenges for some meditators. It comes up too when we use spiritual jargon or philosophies to diminish the importance of social issues and harm.

Today we'll get a 101-level lesson on spiritual bypassing and where it might show up in our life. We'll also consider what sometimes gets labeled spiritual bypassing but are actually healthy forms of spirituality. –Rev. Fa Jun, Minister

[Guidelines](#) for in-person attendance are online and posted throughout the building. To join us remotely: [Zoom online/phone-in details](#) for October 17 service (PDF). Zoom details are also on our [website](#) and [calendar](#). Contact [Service Associate](#) Karen O'Brien to plan UUFLG special announcements, etc.

To share joys and concerns, please send an email to joysandconcerns@uuflg.org with a brief message anytime during the week and before the service begins. You may also share live during the service.

Children & Youth Religious Exploration (CYRE) – In-person RE catering to children 11 and under is held by the garden. Sign-in at the picnic table before the service. Youth are welcome to join us outdoors or attend the service. Area UU youth gather at the Los Gatos Fellowship once a month on Sunday afternoons. Contact Director of Religious Exploration [Colleen Hamilton](#) for more information.

Children and youth 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](#).



Board of Trustees

10/14, Thursday, 7-8:15pm, Zoom



Meditation Class/Practice

10/17 & 10/31, Sunday, 12-12:45pm, In-person & Zoom



Endowment Committee

10/17, Sunday, 12:15-12:45pm, Zoom



Chalice Circle

10/19, Tuesday, 10-11:30am, In-person & Zoom



Climate Study & Action Circle

10/23, Saturday, 11:30am-12:30pm



Outdoor Game Night

10/23, Thursday, 5-7pm, In-person



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



From left to right: Karen Fitch, Erma Browning, Judy (visiting from New Orleans), and Laurie Roberts (behind the camera) enjoyed each others company and crafted at the first Makers Meetup.

Next Session: November 1, Monday, 12-2pm, In-person

First Makers Meetup – Sweet Success!

Last week, a small cadre of creatives kicked off the first session of our Makers Meetup, a casual gathering of UUFLG members and friends who come together on the first Monday of the month to work on individual crafting or maker projects. There's room to safely accommodate more so make plans to attend November's session! The facilitators are Laurie Roberts and Karen Fitch.

October 17 & 31, Sunday, 12-12:45pm, In-person & Zoom

Learn to Meditate

And if you already know how, come practice in a group of like-minded folks. This weekly class (skipping one Sunday each month) is centered around practice. We'll practice for 24 minutes together after receiving brief instruction before and time for Q&A after. Come enjoy our supportive environment for learning easeful and evidence-based meditation practices, grounded in Buddhist tradition. In person and [online](#). By donation for non-UUFLG members. –Rev. Fa Jun, Minister

October 23, Saturday, 11:30am-12:30pm, Zoom

Climate Study & Action Circle

Youth and adults are welcome to join this [online](#) discussion of *Finding the Mother Tree: Discovering the Wisdom of the Forest* by Suzanne Simard. The introduction and first chapter will be our focus.

October 23, Saturday, 5-7pm, In-person

Outdoor Game Night

Everyone is invited to an evening of outdoor fun. We'll have board games on the deck for all ages to enjoy. Potluck snacks may be enjoyed while social distancing and masks worn while playing games with children under twelve. Game on!

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

Announcements are edited for brevity, clarity, and style.

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