



ur Church Circular

October 2018

Octubre 2018 / Nuestro periódico iglesia

October Theme:

What does it mean to be a people of sanctuary?



Biannual Service Auction set for November 11. See page 8.



FIRST UNITARIAN CHURCH of San José

150 YEARS
OF MAKING
LOVE VISIBLE

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From Sarai in RE.



In Our Own Voices:

*October 2018:
What does it mean to be
a People of Sanctuary?*

The Practice of Finding Sacred Space Within and Ensuring Welcoming Space for All

“In Our Own Voices” captures congregants’ thoughts and feelings on the theme of the month. This year, our Worship Associates offer their first responses to each theme. May these words inspire you, too, to ask:

- How does this theme relate to my life?
- What does it inspire in me?
- How does it trouble or perplex me?
- How can it help us to live our Unitarian Universalist faith?

Safety and Comfort

Home. Protect. Shelter. Retreat—as in a safe place to gather

Sanctuary = Safety. Sanctuary is where you feel safe from whatever threatens you.

Comfort of familiarity

Sanctuary has many layers. It is comfort and solace to those within the community. AND political and physical safety to those within and outside our community. We can provide sanctuary from hate and rejection.

A quiet space in which to think and meditate.

A place of silence and peace. A place of safety from ICE and other predators. A physical place like a church sanctuary or church building. Could also be a policy

that governs the behavior of police officers to protect vulnerable immigrants from deportation. Could be a place for all people to be with others where everyone can be their whole selves without reservation. Judgment-free space where acceptance is expected. Could also be an internal space opened up through quiet meditation and prayer.

El refugio—“refuge” in Spanish. A place to come back to, again and again, where love and affection are found. I thought of the elements of our sacred space: a round, circular space with a labyrinth; with music, natural light, a dome; with a pulpit—a place for voice, spoken words; with a place for storytelling, for children; a safe place, the safety to grow and take risks.

Catholics refer to the area around the altar as the sanctuary—the holiest part of the church. What makes the sanctuary we offer holy or sacred? Is sacrifice necessary?

Sacred Space Within

Sanctuary as “sacred space within”—a practice that evolves and grows

Do you have to find sacred space within yourself before you can offer sanctuary to another?

Creating a sacred space within myself where other spiritual perspectives can be respected and honored in a way that invites thoughtful expression

A Welcoming Space for All

Our church should express acceptance for all (of course, we do this). Welcome all. Minister to all.

Church should be a sanctuary, but how willing are we to be a sanctuary for all? Sometimes certain people need to be asked to leave (like the person who was a danger to children several decades ago). Do we require change of some people in order for them to be in our sanctuary?

A place for role playing, practicing how to be an ally, how to intervene in a conflict

Safe space, anti-bullying

Many Kinds of Sanctuary

I find that nature either on a trail or in a garden is sacred space for me.

We refer to a park or preserve as a sanctuary. What is similar and what is different in what we offer?

“Nesting”—particularly just before someone goes into labor

For years, I would come home from school, set my books down, and immediately take off my dress and change into jeans, which were a kind of sanctuary from what the world wanted me to be and do.

Poem my daughter wrote in second grade:

*Peace,
quiet now
not reading
out loud
going to bed
and sleeping
at night
not shouting
in bed.*

Taking It Home: Creating Sanctuary

by Rev. Nancy Palmer Jones, with help from the Soul Matters Sharing Circle



During this two-year Interim Period, we here at the First Unitarian Church of San José will be diving into the nitty-gritty of how we can best embody our Unitarian Universalist faith. And like the old joke about “how do you get to Carnegie Hall,” we can only strengthen our capacity to live the life-saving, life-giving core of Unitarian Universalism through “Practice, Practice, Practice!”

So each month, I’m offering “Taking It Home,” suggestions about how to turn our monthly themes into practical, life-changing guides. I hope you and your family will try on these exercises. Often they will deepen our worship experiences, too. Here are two for this month’s theme of “What does it mean to be a people of Sanctuary?”

Building an Altar to Sanctuary for October’s Worship

Sanctuary comes to us in many forms. This exercise invites us to meditate on the gifts of our many sanctuaries. Over the next few days and weeks, notice all the various places, spaces, relationships, and experiences that function and have functioned as sanctuary for you. Where, when, or with whom do you find peace, ground-

ing, inspiration, and the chance to be your most authentic self? Do you find sanctuary here at FUCSJ, for instance? Do you find it by the ocean or in the woods? Do you find it in conversation with your best friend, or when you are immersed in a good book or movie, or when you are out for a run?

Here’s the crucial part: As you remember and notice these sanctuaries, identify a symbol or token that represents them. For instance, collect a picture of the person who has been sanctuary for you. If it’s a physical space like your home, pick

“Friends, I too have trouble fitting a new practice into my life, especially in these times when everything feels urgent.”

a small object that represents it. If it’s a park or beach where you love to sit or walk, choose a picture or print out a description; bring a leaf or shell if it’s OK to pick one up. If it’s your garden, choose a spray of flowers or herbs that you have grown.

Please bring these symbols of your sanctuaries to worship with you on October 7, 14, and 21, and add them to our joint altar. Much like the annual creation of our Day of the Dead altar, we will create a space that represents inspiration and grounding for all of us—a visual and tactile place that can strengthen our spirits and fuel our actions. Pulling all our diverse sanctuar-

ies into one space helps anchor us in the truth that life itself is more of a sanctuary than we sometimes think.

Creating a Sanctuary at the End of Each Day

Many of us have “morning rituals of sanctuary.” We meditate, take the dog for a walk, do some yoga, cook, or read something special. We start the day with a sense of grounding and inspiration.

Psychologists tell us that ending the day with the experience of sanctuary can be even more important. This month, find a practice that lets you end your day with sanctuary. The following article, called “Evening Ritual: The 7 Things That Will Make You Happy at Night,” offers ideas and explanations about why this is key to spiritual centeredness:

<https://www.bakadesuyo.com/2016/02/evening-ritual>

A Word of Assurance

Friends, I too have trouble fitting a new practice into my life, especially in these times when everything feels urgent. But an old spiritual truth says that such times are exactly when we most need to slow down, pay attention, and take the time to do what needs to be done. To be loving and effective in our jobs, families, and friendships, in our congregation and communities, we need to be grounded, to find inspiration, and to stay in touch with our most authentic self. So won’t you please be accountability partners with me, checking in about how our “practice” is going?

