

Unitarian Universalist Fellowship of Los Gatos



FELLOWSHIP NEWS

July 2009 No.7; published 12 months each year. Glen Marchant, Editor

Our Mission

- Provide a place where people are inspired to think about and discuss values, ethics, and the meaning of their lives
- Stimulate spiritual growth in children and adults through exposure to a wide variety of religious thought and experience
- Provide mutual support, caring and fellowship to our members
- Provide support of the larger community through service and social action
- Appreciate and honor our connectedness with all living things

July 2009

Sunday Services at 10:30

July 5: *Song of Peace*

Karen Melander-Magoon joins us once again, sharing her beautiful voice and original music in a sermon focused on songs and quotations as well as anecdotes from Martin Luther King, Kahlil Gibran, Jesus, Gandhi and others, woven together to describe the yearning and search to live in peace.

Dr. Karen Melander-Magoon found her way to Unitarian Universalism in 2004 through forum at First Unitarian Universalist Church in San Francisco. She felt a calling to its ministry both to be inspired and to hope to inspire others through openness and deep respect for all life, a responsibility to the amazing gifts of nature, as well as a spiritual awareness of our connectedness and a reverence for all around us.

July 12: *Family Relations*

Our own Bert Olson, a transferee from Texas, was intrigued when Victoria said on Mother's Day she would like to hear a sermon from a man on Father's Day. Bert had done that for his UU church in Texas. He was not here on Father's Day and has expanded the talk to include family relationships. Of particular note is the different ways the minds of men and women operate. Come and learn something about yourself that you may not already know.

Bert comes to UUFLG from Community UU Church in Plano, Texas. Bert's world travels (in his work life, he was in technical sales, marketing and general management) broadened his perspective on life and religion. He is happy to share that perspective with us. We are happy to have him with us!

July 19: *Letting Death Feed Life*

In the last century the United States has moved far away from natural ways of dealing with death, with an increasing industrialization of the funeral business that has had devastating environmental consequences. We'll explore options such as home funerals and green burials that empower people to take back this very tender and personal time, restoring the Earth all the while.

Rev. Vicky Combs is a Unitarian Universalist minister who recently served as interim minister at the UU Fellowship of Sunnyvale. She currently serves as a hospice chaplain and is moving into the death-midwifery role. Vicky also has a private practice in body-centered spiritual direction encouraging and empowering folks to live fully until they die.

July 26: *Where Love Is:*

A Biblical Case for Same-Sex Marriage

Rev. Ben Kocs-Meyers

Many of the arguments from the religious "right" claim to be Biblically-based. But, are these arguments either religiously or culturally sound? The sermon will offer both a critical eye and a spiritual interpretation to help us in our respectful and rightful engagement to counter these arguments and to support the rights of all people to marry "Wherever Love Is." All are worthy, all are welcome.

The Rev. Ben Kocs-Meyers was ordained into the Unitarian Universalist ministry in 1995 and has served UU congregations as both parish minister and growth consultant. He is a trained philosopher, musician, storyteller and chef. He received a music degree from California State University in Sacramento and his M.Div. from Starr King School for the ministry, in Berkeley, and has an MBA in Non-Profit Management and Social Enterprise from San Francisco State University. He lives in Albany, CA.

August 2: *Blessing of the Animals*

Rev. Victoria Ingram

Animals help make us human, enriching our lives with their love, playfulness, and companionship. This Sunday, our Worship service includes a blessing of animals – pets, animal companions, four-legged and flying friends. You are invited to bring your well-behaved animal friend to church to participate. (Stuffed animals are also welcome!)

We ask that you keep your animal under control (by leash, crate, cage, or box.) Special snacks will be served for pet friends following the service.

Minister's Column

During the month of July, I'm on vacation. Carl and I have a few things planned, like a short trip to San Diego to see some of my family and a visit from Jason, Carl's son. During the rest of the month, we'll be seeing local sights and doing projects at home. One of our projects will be getting our wading pool ready for the warm days ahead!

