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## **July 2012 Newsletter**

### **Unitarian Universalist Fellowship of Sunnyvale**

Services in the small chapel at the Congregational Church located at  
Bernardo Avenue & Remington Drive, Sunnyvale, CA 94087  
Children's Religious Education 10:00 a.m. to 11:15 a.m.  
Infant and toddler care is available



**We are a  
Welcoming  
Congregation**

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#### July 1<sup>st</sup>

##### **10:00 Service: The Moon**

The moon: A destination for space travelers. A setting for science fiction writers. A symbol of the Triple Goddess. The silver lamp of the night sky. Today we'll look at some of the moon's many meanings in myth, science, and music. Presented by Virginia Shea with Janna Mitchell.

#### July 8<sup>th</sup>

##### **10:00 Service: Project Outlet**

Youth from Project Outlet, this month's recipient of our Second Sunday offering, come and tell us their stories.

**11:30 a.m. Sunday Supplement:** Have you had a previous religious affiliation that left you confused, angry, frustrated? Have you recovered from this previous experience; or are you still recovering? Participants will have an opportunity to tell their stories: their early exposure to religion, how their views of religion have changed, how their family reacted to these changes, what baggage they still carry and how they have coped. Presented by Bruce Stowell

#### July 15<sup>th</sup>

##### **10:00 Service: Paradigm Shift 2012**

From fear to love, from ego to essence, from war to peace, from greed to giving. Can we evolve in order to survive and thrive on Planet Earth? Presented by Janna Mitchell with Claire Wright. Join us for our annual Strawberry Shortcake Social following the 10:00 service.

#### July 22<sup>nd</sup>

##### **10:00 Service: Work/Life Balance and other Myths**

Do you have trouble juggling all your roles and responsibilities? Would you like to have a more balanced life? Come hear some thoughts on this topic that may help you reframe or adjust your perspective. Perhaps it's all in your head! Presented by Karen Cornwell.

#### July 29<sup>th</sup>

##### **10:00 Service: Whither Creativity**

For the longest time, Michael Thomas didn't think he had any creativity in him. Come explore with him some tips and techniques he's learned about how to get his creativity flowing.

##### **11:30 a.m. Sunday Supplement: Creative Writing Workshop**

Come share something you have written! Presented by Marge Goka

Please see page 3 for more information about our July Sunday Supplements.



**Living the Life I Imagined**  
Reverend Nina Kalmoutis

As those of you who put items in the newsletter know, we have to submit them by the middle of the month proceeding the month that

the newsletter goes out. So by the time you are reading this - if all goes as planned - I will have represented our Fellowship at General Assembly, the yearly gathering of Unitarian Universalists. This year's GA was held in Phoenix, Arizona and I will have returned to the office on June 26th.

I am very proud to have represented our Fellowship in Phoenix. For those of you who are interested in knowing more about General Assembly, I will be speaking about my time there at the service on August 5<sup>th</sup>.

During the months of July and August we will have one service on Sundays at 10:00. Our children will join us at that service before they go to their RE summer program. Members of our Worship Associate team will be presenting a variety of interesting services, which will feature a different guest musician each Sunday. On September 16<sup>th</sup> we will return to having our Family Service along with our service at 10:00.

In September and October we are planning some special events as part of the continuing celebration marking the 50<sup>th</sup> anniversary of the founding of our Fellowship - you won't want to miss it!

I want to close by thanking Carol MacFarlane and Kris Mordan for coordinating another successful Silent Auction for all of us this year. I also want to thank Heather Hyde and Sara White for planning a great picnic where the auction continued. And thank you to Demyan Plantenberg, Derek Cheng and Andres Lopez for providing yummy milkshakes!

Beginning July 9<sup>th</sup> I will be taking some days of study leave and vacation and will be returning to the office on July 31st.

Wishing you all some great summer days!  
Nina



**Board Bulletin**

John Kusters  
President, Board of Trustees

Salutations!

By the time you read this, I will have completed my second term as President of the Board of Trustees, and I will have passed the mantle of responsibility on to our new President, Meg Stanley. My best wishes to her and the Fellowship in the upcoming year.

It has been a great privilege to serve the Fellowship as President. This is a wonderful community, full of intelligent, caring, and helpful people. I can only hope that my term as President has reflected those qualities.

I have to admit that I did not come to the role with any great plans or ideas. My initial hope was merely to not screw up too badly!