I can’t wait to experience the peace and grounding we will create.

With love and faith,

Rev. Nancy



Teniendo un Inicio: Creando un Santuario

por la Rev. Nancy Palmer Jones, con la ayuda del Círculo Compartiendo las Cuestiones del Alma

Durante éste Período Interino de dos años, nosotros aquí en la Primera Iglesia Unitaria de San José bucearemos en el meollo de cómo podemos encarnar mejor nuestra fe Unitaria Universalista. Y como el viejo chiste sobre "Cómo llegar a Carnegie Hall," sólo podemos fortalecer nuestra capacidad para vivir el núcleo vital, dadora de vida del Unitario Universalismo a través de la "¡Práctica, práctica, práctica!"

Entonces, cada mes, estoy ofreciendo "Teniendo un Inicio," sugerencias sobre cómo convertir nuestros temas mensuales en la práctica, guías de cambio de vida. Espero que ustedes y su familia traten estos ejercicios. A menudo profundizaremos nuestra experiencia de los servicios religiosos, también. Aquí hay dos para el tema de este mes de "¿Qué significa ser un pueblo de Santuario?"

Construyendo un Altar para el Santuario para los Servicios Religiosos de Octubre

El Santuario viene a nosotros en muchas formas. Este ejercicio nos invita a meditar sobre los regalos de nuestros muchos santuarios. En los próximos días y semanas, observemos todos los diferentes lugares, espacios, relaciones y experiencias que funcionan y han funcionado como Santuario para ustedes. ¿Dónde, cuándo y con quien encuentran paz, una base sólida, inspiración y la oportunidad de ser su más auténtico yo? ¿Encuentran un santuario aquí en la FUCSJ, por ejemplo? ¿Lo encuentran por el océano o en el bosque? ¿Lo encuentran en la conversación con su mejor amigo, o cuando están inmersos en un buen libro o una película, o cuando salen a correr?

Aquí está la parte crucial: Mientras ustedes recuerdan y notan estos santuari-

os, identifiquen un símbolo o algo que los represente. Por ejemplo, recojan una imagen de la persona que ha sido Santuario para ustedes. Si es un espacio físico como en su casa, escojan un objeto pequeño que lo represente. Si se trata de un parque o playa donde les encante sentarse o caminar, elijan una imagen o impriman una descripción; traigan una hoja o una concha si está bien para recoger. Si es su jardín, elija un ramo de flores o de hierbas que ustedes hayan sembrado.

Por favor traigan estos símbolos de sus santuarios con ustedes para el servicio religioso en octubre 7, 14 y 21

“Amigos, Yo también tengo problemas para instalar una nueva práctica en mi vida, especialmente en estos tiempos cuando todo se siente urgente.”

y añádanlos a nuestro altar común. Así como la creación anual de nuestro Altar del Día de Muertos, vamos a crear un espacio que represente la inspiración y la base sólida para todos nosotros—un lugar visual y táctil que puede fortalecer nuestros espíritus y alimentar nuestras acciones. Traer todos nuestros diversos santuarios en un espacio, nos ayuda a anclarnos en la verdad que la vida misma en sí es más un santuario de lo que a veces pensamos.

Creando un Santuario al Final de Cada Día

Muchos de nosotros tenemos "rituales matutinos de santuario." Meditamos, llevamos al perro a pasear, hacemos algo de yoga, cocinamos o leemos algo especial. Comenzamos el día con un sentido

de inspiración y conexión.

Los psicólogos nos dicen que terminar el día con la experiencia de Santuario puede ser incluso más importante. Este mes, encuentren una práctica que les permita terminar su día con el Santuario. El siguiente artículo, llamado "Ritual Nocturno: Las 7 Cosas que le Harán Feliz en la Noche," ofrece ideas y explicaciones acerca del por qué es la clave para el enfoque espiritual:

<https://www.bakadesuyo.com/2016/02/evening-ritual/>

Una palabra de certeza

Amigos, Yo también tengo problemas para instalar una nueva práctica en mi vida, especialmente en estos tiempos cuando todo se siente urgente. Pero una vieja verdad espiritual dice que estos tiempos son exactamente cuándo más necesitamos ralentizar, prestar atención y tomar el tiempo para hacer lo que debe hacerse. Para ser amoroso y eficaces en nuestros trabajos, familias y amistades, en nuestra congregación y comunidades, necesitamos estar conectados a tierra, para encontrar inspiración y mantenernos en contacto con lo más auténtico de uno mismo. Así que por favor, no me crean, ¿verificaran sobre cómo va nuestra "práctica"?

No puedo esperar para experimentar la paz y una base sólida que creamos.

Con amor y fe,

Rev. Nancy



In the Interim: Supporting Parents Today!

By Susie Idzik, Interim Director of Religious Education

Imagine with me, if you will, that you are a new parent. Congratulations! As throughout the ages, your baby needs love, care, and guidance.

It's the 1960s, everyone around you is having kids (it's the BABY Boom, after all), and you're jumping into the fray. You are in your early to mid-20s, you live near family, other children are all around, and you can assume that there will be a teenager willing and able to babysit your child. You get the family dressed and posed to take a picture once in a while; after all, film is expensive so all you can do is hope that you'll get a good picture. For the most part, there is just one parenting book available: Dr. Spock. If you seek parenting guidance, you ask your family, your neighbors, and friends. Your child has a lot of freedom; you might not know what trouble they will get into.

Imagine now that it is the 1990s. You are in your late 20s and having the first baby of your peer group. You don't know that many people having babies. You find your peers through a parenting group recommended by your pediatrician. You are grateful that you can talk diapers and strollers with this group. You also join a parent "chat" group through your dial-up AOL account. You post once a day, in the middle of the night, because it takes so long to get the internet on your computer. You go to Borders, where the parenting section of books takes up a shelf or two. You buy some, slightly embarrassed that this parenting thing isn't intuitive to you. And you are so grateful for any book that helps you get your child to sleep through the night. You have a video camera that you lug around like a briefcase. You take videos of your kids that may still be sitting in your cupboard because there is just no way to view them. As your child grows up, technology grows with them: cell phone, internet, and social media. You are the first generation that will have cell phones accessible to most folks, and you will have a choice as to if and how your child relates to technology.

Imagine now that it is the mid-2010s.

