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**February 2013**

**Unitarian Universalist Fellowship of Sunnyvale**

Services in the small chapel at the Congregational Church located  
at Bernardo Avenue & Remington Drive, Sunnyvale, CA 94087

Family Service from 9:30 a.m. - 9:50 a.m.

Children's Religious Education 10:00 a.m. to 11:15 a.m.

Infant and toddler care is available during the Family Service  
and the 10:00 a.m. Service



**We are a  
Welcoming  
Congregation**

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**February 3 9:30 a.m.**

**Our Family Service**

**10:00 a.m. Service**

**Nurturing Your Spiritual Life**

UUFS members Carol Harris, Jo Ford, Anita Herrmann, Rick Gable and Janna Mitchell share about everyday nurturance of their spiritual growth and connection.

**February 10<sup>th</sup> 9:30 a.m.**

**Our Family Service**

**10:00 a.m. Service**

**"Seneca, Selma and Stonewall"**

Reverend Nina Kalmoutis

Sizing Up History in the Light of Unitarian Universalism.

**February 17<sup>th</sup> 9:30 a.m.**

**Our Family Service**

**10:00 a.m. Service**

**Standing on the Side of Love**

Reverend Nina Kalmoutis

What It Means, Why We Do It and Why It's Important.

**February 24<sup>th</sup> 9:30 a.m.**

**Our Family Service**

**10:00 a.m. Service**

**Weaving Our Stories**

Members of Tuesday's "Weaving our Stories" group will share from their writings on various topics in their guided autobiography-- turning points, the role of money, life's work and career, spiritual journey, experiences with death, creativity, and courage. Facilitated by Carol MacFarlane.

## February 10<sup>th</sup> Second Sunday Offering

On Sunday, February 10<sup>th</sup> all offerings with the exception of cash donations in envelopes marked PLEDGE or UUFS ONLY and checks with those same designations in the memo line will be given to San Jose Family Shelter. This is one of the very few shelters in this county which accepts families that include fathers or teenage boys in addition to women and young children who can be served at other shelters. During a family's stay at the shelter, which can be up to 3 months, they receive counseling that includes money management and how to be good tenants whom landlords will accept. The agency maintains a gift cupboard where residents can select gifts of new things for family members' birthdays and for holidays like Christmas, Mother's Day and Father's Day. Submitted by Sarah Wasserman

## February 12<sup>th</sup> The New Simplicity Movement at UUFS--Sharing and Swapping?

While not always visible and obvious, the values and ideas of the New Simplicity Movement continue at UUFS. Personally, I know that fruit has been shared, luggage borrowed, a mini-van loaned, tripods examined, and discussion of a large scale free "swap" has begun. Do we have the energy and interest to organize a good swap? It would require some work, but could be a great event for community building, getting rid of unwanted things taking up space, and acquiring items you want to actually use. A nice article on how to declutter can be found at: <http://www.newdream.org/blog/giving-away-your-declutter>. Palo Alto has been doing some swaps. To read about what they have been doing and other simplicity ideas, check out this blog: <http://www.shareable.net/blog/how-to-bring-transition-town-style-sharing-into-your-community>. One idea that has been discussed is to do a swap and then, items that no one in our Fellowship needs or wants, could become part of a garage sale, with proceeds to go to the Fellowship. This could help fund our operating budget. A **Simplicity Group meeting** to discuss these ideas will meet at Nina's place at **7 pm, Tuesday, February 12<sup>th</sup>**. Join us with your ideas! If you are interested but cannot make it, email me directly or at [simplify@uufs.org](mailto:simplify@uufs.org) with your ideas and I will let you know what we decide! Remember: Buy your own toothbrush and comb. For everything else, ask our Sharing Circle! Submitted by Teri Wiss