Once things settled down, I found my greatest interest in the role was to help others implement their big ideas and goals. Whether it was fostering a revitalization of our Capital Campaign, finding creative solutions for some of our growth issues, or making sure our year-long celebration of 50 years in fellowship was as special as it could be, I did what I could to help remove roadblocks and encourage big thinking.

Is there any advice I'd pass on to someone thinking about taking on the role of President? Yes: It is easy to take on a lot of tasks when no-one else is jumping up to do them. But a shared burden is lighter for all who carry it.

While this is my "goodbye" as Board President, I am not saying goodbye to the Fellowship. I have one more year to serve in my second term as a Board member, and while I am scaling back my involvement in the Fellowship in order to focus on my own plans and schemes, I look forward to my continued active participation in the life of UUFS.



**Children's Religious Education**  
Patty Petrie  
Director of Religious Education

What a wonderful school year we have had this year. We are now into our summer program and July will be an exciting month. In June we started our summer program by talking about 'our names'. Bullies use whatever they can to make another child feel badly and often a name is an easy target. Our first two lessons were about our names and being proud of them no matter what anyone says. In weeks three and four (of July) our class title is "We're All Different Alike". These lessons will address how we all have differences, and the fact that sometimes it makes us a target for bullying. The point of the session is for the children to understand we all have differences and that is what makes us alike. The last two weeks of July we will be talking about staying SAFE in the face of bullying and name calling. The children will learn four strategies for safety in the face of bullying. Each week in class the children will have a craft to go along with the lesson.

Here are my annual summer safety tips. Some simple things to remember, of course if you are in the sun it's important to remember to drink plenty of water. It is easy to become dehydrated without even being aware of it and children play hard no matter what the weather. Grapes are a fun summer snack - for children less than two years of age grapes should be cut in half to avoid choking. When hiking, remember we have poison oak here in California and poison ivy back East. My last word of advice is to have a wonderful and fun summer!

\* For the summer, we invite all RE children and families to attend the 10:00 Service. Our Family Services will resume in September.

## **A Memorial Service for Noboru Endow**

Longtime UUFS member Noboru Endow passed away on May 13, 2012 after a long illness. His memorial will be held on Saturday July 7<sup>th</sup> at 11 a.m. A reception will follow. The service and the reception will both be held at the Unitarian Universalist Fellowship of Los Gatos located at 15980 Blossom Hill Road in Los Gatos. In lieu of flowers, please send contributions to the Unitarian Universalist Fellowship of Sunnyvale, P.O. Box 2398 Sunnyvale, CA 94087-0398. (The Unitarian Universalist Fellowship of Los Gatos is not a sponsor of this event.)

## **SUNDAY SUPPLEMENTS**

Upon request, childcare is available for our Sunday Supplements. Please send your request to Patty Petrie at [religious.education@uufs.org](mailto:religious.education@uufs.org). Requests need to be submitted one week in advance. Thank You!

### **July 8<sup>th</sup>**

#### **Dispatches from the Recovery Ward**

Have you had a previous religious affiliation that left you confused, angry, frustrated? Have you recovered from this previous experience; or are you still recovering? Participants will have an opportunity to tell their stories: their early exposure to religion, how their views of religion have changed, how their family reacted to these changes, what baggage they still carry and how they have coped. Presenter: Bruce Stowell

### **July 29<sup>th</sup>**

#### **Creative Writing Workshop**

Come share something you have written, a poem, a saying, a thought or just come and join the group. We can read what we bring. I'll bring some paper, so remember a pen or pencil. We can share what inspires us to write and spend a little time writing. I hope to see you there.

Presented by Marge Goka.

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## **BROUGHT TO YOU BY OUR SOCIAL JUSTICE COMMITTEE**

### **Our Second Sunday Offering July 8<sup>th</sup>**

On Sunday July 8<sup>th</sup> all offerings with the exception of cash donations in envelopes designated as PLEDGE or UUFS ONLY and checks with the same designations in the memo line will be given in support of Project Outlet. Since 1997, thousands of lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth living in the Bay Area have come to Project Outlet for support, community, and opportunities to improve the world. As the Peninsula's only organization for LGBTQQ teens, Outlet is working hard to support and empower local youth by providing counseling & community, leadership training & advocacy, and outreach awareness. For the fifth consecutive year we will welcome this group of inspiring young people to our service. Project Outlet is located in Mountain View.