You are anywhere between 30 and 50 having your first baby. Prior to conception, you have scanned dozens of websites on how to prepare for your impending pregnancy. Prior to birth, you have ordered 10 books on how to have the best birth; you have read at least 20 pages of each one. When your child arrives, you are ready and resourceful. You have studied everything from feeding to sleeping to intellectually stimulating your infant, choosing what seems most sensible among the conflicting information you find. You have a stack of books next to your bed, which you discuss with friends, in person or online. You take at least three photos of your infant and toddler a day. You post them online and hardly ever print them out. Whenever you think parenting is just too much, you go to Amazon online and search the over 150,000 titles of parenting books for the key to raising your child. Your child will be aware of technology and screens from birth. Preschools through college will use media as an instructional tool; your child will need to be digitally fluent from the beginning.

Over the years of working with parents, I have had lots of conversations regarding parenting today. Those who parented in "simpler" times often don't understand what all the trouble is with kids and parents now. The older generation of parents waxes on about the time when kids ran outside all day, and parents only had Dr. Spock to guide them. They may believe that parents nowadays have made childrearing more complicated and difficult. They may believe that this other "stuff" is just unnecessary. (On the other hand, those of us who grew up with parents in the 1960s may wish that our parents had had a few more resources!)

Those who are parents of young children today worry about so many things that just didn't exist in earlier times: how much screen time to allow; which of the dangers lurking everywhere to attend to; how to sort and use all the available information about learning styles, personality styles, and parenting styles; food issues, behavioral issues,

identity issues; and on and on. And for each "style," for each issue, parents can find an abundance of expert views and opinions about what to do.

Those who are not engaged in daily parenting may not be aware of the stress that parents of young children feel today. Parents today are urged to find the "best practices" for everything they do and are often challenged to override their own intuitive sense of the parent-child bond.

But parents' efforts to figure out "the best way" are really an expression of love and hope for their children. The desire to offer the best to our children is nothing new for parents. Yet the process of finding the best has grown more complicated as resources have grown more abundant. Parents today bring to any conversation a wisdom that is often a beautiful blend of resourced information, considered hopes and dreams, and unending love for their children.

I urge us all to take a collective breath, and to hold the parents of children today with support, love, and trust. As in all times, today's parents are engaged in essential, holy work. If you are an older adult, how do you support the parents you see today? How do you hold them in deepest love? How do you let them know that you see them and the work that they do in THIS time and THIS world?

During this two-year interim period, FUCSJ will dive into these questions together. But we can each begin right away. Let us all—those of us parenting children now, as well as those of us engaged in family in different ways—let us all show each other the support, the respect, and the love that we crave for ourselves.

I already know we can, because the love in this community is never-ending.

In Joy,
Susie



New Members Joining on September 23, 2018

Eloise Pelmulder

I was born into a Navy family. I went to 7 schools before fifth grade and lived in more places than I can remember. I was baptized and remain an Episcopalian. When my father came home from sea duty (some times as long as 8 months), we used to have picnics in the woods and play on battlefields in the East (North or South, it didn't matter). My mother was a church organist until the day she died. After high school, I went to UCLA for a degree in Anthropology during which I married my husband. We had two children and then I went back for a BA in Theology and a Masters in English specializing in translation of Old English poetry. My career might have been in teaching, but I started writing technical documentation (topics ranging from managing news feeds for TV news shows, to controlling the Tennessee Valley dam computers, to describing how to set up your mass spec to perform various activities) and did it until I retired.

When I divorced my husband, life changed. I am a classically trained Scottish fiddler. That's how I met Sue. We have played in bands ever since then. Music has always been important to Sue and me. She was generous enough to sing in my Episcopal church's choir for a number of years before we decided to be a two-church family. It has been a joy to join her in the

UU congregation. I find this congregation remarkably open and friendly.

Several years ago, we got married. Even though I suddenly suffered from severe sciatica, we went to Machu Picchu for a honeymoon. It was a grand trip. When I came back, they found the reason and did surgery on my back. Because of an autoimmune response to the surgery, for a year I was in a wheelchair, then a year or more with a walker. Thanks to modern medicine, I can walk more easily now.

One more thing: After we married, Sue and I became family to my son, assorted nieces, nephews, and a sister-in-law on my side, as well as her family and, lately, our puppy Fia.

Susan Pelmulder

I grew up in a household going through the spiritual exploration and consciousness raising of the 1970s. I learned about the major religions, respect for all people, and the importance of ecology. When I was in Jr. High, Jeff Norment came into our lives, and I started volunteering at the Sunday services at Agnew Center for the Developmentally Disabled.

Later, my parents began attending Emerson Unitarian in Southern California, and I became a member there. I was also a member of Amherst UU when I was in school at UMASS, and studied Raja Yoga



with Brahma Kumaris when I was at UCLA. I continued to identify myself as a UU, but life got busy and I stopped attending any Sunday services.

After I met Eloise, I began singing in the choir at St. Mark's Episcopal in Santa Clara. I became part of that community. It was my parish, but not my church. Even though the priest and members were fine with my not believing some of the things fundamental to being Christian, I was never spiritually at home and continued to identify myself as UU. First Unitarian Church of San Jose has been my church for several years. Now it is also my parish.

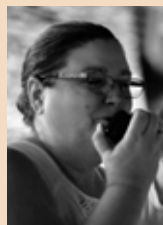
Eloise and I were married by the priest at St. Mark's in a service we wrote, combining UU and Episcopal versions. It was a great celebration with lots of music and Scottish ceilidh dancing at the reception.

I enjoy learning and trying different things, which has led me to study and work as a mechanical engineer, civil engineer, recording engineer, and now an attorney. My "free" time is spent playing Scottish fiddle, taking voice lessons, painting landscape murals, gardening, and now playing with our puppy, Fia.

Bringing UU Values into Government: Kristin Rivers, Ph.D. Running for School Board

Kristin Rivers thanks everyone who has contributed time, talent and/or treasure to "bring our UU values into local government".

She is running for the Board of the East Side Union High School District in an effort to put her many years as a high school teacher, parent of the District's students, volunteer on non-profit boards and commissions (including our own church's and the City of San José's Library and Early Education Commission), and years working in the private sector to work for our kids.