## Tuesday, February 19<sup>th</sup> Armory Dinners at the Cold Weather Shelter

Starting on December 18, 2012 we again began serving dinner at the winter shelter operated by EHC Lifebuilders, This is our 15th year (!) providing these meals once per month during the winter months when the shelter is open. Please note: children must at least 14 years old to participate. The dinners are scheduled for the 3rd Tuesdays in February and March. The two Sunday's prior to those dates we'll ask people to sign up after our services to bring main dishes and/or cookies for dessert. The armory building is at 620 East Maude in Sunnyvale. We begin arriving at 6:00 p.m. to set up and then serve the meals. Food needs to be brought fully cooked from home because the armory kitchen is small and not well equipped. If you prefer to purchase readymade food we suggest 6 pound frozen lasagnas which serve 12 each, roast chickens or meat loaf. If you like to cook and have the time, please prepare a main dish of your choosing, enough to serve 12 or multiples of 12. The rest of the meal will be provided by the Social Justice Committee. This is also an excellent opportunity to bring donated items such as warm clothing (coats sweaters, parkas, gloves, scarves, etc.) backpacks, wrist watches that work, small towels useful in the kitchen or bath towels, All these things are welcome either new or gently used. Send them with other people if you're not coming yourself. Harvest your orange tree and bring those! Questions? Please contact Sarah Wasserman. Contact information is in the directory. Submitted by Sarah Wasserman

## **February 24<sup>th</sup> Weaving the Stories of our Life's Journey**

A year and a half ago, I began taking a class, offered privately by gerontologist Margriet DeLange, called Guided Autobiography. A friend had recommended it highly, saying that it was a wonderful group bonding experience as well as an opportunity to write about one's life. I loved it! I loved writing about my past, recalling events that I hadn't thought about in quite some while. I loved sharing my stories with others, which proved to be as important as the writing of it. And I loved hearing the unique stories others had written, as well as their unique writing styles. I was so exuberant about this class, that Nina asked if I could offer it here at the fellowship. In late summer I announced my intention of leading this class, and got such an overwhelming response, that we had two groups of eight--an afternoon group and an evening group. After the initial six weeks, seven of those eight opted to continue on, writing and sharing once a month on additional topics. The feedback from participants has been remarkable! Nina then asked if my classes might like to share some of their writings during a service. The Tuesday afternoon group agreed to do so for the February 24<sup>th</sup> service. The Monday night group may be sharing their stories at a later time this spring. As I wasn't able to fit into these two groups everyone who is interested in this class, I will be offering another class in the late winter, early spring. We will begin with a six week session, writing about two pages during the week, weaving the memories from our past as they relate to each topic. Sign-ups will begin after the Feb. 24<sup>th</sup> service. Please feel free to contact me any time before that as well (contact information is in the UUFS Directory). Submitted by Carol MacFarlane, facilitator

## **Saturday, March 16, 2013 Transitions Workshop - "Family to Pastoral to Program"**

Is your congregation stuck? Having difficulty breaking through membership boundaries? Been in transition so long that it has become a lifestyle? Then, this workshop is for you and your congregational team! In this presentational and interactive workshop we will explore;

- The characteristics of three primary attendance size cultures (Family, Pastoral, and Program) and what makes them work
- The factors that tend to impede forward progress in size transitions.
- How this paradigm can empower congregations to move into a new future.

Outcomes:

- Understanding the culture of each congregational size and how to transcend the transition.
- Learn the leadership skills need to navigate the transition.
- Develop a game-plan for processing this paradigm in congregational life which you can implement in your own congregation.

Held at the First Unitarian Church of San Jose 10 a.m. - 4 p.m., registration at 9 a.m.  
\$45.00, breakfast goodies and lunch included

<http://events.constantcontact.com/register/event?llr=mk4zlobab&oeidk=a07e6x72kpw9d089b79>

The presenter, the Reverend Robert T. Latham has written a book about applying this paradigm to the peculiarities of Unitarian Universalism. While the workshop will stand on its own you will find it even more provocative by having read this book. You may order a copy of 'Moving on From Church Folly Lane' at <http://www.mythinglink.com>. Ten or more copies at a reduced rate may be ordered form [cynthialatham@comcst.net](mailto:cynthialatham@comcst.net).