I hope that July includes a wonderful variety of summer pleasures for you and your family, as well. Whatever is on your summer calendar, please make sure that your plans include Sundays at UUFLG!

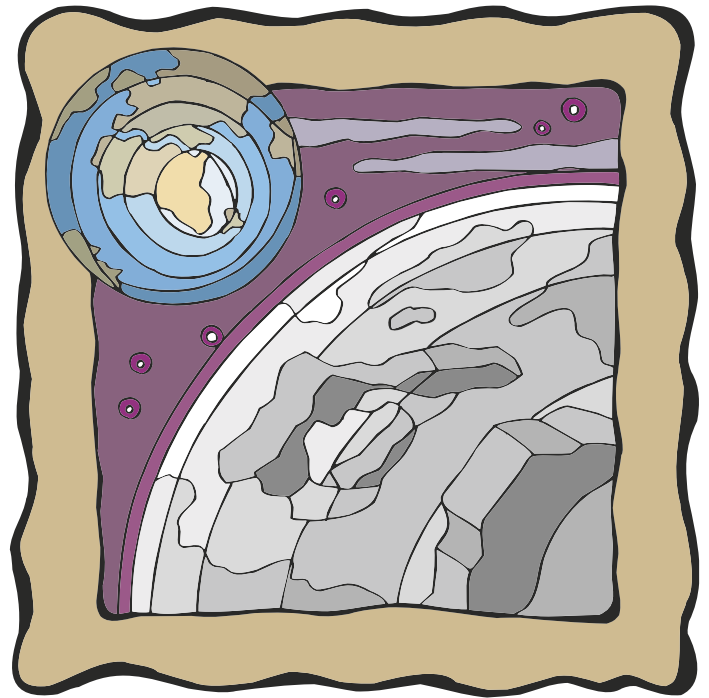
Did you know that recent research shows that spending time with your faith community each week is as good for your physical health as it is for your spirit? Dr. Daniel Hall, a surgical resident at the University of Pittsburgh Medical Center (who is also an Episcopal priest) found that people who regularly attend worship services live two to three years longer than those who do not.

And, a study by Doug Oman and researchers at the University of California at Berkeley found that being at church has broad-ranging health benefits, recently reported in the International Journal of Psychiatry in Medicine. They found that, even when adjusted for a variety of lifestyle factors, people who attend services enjoy lower blood pressure and reduced risks for heart, respiratory, and digestive diseases. In their study, they found that a longer, healthier life was possible for those who were part of a faith community.

Why? Researchers aren't entirely sure. Perhaps it's because people of faith have stronger skills for coping with stress and dealing with life's challenges. Or, maybe we gain hope and strength from sharing our lives with a caring group of people. It might be the positive stimulation for mind, body, and spirit that comes from being part of a faith community. Maybe it's coffee hour (okay, not the snacks, but the conversation!)

Whatever it is, scientific research now shows that being at church is good for you! So in addition to watching what you eat and getting out for a vigorous stroll now and then, consider your participation in UUFLG to be one of the healthy things you do for yourself.

Love and light, Victoria



Religious Education

Our children have just finished discussing what good behavior is, why it is important, and where we can see them tie in with the seven principles, the ten commandments, and the eightfold path of Buddhism. Now we're ready for our summer of science! Be sure to check in and see what we're up to, as we build solar systems, see what's inside the earth, make our own volcanoes and fossils, and many other fun projects!

Thanks to everyone you made this a great year in religious education, including Victoria, Leslie, and Ann Campbell for all the invaluable support. I am also grateful for Michelle and Melinda for keeping things running smoothly in preschool. And none of us can imagine UUFLG without the many volunteers who give their time so unselfishly. My deepest thanks to all of you, especially Joe Rafferty.