For more on her background, values, and to contribute, please visit: www.RiversforSchoolBoard.org

Adult and Youth Classes



Children and Youth Programs for 2018-19

by Susie Idzik, Interim Director of Religious Education

We welcome all children and youth to join the community for the first part of worship at 11 am through the Story for All Ages and then go to their respective classes until 12:30 pm.

Nursery: Birth–Five Years

Lower Level Starting 10:45 to 12:30

We provide loving attention and care, and support each child in initiating play activities at their own developmental level. Each week our paid staff, Alicia Keene and Mayra Cerda-Klinkhammer, provides a loving presence as they engage children in games, stories and crafts with seasonal and holiday themes throughout the year. Each week, preschoolers and older will join in a chalice lighting, sharing time and story.

Grades 1-5: Soul Matters & Stories of Courage & Wisdom

This class will be engaged in Soul Matters themes that will be explored in Sunday services. In October they will explore "What does it mean to be a people of Sanctuary?" The children will experience this theme in the stories of people who have acted with courage and wisdom in their attempts to fully live their lives and make the world a better place. Each session strives to be



experiential and is designed to engage children in three fundamental spiritual experiences; what we call "the three S's." Silence = meditation, listening, mindfulness. Service = leadership, helping others. Sunshine = connection with our bodies through movement.

In September:

Oct. 7 Our Worship Sanctuaries: The Spaces that Hold Us and Our Values

Oct. 14 The Sanctuary Movement: Being a Shelter for Each Other

Oct. 21 Animal Sanctuaries and Green Church Sanctuaries: Supporting Sanctuaries that Support All of Us

Oct. 28 The Sanctuary of Inner Silence: When we are in a quiet place, we feel peaceful and calm. That is called a quiet sanctuary.

Grades 6 through 9, Middle School+: Lodestone!

This year we will be exploring the Lodestone curriculum. Each Sunday will include a check-in and chalice lighting, focusing questions, activities, conversation and

closing. Thematically, we will be diving into four areas: Unitarian Universalism, Money, Race, and Death. Each week will allow for deep sharing and listening while plunging into these core life topics. The curriculum is written specifically for Middle Schoolers and will be a fun and meaningful time. The group will meet during the Sunday worship service in the Conference Room.

Throughout the year, starting in October:

We will be holding monthly lunches after worship on the Second Sundays of most months this year, starting in October, to dive into the Interim time. Please plan on joining us. In an experiment with building Whole-Church Religious Education, some of these monthly lunches will not only take up the Interim Period but will also include dynamic conversations with our youth on topics they will be exploring in their own classes.

ALSO, keep an eye out for ALL CHURCH SOCIAL NIGHTS for families and everyone else. This will come out of the Middle School curriculum but fun for all ages. We hope you will join us. We will start in October.

SUNDAY, NOVEMBER 11

Service Auction Coming Soon

by Jan Theiss-Guffey

Save the date! Our fun Service Auction is coming up this fall, on Sunday, November 11th! What is a Service Auction, you say?

A Service Auction is a shopping fun time, where people offer services, and you get to bid on them, and if you win, you get that thing! Past Service Auction items have included ice skating lessons, handyman services, genealogy research, massages, dinners, home-made pies, vacation getaways, and more! And all the proceeds go to our church!

Our question to you is: what would you like to see in our Service Auction? Cell phone help? Organizing a shelf, a closet, or a garage? Play or musical tickets, an overnight vacation spot? Send me your ideas at jantguffey@gmail.com. Thanks!



Dozens of congregation members took part in the Rise for Climate, Jobs and Justice National March in San Francisco on September 8.



Sunday Services / Servicios Domingo

ALABANZAS EN ESPAÑOL 10:15 AM

Venga a unirse a nosotros para este servicio simple de oración-meditación de media hora (sin sermón) a las 10:15 am en una mezcla de inglés y español en la biblioteca de la iglesia.

Come join us for this simple prayer-meditation service (without sermon) at 10:15 am, held in a mixture of English and Spanish in the Church Library.



“Consider This an Invitation”: Building an Altar to Our Sanctuaries

What and where are the “sanctuaries” in your life? What places, relationships, and experiences function (and have functioned) as sanctuary for you? Where, when, or with whom do you find peace, grounding, inspiration, and the chance to be your most authentic self? For instance, do you find sanctuary here at FUCSJ? Do you find it by the ocean or in the woods? Do you find it in conversation with your best friend, when you are immersed in a good book or movie, or when you are out for a run?

What to Bring: In this service, we will build an altar to our combined sanctuaries that will stay up for the first three weeks of October. Please bring a picture, symbol, or token of those people, places, and activities that represent sanctuary for you. You might bring a leaf, a photograph, a brochure, a poem, a book, a name on a slip of paper ... Let your imagination show you how your sanctuaries want to be represented.

Guitars Aloud and Amanda Sullivan offer “You Will Be Found,” from the musical *Dear Evan Hansen*. So don't worry if you can't find the symbol you need. We'll make it up in worship, and it “will be found”! Please join us!

Worship Leader: the Rev. Nancy Palmer Jones; **Worship Associate:** Mary Martin

DOMINGO, 7 DE OCTUBRE 11 AM

"Consideren Esto una Invitación": Construyendo un Altar a Nuestros Santuarios

¿Que y dónde están los "santuarios" en su vida? ¿Qué lugares, relaciones y experiencias funcionan (y han funcionado) como Santuario para ustedes? ¿Donde, cuando y con quien encuentran paz, fundamento, inspiración y la oportunidad de ser su más auténtico yo? ¿Por ejemplo, encontrarán ustedes el santuario aquí en la FUCSJ? ¿Lo encuentran por el océano o en el bosque? ¿Lo encuentran en la conversación con su mejor amigo, cuando se sumergen en un buen libro o en una película, o cuando

salen a correr?

Qué traer: En este servicio, construiremos un altar para nuestros santuarios combinados que se mantendrán por las primeras tres semanas de octubre. Por favor traigan una imagen, símbolo o algo de esas personas, lugares y actividades que representan el Santuario para ustedes. Podrían traer una hoja, una fotografía, un folleto, un poema, un libro, un nombre en una hoja de papel... Dejen mostrar su imaginación de cómo sus santuarios quieren ser representados.

Guitarras Aloud y Amanda Sullivan ofrecen "You Will Be Found," del musical *Dear Evan Hansen*. Entonces no se preocupen si no encuentran el símbolo que necesitan. Lo haremos en el servicio y "lo encontraremos"! Por favor únense a nosotros!