Questions? Please be in touch with Reverend Nina and/or feel free to contact PCD District Administrator Chuck Rosene at: [pcd@pcd-uua.org](mailto:pcd@pcd-uua.org) or (510) 482-0669.

## February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>3</b>  9:30 a.m. <b>Family Service</b>  10 a.m. <b>Service</b>	<b>4</b>  <b>Weaving the Stories of Our Life's Journey</b> 7:30 p.m. Chapel Carol MacFarlane	<b>5</b>	<b>6 Religious Education Committee</b> 6:45 p.m. <a href="mailto:religious.education@uufs.org">religious.education@uufs.org</a>  <b>Genesis Discussion Group</b> 7:30 p.m. <a href="mailto:genesis.group@uufs.org">genesis.group@uufs.org</a>	<b>7</b>  <b>Meditation</b> 8:30-9:30 a.m.  <b>UUFS Choir</b> 7 p.m.  <b>Covenant Group</b> 7:15 p.m. <a href="mailto:covenant.groups@uufs.org">covenant.groups@uufs.org</a>	<b>8</b>  <b>Social Justice Committee Meeting</b> 10 a.m. <a href="mailto:social.justice@uufs.org">social.justice@uufs.org</a>	<b>9</b>  <b>Circle Suppers</b> contact Ursula Gobets for information. <a href="mailto:circle@uufs.org">circle@uufs.org</a>
<b>10</b>  9:30 a.m. <b>Family Service</b>  10 a.m. <b>Service</b>	<b>11</b>	<b>12</b>  <b>Men's Group</b> 7:15 p.m. <a href="mailto:mens.group@uufs.org">mens.group@uufs.org</a>	<b>13</b>	<b>14 Meditation</b> 8:30-9:30 a.m.  <b>Women's Group</b> 1 p.m. - 3 p.m. <a href="mailto:womens.group@uufs.org">womens.group@uufs.org</a>  <b>UUFS Choir</b> 7 p.m.	<b>15</b>	<b>16</b>
<b>17</b>  9:30 a.m. <b>Family Service</b>  10 a.m. <b>Service</b>	<b>18</b>	<b>19</b>	<b>20</b>  <b>Family-Friendly Dinner</b> 6:00-8:00 p.m. <a href="mailto:family.friendly.dinners@uufs.org">family.friendly.dinners@uufs.org</a>  Country Gourmet 1314 S. Mary Ave. Sunnyvale (408) 733-9446	<b>21</b>  <b>Meditation</b> 8:30-9:30 a.m. <a href="mailto:meditation@uufs.org">meditation@uufs.org</a>  <b>UUFS Choir</b> 7 p.m.  <b>Covenant Group</b> 7:15 p.m.	<b>22</b>	<b>23</b>  <b>RE Game Night &amp; Potluck</b> 5 p.m. - 8 p.m. Shephard Hall
<b>24</b>  9:30 a.m. <b>Family Service</b>  10 a.m. <b>Service</b>	<b>25</b>	<b>26</b>  <b>Connections Team</b> 10 a.m. <a href="mailto:membership@uufs.org">membership@uufs.org</a>  <b>Men's Group</b> 7:15 p.m. <a href="mailto:mens.group@uufs.org">mens.group@uufs.org</a>	<b>27</b>  <b>Board of Trustees Mtg.</b> 7 p.m. <a href="mailto:board.president@uufs.org">board.president@uufs.org</a>	<b>28</b>  <b>Meditation</b> 8:30-9:30 a.m.  <b>Women's Book Group</b> 10 a.m.  <b>Women's Group</b> 1 p.m. - 3 p.m.  <b>UUFS Choir</b> 7 p.m. <a href="mailto:music@uufs.org">music@uufs.org</a>	<u>UUFS Office Hours:</u> Tuesdays & Thursdays 9 a.m. - 1:30 p.m. Fridays 9 a.m. - 12 p.m.	