With Love and In Fellowship,
Tamara

TREASURER'S REPORT

Before we welcome the new fiscal year of 2009/2010, let's review the good things we have accomplished during this last fiscal year of 2008/2009. We started the year with a budget which included a small deficit. In order to achieve this, our fair share dues to the PCD and UUA had to be left out of the budget. However, some of us made a special donation to pay \$2,000 of the \$8,000 owed. By December 2008, the economic downturn increased that small projected deficit to over \$14,000. The Finance Committee presented this projected deficit to the Fellowship and you responded to the Budget Builder Drive very generously. The projected deficit was made up so we could start our Annual Budget Drive for the next fiscal year without having to make up a deficit from the previous year.

The Annual Budget Drive was enthusiastically supported by you, but the pledge total obtained was much less than the amount needed to support all we wanted to do. So, the Finance Committee and the Board judiciously pruned the budget expenses to match the expected income for the fiscal year. Once again we had to sacrifice our fair share dues to the UUA and the PCD. You approved the resulting budget in the May Business Meeting. A fuller description of how we did this is on our website in the Finance Committee's Annual Report for 2009 at http://www.uuflg.org/committee_rpt_2009.html#financecomm

We have completed our 2008/2009 year with a surplus of around \$4,000, thanks to the unexpectedly good results of the Auction, an increase in the non-pledge contributions and rentals during June above that expected and the good work of the committees to keep within their budget. That surplus will be added to our Operational Reserve giving us \$8,000 for future use to counter future deficits, if needed, and to cover other non-budget expenses as designated by the Board.

We are starting our new fiscal year with a budget showing a small deficit. The Finance Committee goals for this coming year include keeping you, the congregation, informed of the status of our finances continuously during the year. Other goals include early planning and organization of our 2010 Annual Budget Drive and taking steps to build up a significant Endowment. You will be reading and hearing about these tasks. If you have a particular interest in finances, you are welcome to join the Finance Committee to help us achieve these goals.

Our Finance Committee consists of Irving Yabroff, Treasurer, Ann Campbell, Walt Main, Bill Meeker, Merritt Benson and Jim Stahl.

Thank You!

The Humor Lunch owed its success to everyone who participated, particularly Coralee Linton who was available throughout to help make all the plans become reality. Thanks also to Carl Ingram, our charming M.C., and to Kate Taylor, Veronica Davis and Kathryn Wood, who so ably handled setup and cleanup. To Julie Doyle and Connie Springer, thanks for preliminary help.

And where would we have been without those who donated the delicious food? Lastly, the most essential ingredient: to everyone who participated by telling humorous stories—kudos!

This event brought in \$150 for UUFLG, which is the icing on the cake.

Jewel Peyton

*Thank you for wearing your name tag on Sunday mornings,
and for parking on the street when possible to make room for our newcomers.*

Social Action

A Great 2008 – 2009

We had a great year - thank you to our members and friends for your enthusiastic participation! Working together we have accomplished so much. We cleaned Vasona and Oak Meadow Parks, took a stand against Proposition 8, leaned the “Story of Stuff” and many more events and activities. The Social Action Annual Committee Report can be viewed on our website: http://www.uuflg.org/committee_rpt_2009.html#sjcomm Connie Springer and Jessica Spaulding will continue as your Social Action co-chairs and Jim Beebe as the Board Trustee.



Social Action meetings are on the second Sunday of each month in the Lounge at 12:15 PM – 1:30 PM. Please come and join the discussion. Everyone is welcome to attend! You can also stay informed and participate using the Social Action Mailing list. Sign-up by contacting our Office Administrator Shelley McKanna, admin@uuflg.org Let's continue “Putting our Principles into Practice!”

2009 – 2010 Social Action Focus

During these tough economic times, there have been many cuts to public services and even deeper cuts have been proposed. Our Social Action Team will be focusing on these issues with an emphasis on the impact in Santa Clara County.

Share the Plate

It is wonderful to see that even in tough times the members and friends of our Fellowship continue to be generous to those in need. Our May Share the Plate recipient was the San Jose Peace Center. We collected \$235 for this worthy and timely cause. For June our Share the Plate will go to Sacred Heart Community Service in support of the Los Gatos Cares project. Sacred Heart Community Services will be delivering “Survival Sacks” to our homeless neighbors. Interfaith volunteers, from the community and our own Fellowship, will pack the “sacks.”