Dirige: la Rev. Nancy Palmer Jones
Asociada de Celebración: Mary Martin

SUNDAY, OCTOBER 14 11 AM



Is There a Place for Everyone?

In the midst of a national climate that demonstrates renewed anti-immigrant

Stay Up-to-Date with Facebook & sanjoseuu.org/whats happening



The latest church events, photos, and updates can be found on our Facebook page www.facebook/FUCSJ and our website sanjoseuu.org — find out about upcoming services on the homepage, and all other events under “What’s Happening.”



bias and that encourages distrust of “the other,” First Unitarian members are showing up for Sanctuary Support Teams and the Rapid Response Network for residents at risk of detention and deportation. Come hear stories of congregants’ and neighbors’ experiences, and enter into conversation about the call of our faith. How do we embody our belief in the inherent worth and dignity of all? How do we demonstrate that we are all connected?

The Alegría Singers offer the wholehearted anthem “Do Not Leave Your Cares at the Door,” by Elizabeth Alexander (adapted from Norman V. Naylor).

Worship Leader: the Rev. Nancy Palmer Jones; **Worship Associate:** Ram Kakarala

DOMINGO, 14 DE OCTUBRE 11 AM

¿Hay un lugar para todos?

En medio de un clima nacional que muestra un renovado sesgo contra los inmigrantes y que fomenta la desconfianza de “el otro”, los miembros de la Primera Iglesia Unitaria están exponiendo los Equipos de Apoyo Santuario y la Red de Respuesta Rápida para los residentes en riesgo de detención y deportación. Vengan a escuchar las historias que los feligreses y vecinos experimentan y entren en conversación acerca del llamado de nuestra fe. ¿Cómo encarnamos nuestra creencia en el valor inherente y la dignidad de todos? ¿Cómo demostramos que estamos todos conectados?

Alegría Singers ofrecen el himno incondicional “No Dejes Tu Cuidado en la Puerta,” de Elizabeth Alexander (adaptado por Norman V. Naylor).

Dirige: la Rev. Nancy Palmer Jones; **Asociada de Celebración:** Ram Kakarala

SUNDAY, OCTOBER 21 11 AM

“Come and Rest! Be Filled and Go!”

Often we think of sanctuary as a place of protection—a place set aside from the danger and tumult of the world where we can rest for a moment on the forming edge

of our lives, in the safety of our beloveds.

But in truth, the sanctuaries in our lives do more than simply protect us. They also send us. They don’t just help us heal from our journeys; they also strengthen us for the new journeys ahead. At their best, they are not escape houses as much as fueling stations. They don’t just whisper “Come and rest,” but also “Be filled and go!” In this quiet, meditative service, we explore the hope that blazes in us, in spite of everything, and that keeps turning us toward the world.

The Alegría Singers offer a new song by Unitarian Universalist musician Jason Shelton, “I Choose You.” Come, let us choose each other!

Worship Leader: the Rev. Nancy Palmer Jones; **Worship Associate:** Joyce Miller

DOMINGO, 21 DE OCTUBRE 11 AM



“¡Ven y descansa! Llenarse e ir!”

A menudo pensamos en Santuario como un lugar de protección—un lugar aparte del peligro y el tumulto del mundo donde podemos descansar un momento en el borde de la formación de nuestras vidas, en la seguridad de nuestros seres amados.

Pero en verdad, los santuarios en nuestras vidas son más que simplemente para protegernos. También nos envían. Ellos no sólo nos ayudan a sanar de nuestros viajes; también nos fortalecen para los nuevos viajes que tememos por delante. En su mejor momento, no son casas de escape tanto como estaciones de carga. Ellos no sólo susurran “Ven y descansa,” pero también “Recarga y ve!” En este servicio silencioso, meditativo, exploramos la

esperanza que resplandece en nosotros, a pesar de todo, y que nos mantiene girando hacia el mundo.

Alegría Singers ofrecen una nueva canción del músico Unitario Universalist Jason Shelton, “Te Elegí.” ¡Vengan, permítanos elegir los unos a los otros!

Dirige: la Rev. Nancy Palmer Jones; **Asociada de Celebración:** Joyce Miller

SUNDAY, OCTOBER 28 11 AM



On Grief and Growth: The Tides of Change

“Grief comes in waves, with the tides calming as the years roll on, but always there, tugging at your heart. Anniversaries mark those ebbing tides.” Share personal reflections of love, grief, growth and love again as we come together a few days before our culture’s contemporary celebration of All Hallows’ Eve.

Worship Leader: Greg Larson; **Worship Associate:** Julia Rodriguez

DOMINGO, 28 DE OCTUBRE 11 AM

En Duelo y el Crecimiento: Las Mareas del Cambio

“El duelo viene en olas, con las mareas relajantes mientras los años llegan, pero siempre hay, tirando de su corazón. Los aniversarios marcan esas disminuidas mareas.” Compartir las reflexiones personales de amor, dolor, crecimiento y amor otra vez mientras nos reunimos unos días antes de nuestra contemporánea celebración de la cultura de la víspera de Todos los Difuntos.

Dirige: Greg Larson; **Asociada de Celebración:** Julia Rodriguez

UPCOMING EVENTS

2ND AND 4TH SUNDAYS 12:45 PM

Young-at-Heart Fellowship Group Sunday Lunch

Hattie Porter Hall by Newcomer's Table

Join our young adult/young-at-heart fellowship group for Lunch! Meet in Hattie Porter Hall near the Newcomer's table at about 12:45 pm. Questions? Contact uuthful_spirits-owner@yahoo.com

TUESDAYS 8-9 PM



Guitars Aloud!

Ramsden Fireside Room

Guitarists! Let's get together each Tuesday to play UU hymns and other music suitable for services. This free event (for multiple levels) will help you develop your musicianship as you serve the church and its ideals. Ages teen through adult are welcome. Please call **Sally Cooperrider** (408-204-1046) before attending for the first time as the group occasionally skips a week.

WEDNESDAYS 7-9 PM



Alegría Singers Choir Practice Sanctuary

Join the FUCSJ choir in singing at Sunday services, special events such as solstice celebrations and Coffeehouses, and various church activities. Questions? Liz Owen lowen@data-time.com.

