



Unitarian Universalist Fellowship of Los Gatos

What's Happening

open minds, loving hearts, serving hands

November 24 - December 8

November 27, Sunday, 11am-12pm, *In-person & Zoom

O Tannenbaum, O Tannenbaum

Decorating the tree is one of the most festive and fun traditions that loved ones share during the holiday season. There's something special about stringing the lights and hanging all the ornaments you've collected over the years that really fills you with holiday spirit. But, have you ever wondered what led us to this treasured tradition? Well, wonder no longer. Honor the upcoming wintery holidays by celebrating the pine tree and the cultural history behind how it became one of the centerpieces of our Christmas season. We will decorate our UUFLG tree this morning, so please bring an ornament to hang upon the tree. –MJ Fitch, Service Lay Leader



* 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@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 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 greeter [Lynn Golbetz](#), service lay leader [MJ Fitch](#), sound technician [Linda Osborne](#), Zoom host [Karen Swank-Fitch](#), and snack providers [Roberta Chinn & Robb Stolberg](#). Please thank them in person when you get the chance!



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



Makers Meetup

12/5, Monday, 1-3pm



Membership Committee

12/5, Monday, 5-6pm



Chalice Circle

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



Board of Trustees

12/8, Thursday, 7-8:15pm



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

Prepare yourself for our Annual UUFLG Holiday Bazaar! Two Sundays, December 4 & 11 before and after the services. 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.

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

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 by 7 pm Tuesday for that week's issue.

Announcements are edited for brevity, clarity and style.

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