



Unitarian Universalist Fellowship of Los Gatos

# What's Happening

*open minds, loving hearts, serving hands*

December 1 - December 15

December 4, Sunday, 11am-12pm, \*In-person & Zoom

## The Biohacker's Guide to the Holidays

The holiday season can be a terrible time for changes. Travel tends to throw off one's meditation practice, family meals disrupt one's specific diet, and walks and workouts go out the window. One strategy is just to let these things go, but some of us find we never make it back to our regimen after the festival is over. The trick is to become adaptive and create new and out-of-the-box strategies. If we master this skill, it can apply to many aspects of our lives. Today, we'll use the challenge of surviving the holidays as a case study for a skill that can benefit us everywhere. –Rev. Fa Jun, Minister

\* For in-person attendance, we continue to follow safety protocols detailed in our [Gathering Guidelines](#). Zoom remains an option: [direct link](#). Zoom details are on our [website](#) and [calendar](#). Contact our service associate to plan UUFLG special announcements, etc.

To share joys and concerns, please send an email to [joysandconcerns@uufllg.org](mailto:joysandconcerns@uufllg.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 provide supervised 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 greeters [Karen, Joe & MJ Fitch](#), service associate [Mark Ditzler](#), sound technician [Julie Matthews](#), Zoom host [John Matthews](#), and snack providers [Sharmin Khan, Sue Ann Lorig & Cindy Giesing](#). 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



Game Night  
12/3, Saturday, 5-7pm, UU Sunnyvale



CYRE Committee  
12/4, Sunday, 12:30-1:30pm



Finance Committee  
12/5, Monday, 10:30am-12pm



Membership Committee  
12/5, Monday, 5-6pm



Chalice Circle  
12/6, Tuesday, 10-11:30am



Board of Trustees  
12/8, Thursday, 7-8:15pm



Makers Meetup  
12/12, Monday, 1-3pm



Great Books Discussion  
12/12, Monday, 7-9pm



Caring Committee  
12/15, Thursday, 6:30-7:30pm



Click for our web calendar of all UUFLG events.

Saturday, December 3, 5-7pm, Sunnyvale

### All-Ages Game Night

Board-game enthusiasts from the Los Gatos and Sunnyvale UU fellowships meet monthly, alternating locations. In December, UU Sunnyvale hosts (1112 S. Bernardo Avenue, Sunnyvale). There will be a variety of table games on hand that appeal to adults and children – or bring along one of your own. Feel free to share in potluck snacks as well.

Sunday, December 4 & 11, 10-11am & 12-1pm

### Annual Holiday Boutique

Enjoy our Annual UUFLG Holiday Bazaar! This Sunday and next, December 4 & 11 before and after the services, starting at 10am. Come shop! Get your gifts for friends and family and support UUFLG; all proceeds benefit our congregation. Want to help? Kindly donate handmade items or baked treats to sell. Need information? Contact Karen Fitch.

Wednesday, December 7, 7pm, Zoom

## Musical Meditation

UU Sunnyvale's Rev. Nina Kalmoutis and Dave Griffiths invite you to their program of Musical Meditation every first Wednesday of the month. Enjoy a one-hour program centered on selected works of classical music with brief interludes of poetry and relevant passages. Held online, the interlude provides a period of calm reflection in the midst of a busy week. Join them at 7pm via [Zoom](#).

---

December 11, Sunday, 11am-12pm, In-person & Zoom

## The World Needs Unitarian Universalists

Usually, about this time, I like to give a sermon on the Christian roots of Unitarianism and Universalism. This year, when faith traditions are promoting division everywhere we look, we need the special gifts that a tradition like UUism has to offer. This morning, we'll rediscover our history, and how we may find ourselves most useful during the modern age. –Rev. Fa Jun, Minister

---

**Be a Greeter** – 20 minutes and a smile. That's all it takes to be the face of UUFLG. Contact Donna Brewer to sign up.

---

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.

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@uuflg.org](mailto:admin@uuflg.org)

Send your contact updates (phone, email, mailing address) to [admin@uuflg.org](mailto:admin@uuflg.org)

Receive support and offer help to others: [caring@uuflg.org](mailto:caring@uuflg.org)

Not on email? [\(408\) 358-1212](tel:(408)358-1212)

---

[donate](#)

Unitarian Universalist Fellowship of Los Gatos  
15980 Blossom Hill Rd., Los Gatos 95032