INTERESTED IN WHAT THE BOARD IS UP TO? The Board minutes and agendas are listed under “Board Meetings” on the left hand side of the home page of our website www.UUFLG.org.

HAVE SOMETHING TO SAY TO THE BOARD? A guest commentary time for members can be made available at the beginning of each monthly Board of Trustees meeting. Contact Ann Campbell (annbcampbell@gmail.com) for more information.

Items for the monthly newsletter are to be submitted (by the **20th** of the month) to **Glen Marchant** at: UUFLGnews@att.net. Please submit articles and e-mail attachments as **single spaced MS Word documents, .rtf** (Rich Text format), or **plain text**, and limit to less than 200 words. The purpose of this newsletter is to foster communication and planning among friends and members. However, due to the size constraints of the printing, we regretfully cannot print opinion pieces.

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28	June 29	June 30	1	2	3	4
10:30a-11:30a Sunday Service		1:30p-2:30p Long Range Planning Committee	7:00p -9:00p Wednesday Chalice Circle 7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	12:00p -1:30p RUMs on the deck or west room		9:00a -12:00p Worship Associates Meeting 5:00p-8:00p All Ages Potluck
5	6	7	18	9	10	11
10:30a-11:30a Sunday Service 2:00p-5:00p Rental: Memorial Service		10:00a-Noon Tuesday Chalice Circle 1:30p-3:00p Membership Committee	7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	9:45a -12:00p Thursday Morning Women's Group 7:00p -8:30p UUFLG Board Meeting	7:15p-9:15p Trance Work Study and Support Group	9:30a -10:00a Building and Grounds Meeting
12	13	14	15	16	17	18
10:30a-11:30a Sunday Service 1:00p-2:00p Volunteer Lunch for Sacred Heart packers 2:00p-4:00p Volunteer Sacred Heart Packers carpool * pack	7:15p-9:00p Women's Spirituality Group 7:30p-9:30p Great Books dis- cussion group	5:30p-6:30p Committee on Ministry 7:00p-8:30p Finance Committee Mtg	7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	12:00p -1:00p RECCY Meeting 12:00p -2:00p Caring Committee Noon-1:30p RUUMs (2 nd meet- ing of month)		6:30p Dinners For Eight
19	20	21	22	23	24	25
10:30a -11:30a Sunday Service 12:15p-1:30p Social Action Meeting:	Newsletter Deadline	10:00a -12:00p Tuesday Chalice Circle	7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	7:15p-9:15p Trance Work Study and Support Group	8:00a-2:00p Rental: Workshop 5:00p-8:00p All Ages Potluck
26	27	28	29	30	31	Aug 1
10:30a -11:30a Sunday Service: Better Investing 7:15p-9:00p Women's Spirituality Group	7:00p-9:00p-Rental: Better Investing 7:15p-9:00p Women's Spirituality Group	1:30p-2:30p Long Range Planning Committee	7:30p -9:30p Meditation Class. Duldzin Dragpa Buddhist Center	12:00p -1:30p RUMs on the deck or west room		9:00a -12:00p Worship Associates Meeting 3:30p-5:30p Rental: Child Dedication

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*“Affirming the Inherent Worth and
Dignity of Every Person”*



Fellowship News

July 2009

The Newsletter is published monthly by the Unitarian Universalist Fellowship of Los Gatos (UUFLG). The Newsletter is available to everyone on the web at www.uuflg.org. Members may elect to receive a printed copy. Individual friends and visitors may receive the printed Newsletter free for three months. After three months, the suggested subscription rate for non-members is \$10 per year. (Send to: Newsletter, c/o Unitarian Universalist Fellowship of Los Gatos, 15980 Blossom Hill Road, Los Gatos, CA 95032.) The subscription expiration date appears on the name line of the mailing label.