### **Food Drive and Strawberry Social Sunday, July 15<sup>th</sup>**

We look forward to our annual Strawberry Shortcake Social and Food Drive with all proceeds going to Sunnyvale Community Services to provide food for low income families and seniors in Sunnyvale. We'll collect food and better yet, and more convenient for some, cash or checks with which SCS can purchase food at better prices than most of us see at the markets. Following our 10:00 am service we'll meet in the play area near the RE classrooms to socialize and share strawberry shortcake made with organic strawberries from our local farmers' market.

For those who prefer to donate bags of food the things most needed are high protein items including cans of tuna or stew, jars of peanut butter and packages of Milkman brand powdered milk. NOTHING IN GLASS JARS, PLEASE. Families with young children may want to use such shopping for low income families as a teaching occasion.

## **MONTHLY ACTIVITIES**

### **Genesis Discussion Group July 11<sup>th</sup> at 7:30 p.m.**

The Genesis Discussion Group is a small group of members and friends from our Fellowship community that meets on the first Wednesday of every month to discuss a variety of topics using sources such as videos and articles. If you are interested in joining us, please contact Dick Wentz [genesis.group@uufs.org](mailto:genesis.group@uufs.org)

### **Fresh Choice Dinner Wed., July 18<sup>th</sup>**

Come when you can between 6:00pm and 8:00pm and enjoy dinner with members and friends of the congregation. Coupons will be available. UUFS receives 15% of your dinner receipts. Any questions please email [family.friendly.dinners@uufs.org](mailto:family.friendly.dinners@uufs.org). Your host for this event is Kathleen Mossotti.

### **Book Club Meeting Thurs., July 26<sup>th</sup>**

The UUFS Book Club meets monthly and everyone is welcome!

This month's selection:

"The Last Thing He Wanted" by Joan Didion.  
Held at the home of Nancy Nations.

### **Simplicity at UUFS**

Our "Sharing Circle", for borrowing items needed from other members and friends, is going strong. Some of the things borrowed this last month include a child booster seat, a dremmel saw, and child sleeping bags. We also found a new home/ use for old computer diskettes that were gathering dust on our shelves. It made me realize that I have an old Polaroid camera, if someone has a need for one!

While we began to set up a separate email group for the Simplicity Group, it seemed to add more work, rather than keeping things simple! When I sent out an email to the UUFS Community yahoo group, to ask for feedback about just using the Community yahoo group, almost everyone thought this would be much easier. After talking to the one person who had concern, it appears this should not be a significant problem. When sending out emails, make it easy for others by using a descriptive

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subject, e.g. "I would like to borrow XXX".

I plan to use these newsletter articles to tell you some of the items people have that can be borrowed. This month, I will spotlight what Nina says she can loan. She has lots of books she can loan (have you seen how many she has!), a pump for bicycle tires, a 10-cup automatic coffee maker, and now has a blender. Feel free to borrow from her and let us know about it.

As a committee, we still need to work on things like Potential Challenges of Sharing--like what to do if something does not work or gets broken and keeping our momentum going... We keep changing the night of the meeting each month so that we can allow participation of as many people as possible who would like to be involved. If you are interested in helping us on this project or have questions, contact me or email [simplify@uufs.org](mailto:simplify@uufs.org). Let's live simply but well. -- submitted by Teri Wiss

### UUFS at Yosemite

On June 1<sup>st</sup> -3<sup>rd</sup> a number of UUFS members and friends enjoyed the beauty of nature and some community for the weekend at Yosemite National Park. Yosemite did not disappoint us, with its awesome scenery, beautiful rainbows, incredible sounds of water, and occasional wildlife sightings. (Zachary spotted a bear!) and about a dozen hikers virtually surrounded a rattle snake on the Vernal Falls trail (fortunately, not including ME!). Participants arrived some time on Friday and some had time to begin exploring the park before getting together for a pot luck happy hour. The group enjoyed the conversation and it was 9 pm before everyone had dispersed.

Saturday was the big activity day, with a variety of activities, as diverse as our members. Hikes/walks included The Mist Trail to Vernal Falls or the top of Nevada Falls, Yosemite Falls, Mirror Lake, strolling in Yosemite village, and wading in Mirror Lake or the Merced River. Some individuals visited the Ansel Adams Gallery for a fundraising art auction to benefit a local school in El Portal. The group reunited for food, frivolity, and fellowship in the evening. Many of the children were engaged by the park programs at the Curry Village amphitheater and riding bikes.

We began Sunday morning with a service led by Alan Herrmann which included songs, readings, quotations from the writings of John Muir, and sharing by the participants. Following the service, many enjoyed more time in the park (Glacier Point, Tunnel View, watching climbers on El Capitan) before heading out on their journeys.