SAT/SUN SEPT 29-30, OCT 6-7



Come for the Mystery, Stay for the Dumb Jokes: Mr. Peeper's Peppered Pickles Radio Hour

Two evenings, two matinees

This year's musical mystery comedy show fundraiser will be set during the broadcast of the Radio Hour, sponsored by Mr. Peeper's Peppered Pickles, in 1938. It features the popular radio drama, "Come Into My Garden" starring Oscar-nominated Veronica Seville and original ad jingles written by our music director, **John "perse" Ector**, and choir accompanist, **Chris "chocolate puddin' pie" Pasillas**.

Written by **Henry "monkeys and peanut butter" Ruddle**, directed by **Amy "stop breaking the 4th wall" Baldwin** and produced by **Jay Porter**, this year's cast includes **Ro Morris, Amanda Sullivan, Federico Zapiola-Madden, Art Henrick, Torchy Hunter, Bill Baldwin, Jenny Cressman, MM Feldman, Greg Smith, Doug "break out role" Zody, Bob Owen, Tina Hemmenway**, and cameo performances by **Rev. Nancy, Susan Miller and Maiclaire Smith**. This year, the audience gets to choose both the victim and the murderer!

TICKETS: See **Jay Porter** during social hour or buy online at: <http://sanjoseuu.org/ContactUs/donate.shtml>

MONDAY, OCTOBER 1 7-9 PM

Social Justice Council Meeting

Conference Room (First Mondays)

We can preview and plan movies and talk about what happened at General As-

sembly and possible Moral Issue Statements. What would you like to discuss?

Please join us to make your voice heard! If you are running late by 30 minutes or more, or if you are locked out, call or text **John Burk** at 408-259-3781.

THURSDAY, OCTOBER 4 1-3 PM



Women's Alliance

Fireside Room

This year the Women's Alliance will be revisiting the highly influential UU Women & Religion curriculum called Cakes for the Queen of Heaven. Its objectives are (1) to increase our understanding of the religious myths and symbols of the ancient world where female images and experiences were central, and (2) to explore the psychological and social importance of reclaiming our female religious heritage. Join us for Session 1: The Sacred Female. Contact **Nancy Coleman** at nbcoleman@gmail.com or 408 256 1622 for more information.

SUNDAY, OCTOBER 7 10-11 AM



First Sunday Forum

Hattie Porter Hall

We gather, socialize, check in, read aloud, write haiku, play games, or whatever. Come by to tarry awhile, share your thoughts, or just listen. It's fun, and interesting talk always happens. We meet at the table nearest the coffee. For info, contact **Amy Baldwin**, 408-730-9622.

SUNDAY, OCTOBER 7 12:45-2:15 PM



Homeless Concerns Committee Meeting

Classrooms 4-6

At this meeting we will assemble the Hygiene kits for PATH, an organization that works with the homeless in our neighborhood. PATH is in the process of constructing a building on 2nd Street near St. James Park to house several hundred people plus offering services! Turn the corner and take a look! Every quarter our group has a goal of assembling 50 kits for PATH. These contain the essentials that everyone needs—soap, deodorant, combs, toothbrush, toothpaste, etc. plus highly appreciated pairs of socks and granola bars. You can see a full list in the basket for collecting these items which is in the Narthex of the church. Right now we are finding that the donations of toothbrushes and toothpaste are popular so you might select one of the other items to donate. Stay tuned as the group looks at new directions to explore.

SATURDAY, OCT. 13 9:15 AM – 12 PM



Volunteers Needed for Food Packing Event!

Hattie Porter Hall

The Church is recruiting NOW for a major food packing Event on Saturday, October 13 from 9:15-12:00 pm at the

Church. We are partnering with "Rise Against Hunger," (RAH) who are well respected for their work in the community and around the world. During this spirited and upbeat 2 1/2 hour food packing Event, our goal is to pack 10,000 dried meals to send to developing countries overseas that are at risk for food shortages and responding to emergencies. With the help of Dena Dickinson, church members and friends, our church successfully packed and sent 10,000 meals 2 years ago.

We need to recruit 60 volunteers to help us with this event. We will also be working with a few volunteers sent from the UU Fellowship of Sunnyvale and Los Gatos UU Fellowship! This is a great event for persons of all ages. Consider attending as a family! Children from 5 years and older will be given "a job." If your teen is not coming with a parent, please contact Connie prior to the Event to sign a waiver form.

Please mark your calendars and RSVP for the packing Event. It is important for us to recruit at least 60 people so we can finish on time. To volunteer or for more information, please RSVP to **Connie Hall** at Connie.wr5@gmail.com.



Fundraising Online for RAH

The church is also fundraising to give a donation to RAH to pay for the wholesale cost of the food that we pack. This option is available now. To donate, please follow these steps:

1. Use your web browser to go to the church website (www.sanjoseuu.org).
2. Scroll down to the "Rise Against Hunger" button for the special donation.
3. Click the button and follow the instructions displayed on the screen.

SUNDAY, OCTOBER 14 12:45 PM



Band of Writers

Youth Room

The UU Band of Writers is a place for writers, readers, and those who like to listen. We have a monthly prompt-driven assignment and a 10-minute writing session at each meeting. But if you'd rather not share your own literary masterpieces, come and read aloud someone else's. Comic, dramatic, fantastic, poetic; memoirs, dreams, musings, novels "a birthing"—it's all good. Join us in the upstairs Youth Room on the first Sunday of the month. New folks are always welcome. Next meeting's prompt for non-obligatory homework assignment: *1-2-3-Boo*.

SUNDAY, OCT. 14 2:30 – 6 PM

San José English Country Dance

Hattie Porter Hall

Enjoy truly social group dancing to classical and folk music from the last five centuries! In our pattern dances, you dance with the whole room. Come alone or with friends — we change partners after every dance. All group dances taught and prompted, no experience necessary, no complicated footwork. For the best experience, come at the beginning of the dance — later patterns are more complex. Suggested donation: \$5-\$10; no one will be turned away for lack of funds.

SUNDAY, OCT. 14 5:30 PM



Second Sunday Supper for Julian Street Inn

We will serve a baked chicken dinner for the residents of Julian Street Inn, a LiveMoves homeless shelter.

To help prepare and serve the meal, please contact **Mary Mary Feldman** at mm@feldmo.com or **David Proulx** at dp@dpsw.tech.

