



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

August 18 - September 1

August 21, Sunday, 11am-12pm, *In-person & Zoom

Spiritual Café on Aging

"Here a pivot, there a wheel, now a pinion, next a spring will give way. I steer my bark with hope in the head, leaving fear astern." –Thomas Jefferson

As we, or those we love, face the close of life and the diminishment of both body and capacity, how can we approach aging with revised goals and expectations of ourselves and others? How do we accept ourselves, our aging parents, or our aging friends with loving patience? How do we respect the "inherent worth and dignity" of those struggling with aging? How much does the fear of our own death or the loss of a loved one, affect our acceptance of the aging process?

Zoom remains an option: [direct link](#). Zoom details are on our [website](#) and [calendar](#). Contact our service associate to plan UUFLG special announcements, etc.

* For in-person attendance, we continue to follow safety protocols detailed in our [Gathering Guidelines](#).

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) – We supervise and provide activities for children from 10:45 to 12:15. Youth are welcome to participate in a variety of roles around the Fellowship.

We are grateful for our volunteers who make Sunday Service a special time!

Our invaluable volunteers this Sunday include service associate [Katie Rall](#), sound technician [Joe Fitch](#), zoom host [Matthew Fitch](#), and snacks providers [Karen, Joe & Matthew Fitch](#). **Please thank them in person when you get the chance!**

Upcoming Regularly Scheduled Activities



Retired UU Men

Thursdays, 1-2:30pm. Check with Harry Campbell if in-person or via Zoom



Caring Committee
8/18, Thursday, 6:30-7:30pm



Game Night
8/20, Saturday, 5-7pm, UUFLG



Building & Grounds Workday
8/27, Saturday, 9am-12pm



Children's Book Exchange
8/28, Sunday, 12-1pm



Click for our web calendar of all UUFLG events.

August 20, Saturday, 5-7pm, In-person

Game Night

We enjoy Game Night on third Saturdays, alternating locations between the Los Gatos and Sunnyvale UU fellowships. This time it's in Los Gatos, and we'll play at tables outside. A variety of games are on hand that appeal to both adults and children—or bring along one of your own. Feel free to share in potluck snacks.

August 28, Sunday, 11am-12pm, In-person & Zoom

From Gang Youth to Community-Builder

This Sunday we will have the pleasure of listening to the life story and impressive lessons that have been learned, and in turn, taught by local chef, Mark Segovia. His youth in the South Valley, experiences with gangs and drugs at a young age, and his life changing choices that altered his life's path. He has become a beacon in the community and a mentor to many. His professional accomplishments are many and the volunteer work that he does brings the community together to feast on his hard-learned life lessons and his incredible food.

Chef Mark Segovia grew up in Gilroy, CA. At a young age, Mark got involved with drugs and gangs; at age 18, he left Gilroy to change his life. Chef Mark is a graduate of Le Cordon Bleu with over 23 years of professional experience. He applied his skills as a chef for the Central Market of Austin, Texas, and contributed to opening the flagship store for Whole Foods. His experience includes working at Google, Apple and lending his experience and opening numerous restaurants. Building community is a driving force for Chef Mark. Over the years, he has provided a variety of cooking classes and events for many occasions and takes pride in using locally grown and seasonal ingredients. Mark is also involved in helping youth redirect their lives and keeping them out of the justice system as a coordinator for a Restorative Justice Diversion Program started by the district attorney's office.

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

Announcements are edited for brevity, clarity and style.

Reading this on our website and want to receive future issues in email? [Sign up](#)

Request to be added to discussion and announcement email lists: admin@uufg.org

Send your contact updates (phone, email, mailing address) to admin@uufg.org