If you heard about last year's Yosemite weekend, you will understand how pleased we were with this year's ideal weather, even though it meant we had to fight off the mosquitoes. If you would like to view some photos, you can contact Teri Wiss for a link. If you're into hiking, next year I may take the bus to Glacier Point and hike the Panoramic Trail down to Yosemite Village. Plan to join us next year to experience this beautiful, spiritual place.

--submitted by Teri Wiss

### Our Silent Auction and Our Religious Education Fundraiser

Our Silent Auction netted a grand total of \$7,676 this year! Thank you to Carol MacFarlane, Kris Mordan and to all those who participated in the auction.

Thanks also to Demyn Plantenberg, Derek Cheng and Andres Lopez for whipping up enough milkshakes to raise \$205 for our RE Program.

# July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10 a.m. Service	2 <b>RE Committee</b> 7:15 p.m. <a href="mailto:religious.education@uufs.org">religious.education@uufs.org</a>	3 <b>Board of Trustees Meeting</b> 7 p.m. (Open to all)	4	5 <b>Meditation</b> 8:30-9:30 a.m. Chapel <a href="mailto:meditation@uufs.org">meditation@uufs.org</a> <b>UUFS Choir Rehearsal</b> 7 p.m. Chapel <a href="mailto:music@uufs.org">music@uufs.org</a> <b>Covenant Group</b> <a href="mailto:covenant.groups@uufs.org">covenant.groups@uufs.org</a>	6	7
8 10 a.m. Service  11:30 a.m. Sunday Supplement: Dispatches from the Ward	9	10 <b>Men's Group</b> <a href="mailto:mens.group@uufs.org">mens.group@uufs.org</a>	11 <b>Genesis Discussion Group</b> 7:30 p.m. <a href="mailto:genesis.group@uufs.org">genesis.group@uufs.org</a>	12 <b>Meditation</b> 8:30-9:30 a.m. Chapel <b>Women's Group</b> <a href="mailto:womens.group@uufs.org">womens.group@uufs.org</a> <b>UUFS Choir Rehearsal</b> 7 p.m. Chapel	13 <b>Social Justice Committee Meeting</b> 10 a.m. <a href="mailto:social.justice@uufs.org">social.justice@uufs.org</a>	14 <b>Circle Lunches &amp; Circle Suppers</b>  Contact Ursula Gobets <a href="mailto:circle@uufs.org">circle@uufs.org</a>
15 10 a.m. Service <b>Food Drive and Strawberry Social</b> (Following our 10:00 service)	16 ←August newsletter items due 7/15/12 <a href="mailto:newsletter@uufs.org">newsletter@uufs.org</a>	17	18 <b>Dinner at Fresh Choice</b> 6:00-8:00 p.m	19 <b>Meditation</b> 8:30-9:30 a.m. Chapel <b>UUFS Choir Rehearsal</b> 7 p.m. <b>Covenant Group</b>	20	21
22 10 a.m. Service	23	24 <b>Men's Group</b> <a href="mailto:mens.group@uufs.org">mens.group@uufs.org</a>	25	26 <b>Meditation</b> 8:30-9:30 a.m. Chapel <b>Book Club</b> 10 a.m. <b>Women's Group</b> <b>UUFS Choir</b> 7 p.m. Chapel	27	28
29 10 a.m. Service  11:30 a.m. Sunday Supplement: Creative Writing Workshop	30	31				

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**UUPS Staff Office Hours and Absences**

Office Phone/Voice Mail is (408) 739-0549  
The office is open Tuesday, Thursday and  
Friday mornings.  
Email: office@uufs.org

Rev. Nina Kalmoutis  
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Meetings by appointment

Office Manager: Jayme King, office@uufs.org  
Office Hours: Tuesday 9 a.m. – 1:30 p.m.,  
Thursday 9 a.m. – 1:30 p.m. & Friday 9 a.m.- noon

Patty Petrie, Director of Religious Education  
Email: religous.education@uufs.org  
(650) 254-2069  
Here every Sunday. Meetings by appointment

Communications –  
Do you: want to send e-mail to UUPS?  
need to report a change of address,  
telephone number, etc?  
have an event you want posted on the web?  
Go to [www.uufs.org](http://www.uufs.org) and click on "Communications" link.

**Newsletter Production Team**

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***Deadline for August Newsletter  
July 15, 2012***

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