SUNDAY, OCTOBER 14 12:45-2 PM
TUESDAY, OCTOBER 16 1-2:30 PM
WEDNESDAY, OCTOBER 17 7-8:30

Conversations regarding the Interim Period

Starting in October, we will hold monthly conversations to dive more deeply into the interim work. We want YOU to be part of the process. In October we will explore "What is the heart of Unitarian Universalism for you? What core Unitarian Universalist messages have made a real difference in how you live your life? In our congregation, how does being a Unitarian Universalist call us to be in relationship with each other? Bring stories from your life that help bring these ideas to life."

Join in on any one of these times:

1. October 14th following worship, join us for Soup, Bread, and Conversation. We encourage whole families to attend! We will make room for the wisdom of all ages, with questions appropriate for different learning styles. We will also have a space where restless ones can have some activity.
2. Tuesday, October 16th 1:00-2:30 p.m. in the Library. Please RSVP to fucsire@gmail.com.
3. Evening "Zoom" conversation Wednesday, October 17th, 7:00-8:30 pm Meet "virtually" in the evenings. Please RSVP to fucsire@gmail.com.

OCTOBER 15 DEADLINE

Leadership Experience 2019

Have you recently taken on a leadership role in this congregation? Are you considering taking on a leadership role but want to increase your experience, knowledge, and skills before doing so? Are you a new board member or board president but still haven't found the instruction manual? Visit www.uua.org/pwr to learn more about and apply to participate in "Leadership Experience 2019." This is a hybrid in-person/online leadership development program of-

fered by the Pacific Western Region of the Unitarian Universalist Association that will take place this coming winter and spring. Space is limited, so individuals are encouraged to apply to participate by October 15!

MONDAY, OCT. 8 DEADLINE
SAT/SUN, OCT. 20 & 21 SUPPERS



Circle Supper!

Member's Homes

Try attending a Circle Supper this month - enjoy a fun evening with others from First Unitarian San Jose.

Circle Suppers offer an opportunity for members of the church community to get to know one another at casual pot luck suppers. Small groups come together in members' homes to share food and conversation. Hosting is not a requirement for all attendees. Singles and couples, long-time church members or new to this church community, all are welcome. Some folks attend often and others only occasionally.

The suppers in October will be Saturday the 20th and Sunday the 21st. The deadline to sign up is Monday October 8. Contact **Barbara Derbyshire** at CircleSuppers@AOL.com.

SUNDAY, OCT. 21 AFTER SERVICE



Newcomer's Lunch

Library

Come meet church leaders, clergy, and members, old and new, at this informal event in the library, the room to the left of the front lobby (otherwise known as the

Narthex, if we want to get churchy about it). Sign up in advance at the visitors' table at Social Hour or just show up. We look forward to meeting you! Questions? Contact **Mary Martin** at mbrence@comcast.net or 408-354-8878.

SUNDAY, OCT. 21 12:45 PM

Rights of Nature Group

Ramsden Fireside Room

The Rights of Nature group meets in the Ramsden Fireside Room after the service at 12:45 pm. The next meeting is October 21. Everyone is welcome!

SUNDAY, OCT. 21 2:30 - 6 PM



South Bay Contra Dance

Hattie Porter Hall

Introduction to Contra 2:30 pm, Dancing 3-6 pm. Social dance for all ages to live music. No experience or partner needed. All dances taught and called. If it's your first time trying Contra dance, and you come to the Introduction at 2:30, then your admission is free. Dance starts at 3 pm. Wear comfortable shoes. Suggested donation — \$5-\$15; no one will be turned away for lack of funds. All details available at <https://www.facebook.com/groups/SouthBayContraDance/>

THURSDAY, OCT. 25 7:30-8:30 PM

Samhain Meditation

Hattie Porter Hall

In this time of darkness and mystery, you are invited to a guided meditation on death, life, remembrance and immortality. For our altar, bring a memento of those you wish to remember and honor. Journey to Avalon and back again with song, dance, sharing and smiles. This event will be led by Amy Baldwin.

FRIDAY, NOVEMBER 2 8 PM



First Friday Quarterly Dances of Universal Peace

Sanctuary

The Dances of Universal Peace are now being held quarterly, so the final dance in 2018 will be on Friday, November 2.

Come join us on the labyrinth under the dome of our church. The Dances of Universal Peace are a spiritual practice honoring the inherent worth and dignity of every human being, celebrating the interconnected web of all existence. The words of the sacred phrases, as well as the melodies and the movements, are taught each time. If you have questions, you can email **Patrick Smiley** at patrick.smiley@sbcglobal.net or

telephone and leave a message at his cell-phone: 408-421-6492.

THURSDAY, NOV. 15 1-4 PM

Family Dance

Join for super fun, kid-friendly dances for all ages! InTentCity band from Idaho is four siblings who grew up playing music and now tour the country playing for contra dances, house concerts, and community events. Claire Takemori will call exciting but easy dances that are picked out just for you.

All dances are taught then called while you dance to live music (fiddle, guitar, keyboard, percussion). We will walk, skip, stomp and clap in circles, lines, squares and scattered around the room (families can always stay together if needed). We might sing, play a game, and have the band play fun tunes during a break .

All ages are welcome! Babies and toddlers could be worn in a backpack or front

carrier. Younger or shy children may like to dance as "one" with an adult or older sibling to assist. Typically we have families with kids under 10. The dances are easy for anyone who can walk and hold hands. Adults and older siblings are wonderful to model and help younger ones learn the dances. Everyone will have fun.

Wear cool, comfortable layers as dancing is good exercise. Wear comfortable shoes for walking (heels or heavy shoes are not recommended). Bring a water bottle and a snack to share if you'd like.

COST: \$15 Family; \$8 Adult; \$5 Child \$5 BACDS members Babies & FUCSJ members FREE!

Co-sponsored by FUCSJ & BACDS with donations.

RSVP: bit.ly/SanJoseFamilyDance

Event: <https://www.facebook.com/events/296050580949627/>

Hiking Schedule (October 2018)

Dear Hikers, please call or email me if you plan to hike so we know that you are joining us and can tell you if plans have changed: home phone 408-730-1052 or cell 408-769-0534; j408miller@sbcglobal.net. — **Joyce Miller**



WEDNESDAY, OCTOBER 3 8:30 AM

Calero County Park, 4-8 miles. There will be a short hike yet to be defined. We will go to the new entrance/parking lot that is just across from Fortini Road (the road that goes to Santa Teresa Park). There are a couple of new trails to explore. Meet at Bed Bath & Beyond.

