



Unitarian Universalist Fellowship of Los Gatos

# What's Happening

*open minds, loving hearts, serving hands*

October 28 - November 11

October 31, Sunday, 10:30-11:30am, In-person & Zoom

## Honoring our Departed through Ceremony

Join us outdoors for our annual celebration of All-Hallow's Eve. Our brief service will center around creating our ancestral altar. This is an all-ages service. Feel free to come in costume, and wear your layers – it's autumn in California so you never know. Bring a picture of your beloved departed and any kind of offering you'd like to place on the communal altar. –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](#) (PDF). Zoom details are also on our [website](#) and [calendar](#). Contact Service Associate Katie Rall to plan UUFLG special announcements, etc.

To share joys and concerns, 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. 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](#).



Retired UU Men

Thursdays, 1-2:30pm, email [harryrcampbell@gmail.com](mailto:harryrcampbell@gmail.com) to check if the upcoming meeting is in-person or via Zoom



Building & Grounds Workday

10/29, Friday, 9am-12pm, In-person



Meditation Class/Practice

10/31 & 11/7, Sunday, 12-12:45pm, In-person & Zoom



Makers Meetup

11/1, Monday, 12-2pm, In-person



Chalice Circle

11/2, Tuesday, 10-11:30am, In-person & Zoom



CYRE Committee

11/7, Sunday, 5-6pm, Zoom



Great Books Discussion

11/8, Monday, 7-9pm, Zoom



Finance Committee

11/9, Tuesday, 10:30am-12pm



Sunday Services Committee

11/9, Tuesday, 4:30-5:30pm



Board of Trustees

11/11, Thursday, 7-8:15pm



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

October 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 31, Sunday, 3-5pm, UU Fellowship of Sunnyvale

### Gourds and Ghouls Get-together for All Ages

Let's celebrate harvest, Halloween, and Dia de los Muertos! The UU Fellowship of Sunnyvale invites folks from our Fellowship to a seasonal outdoor get-together. Walk a series of physically distanced stations with your trick or treat bag to collect prepackaged healthy snacks – and a treat or two. Activities at each station will be fun for the whole family! Wear a costume – along with a mask, of course – and join the parade at 4pm. Look for the picnic tables outside the church building at 1112 S. Bernardo Ave, Sunnyvale, 94087. Parents or guardians are expected to accompany their children at this event. [RSVPs](#) appreciated.

November 7, Sunday, 10:30-11:30am, In-person & Zoom

## Being Grateful, In Spite of It All

There's plenty around to criticize, if we look for it. And your brain's negativity bias is *constantly* looking for it. Fortunately, our brains have other tricks up their sleeves as well. We can train our minds to select for what we have to rejoice in and be grateful for. Without checking out from life or being unrealistic Polyannas, we can turn our mind to savoring the good and learn to be grateful, in spite of it all. –Rev. Fa Jun, Minister

Contact Service Associate Lynn Golbetz to plan UUFLG special announcements, etc.

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Send announcements to [comms@uuflg.org](mailto:comms@uuflg.org) by 7 pm Tuesday for that week's issue.

Announcements are edited for brevity, clarity, and style.

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15980 Blossom Hill Rd., Los Gatos 95032