SATURDAY, OCTOBER 6 8:30 AM

Pichetti Ranch Open Space Preserve, 4.5 miles, moderate. I plan to do the whole hike. Meet at the Preserve parking lot.. Drive past Stevens Creek Park and cement factory to Montebello Rd. Turn right and go about a mile and turn left into the open space preserve parking lot. We can stay for wine tasting if folks want to.

WEDNESDAY, OCTOBER 10 8:30 AM

Santa Teresa County Park, 6 miles, moderate. There will be two hikes. The short hike will start where we usually end and will be an out and

back avoiding the steep hills. Meet at parking lot across from Bed, Bath & Beyond at Almaden Plaza Shopping Center. We will go to the Fortini entrance.

SATURDAY, OCTOBER 13 8:30 AM

Huddart County Park. There will be two hikes, 4 (short) or 6 (longer) miles, both in the shade. Meet at Page Mill/280 Park & Ride.

WEDNESDAY, OCTOBER 17 8:30 AM

Rancho Canada Del Oro Open Space Preserve, 4-6 miles. I will do a shorter hike (4 miles) avoiding the really steep hills, the others will do a longer, steeper hike. Meet at Bed Bath & Beyond.

SATURDAY, OCTOBER 20 8:30 AM

Purissima Redwoods. There will be two hikes. The hikers doing the short hike will start out with the folks doing the long hike, but will turn

around at the 2 mile point and return. Meet at Page Mill/280 Park & Ride.

WEDNESDAY, OCTOBER 24 8:30 AM

Saratoga Gap/Achistaca Loop. Two hikes, 3+ miles and regular 5+ miles. The short hike will start at the trailhead at Long Ridge, and the longer hike will start at the parking lot at the intersection of Highway 9 and Skyline. The folks doing the shorter hike will carpool separately. It is all in the shade. Meet at Saratoga Parking lot. Turn right into first driveway past the Union 76 station and drive to back.

SATURDAY, OCTOBER 27 8:30 AM

Butano State Park, 5 miles moderate The hike is easier than the one we used to do. I am going to try to do the whole thing at a slower pace. This is a long day due to pie eating or cheese tasting and longer travel time. Plan on getting home around 4:30 pm. Meet at Page Mill/280 Park and Ride.

WEDNESDAY, OCTOBER 31 8:30 AM

Almaden Quicksilver, McAbee entrance, 4 miles, moderate. There will be one hike. I will be doing it slower. Meet at Bed Bath & Beyond.



160 North Third Street
San José, CA 95112

Want to Receive the Newsletter?

To receive the newsletter on paper, fill out the form at this link: <http://sanjoseuu.org/form/index.php?sid=2> or call (408) 292-3858

To receive the newsletter via email: fucsjoffice@gmail.com or fucsj+subscribe@groups.io

Next issue copy deadline: 3 pm Wednesday, October 17

Mailing: Thursday, October 25

View this newsletter online in PDF format at: sanjoseuu.org

Donations are welcome to help defray the cost of printing and mailing. Suggested donation: \$18-\$20 per year — please mail to Office Manager — or bring returnable bottles/cans for us to recycle!

Save the Dates

October 4, Thursday, 1-3 pm,
Women's Alliance, Ramsden
Fireside Room

October 6-7, Saturday & Sunday,
Annual Mystery Comedy Musical, "Mr. Peeper's Peppered Pickles Radio Hour."

October 7, Sunday, 10-11 am, First

Sunday HUUmanati Forum,
Hattie Porter Hall

October 7, Sunday, 12:45-2
pm, Homeless Concerns
Committee Meeting, Down-
stairs Classroom 4-6

October 8, Monday, 7:00-9:00
pm, Social Justice Council
Meeting, Conference Room

October 13, Saturday, 9:15

am-12 noon, Food Packing
Event, FUCSJ

October 14, Sunday, 12:45-2 pm,
Band of Writers, Youth Room

October 16, Tuesday, 1-2:30 pm,
Wednesday, **October 17**, 7:00-
8:30 pm, Conversations regard-
ing the Interim Period, FUCSJ

October 20 & 21, Saturday &
Sunday, Circle Suppers, contact

Barbara Derbyshire @ CircleSuppers@AOL.com; sign-up deadline Monday, October 8

October 21, Sunday, 12:45-1:45 pm, Rights
of Nature Group Meeting, Ramsden
Fireside Room

October 25, Thursday, Samhain Meditation:
7:30-8:30 pm, Hattie Porter Hall

November 2, Friday, 8 pm, First Friday Quar-
terly Dances of Universal Peace, Sanctuary

READY TO BECOME A NEW MEMBER OF THE FIRST UNITARIAN CHURCH OF SAN JOSÉ? Contact Rev. Nancy, revnpj@yahoo.com

For Pastoral Care

Our community strives to offer compassion, companionship, healing, and joy to all its members. Our pastoral care coordinators can help you find the listening ear or helping hands that you may need in difficult times.

Contacting the Ministers

Rev. Nancy Palmer Jones feels honored to serve this congregation, and she cherishes your trust! Here is how to reach her: Nancy (408) 292-3858, ext. 223 Mon.-Thurs.; cell (408) 952-9418; e-mail: revnpj@yahoo.com.

Cuidado Pastoral

Nuestra comunidad se esfuerza en ofrecer la compasión, el compañerismo curativo, y la alegría a todos sus miembros. Nuestros coordinadores en cuidado pastoral pueden ayudarle a encontrar un oído que escucha, o las manos que ayudan cuando ustedes lo pudieran necesitar en épocas difíciles.

Contactando al Ministra

La Rev. Nancy Palmer Jones se siente honrada de servir a esta congregación y aprecia su confianza! Aquí puede contactarla: Nancy (408) 292-3858, ext. 223 de lunes a jueves; célula (408) 952-9418; e-mail: revnpj@yahoo.com.

How You Can Support This Congregation:

Your Presence and Time

Attend Sunday services, join a Small Group or one of the many social/activity groups, serve on a committee, come to events, like us on Facebook. Visit www.sanjoseuu.org for more ideas!

Contribute to Fundraisers, Weekly Collections

Make an annual pledge of support (fulfill it by check, EFT, stock transfer or Paypal), attend fundraisers such as the service auction and mystery musical, watch for special collections.